

## healthfeature

### Spontaneous Surprise

"Take it in turns to give each other a spontaneous surprise," says Cate. "This shows each other that you care." Give him a massage, a cup of tea in bed or watch the football with him. Cook his favourite meal and buy his favourite chocolates. Better still, join him in the shower and get dirty before you get clean together.

### Snuggle Up in Bed

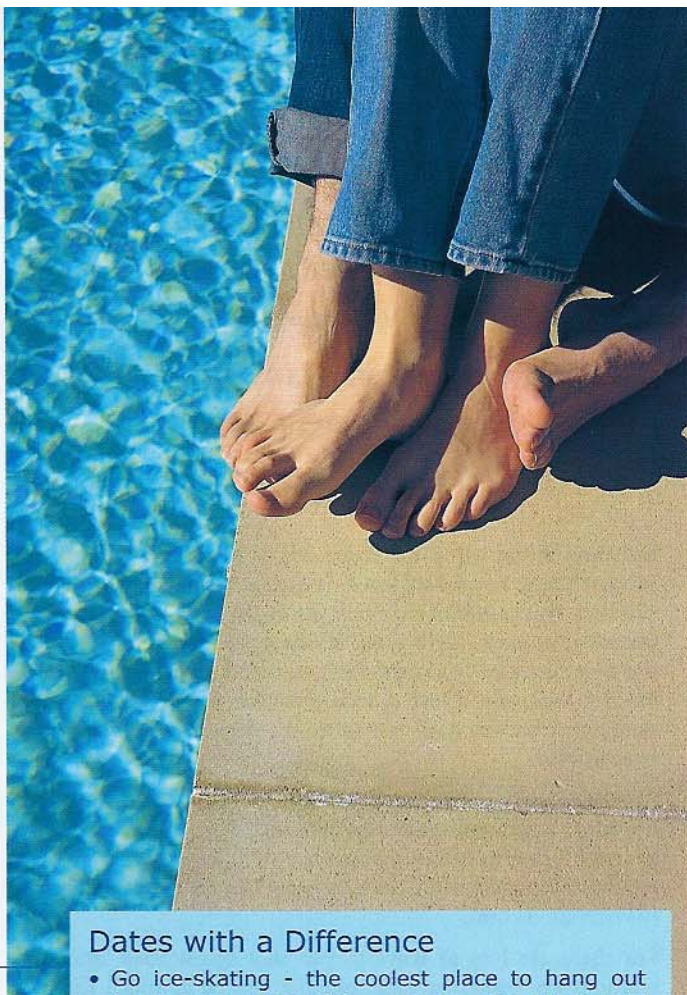
Put a Do Not Disturb sign on your bedroom door and snuggle up on a Sunday morning. Leisurely read the papers over tea and toast, and catch up on each other's news from the past week.

### Sail Away

Hire a yacht for a day or a weekend. Go swimming and snorkelling, relax on deck, then get cosy in the cabin while the water gently laps against the boat.

### Pucker Up in Paris

If you're ready for the ultimate in wildly romantic gestures, book a trip to Paris, otherwise known as the City of Love. Stroll along the Seine and kiss under the Eiffel Tower. Cuddle up together in one of the city's famous cafes or wine bars. There could be no more perfect way to recapture the romance in your life!



### Kid-Free Time

"If you have young children and find all you ever do - once they're in bed - is have a glass of wine and fall asleep on the sofa, or tidy up all the mess before staggering off to bed without having any time to yourselves, then you need to plan some evenings in with a difference," says Imogen.

That's exactly what 40-year-old Belinda Spencer from Queensland does. "Every Friday night, after we put the kids to bed, my husband and I relax over a bottle of wine and a special dinner. We take it in turns cooking and always set the table with candles and our best silverware and china. It's amazing how close we feel after our special time. It reconnects us after a hectic week of working long hours and running around after the kids."

You don't do it every night, so put the children in front of the television and let them watch back-to-back videos with ice cream and popcorn, on the condition that they don't disturb you. Use the time to relax together and talk about your week over a glass of wine or sneak off to the bedroom for a quickie.

### A Board Game that Won't Leave You Bored

Recently awarded Adult Board Game of the Year, a classy new relationship game is "Monogamy: A Hot Affair... With Your Partner!" The thrust of this game is to keep up your level of communication, allowing you to try new and exciting intimacies. By bringing back the art of seduction, laughter and lust through a game, neither of you needs to be the instigator. It can be played on a number of different levels, depending on how you both feel. If you feel like a romantic and fun night, you can play at the first two levels. Or if you're both feeling naughty, just shuffle the fantasy cards and go for it! The game climaxes after the first player makes it around the board three times and wins the chance to have one of their fantasy cards played out. But there are no losers in Monogamy - by the end of the night, you really will feel as if you're having an illicit affair, but with your partner! Monogamy retails for \$49.95 and is available in selected adult shops and game stores.

### Dates with a Difference

- Go ice-skating - the coolest place to hang out (while also getting fit) - and you also get to hold hands.
- Be a culture vulture and spend a day at a museum or art gallery, or a night out at the theatre.
- Check out a poetry reading or author event at your local bookshop.
- Hit a Karaoke Bar and sing each other love songs. The more gin and tonics you have, the better (or worse!) you sound, and you'll definitely have something to laugh about afterwards.
- Learn to make hand-made pasta in Italy, or if you can't make it to Italy, enrol in a local cooking class.
- Challenge your man to a game of Skirmish. Dress up like Rambo and race around trying to shoot each other with paint balls, then have fun cleaning each other up when you're finished.
- Since most men harbour a secret desire to drive a racing car, give go-karting a go. It's fun and competitive, although you may want to let him cross the finish line first!
- Climb a mountain, or try an indoor rock-climbing centre.
- Go to the movies, eat popcorn and make out in the back row.
- Book yourselves in to a health retreat for a week. You're guaranteed total rest, relaxation, healthy living and plenty of time together, away from the pressures of the world.
- Instead of the luxury resort, get back to nature and go camping. (No hair-dryers allowed).
- Have a champagne breakfast in a hot air balloon - you'll have the best view in the house.