

Valentine's Day Advice: Indulge In Simple Pleasures



 By Renee Lee

It doesn't matter if you live life in the fast lane, with family in the suburbs, or somewhere in between, Valentine's Day is a time to take a moment to appreciate yourself and those we love. My rule of thumb is to remove all pressures associated with the holiday and instead indulge in life's simple pleasures. Because I am a Matchmaker here in NYC, I've ended up working in a very celebrity focused market. Therefore, let's take a look at recent heart break and hookups as examples on how to make Valentine's Day that much sweeter.

Treat yourself to chocolates

Going through a Demi Moore style break up is awful! The dread of Valentines Day looming ahead can feel more excruciating than the idea of an all day screening of *The Notebook*. But the key thing to remember is the Diva you are within. Forget the "I am no one, until someone loves me" stigma, and instead take a moment to be kind and celebrate the most awesome love of all – the love for yourself! Why be upset you didn't end up with some sad drugstore chocolate, when you truly deserve something as sophisticated as Frangelico Truffles? These truffles, created by my favorite sweet liqueur, are the perfect simple pleasure when it comes to treating yourself.

Plus, once you realize your worth in chocolates, you will never again accept a boy to do a man's job.

Bring back the first meal you had together

For couples like Justin Timberlake and Jessica Biel who have

been through the break-ups, shake ups, and make ups, why not take a moment to celebrate the joys of what brought you to the strong place you are in now? A great way to go back to the simple pleasures for dinner is to cook the first meal you ever made together. For a gift highlighting your life together, create a photo book of your life so far, with the last page saying "to be continued..."

Predict your own future

This will be the first Valentine's Day that Justin Theroux and Jennifer Aniston spend together, so why not get a little frisky? Jennifer is probably over tabloids predicting her future, and perhaps your family and friends do the same thing to you. This time it's your turn. Create her own future with some custom fortune cookies. Nothing will be more of a surprise than an after dinner dessert that holds sexy hints to your next move for the evening.

Dedicate and decorate cupcakes

It's Heidi Klum's first Valentine's Day with just the kids and no Seal, so a great idea is to make cupcakes with a heart. Put all the family members names in a hat, and have each person grab one or two. For the person you selected, you will decorate a cupcake as a dedication to them. No matter if it's for an ex-husband, best friend, book smart cousin or meddling sister, it's a creative way to remember those who make your life sweeter.

So this year, take a minute, de-stress and think about those simple pleasures that make life sweet; whether it's a Frangelico truffle, time with your children or something as easy and nice as a meal and a great book.

Renee Lee is a Matchmaker in NYC and has a Master's Degree in Counseling from New York University's Department of Applied Psychology. She's been featured in publications such as OK! Weekly, In-Touch Weekly, People Magazine, and The New York

Daily News, and also hosts her own radio show "Your Dating Truth with Renee Lee."