

Weekend Date Idea: Take Time to Relax



By Brittany Stubbs. Updated by [Stephanie Sacco](#)

Once the work week ends, all you want to do is relax. There's no time during the day to hang with your partner, and by nightfall you are so tired that you just want to sleep until Friday. You and your partner both work non-stop, so take this weekend off and plan something relaxing with these [date ideas](#).

It's time to unwind and take time for yourself this weekend.

The first step to your relaxation destination with your

partner is escaping the digital world. Take our [relationship advice](#) to heart, and close your laptops, log out of your email and social media accounts, and most importantly turn off your cell phone. Your boss doesn't need to keep in constant contact with you over the weekend. You'll be amazed how relaxed you'll feel stepping away from technology and out into the world.

Come up with a plan ahead of time that you both agree on, and keep in mind that this date is about spending time together. Consider making appointments at your local spa, and arrange a couples massage. Get your nails done or spend time by the pool. It's like taking a mini vacation. The mix of relaxed muscles, a calm environment, and each other's company will help you connect like you never have before.

Related Link: [How to Get the Best Sleep With Your Partner](#)

If a spa day isn't in your budget, you don't have to spend money to wind down. Put on your fluffy robe and favorite slippers and create a spa in your own living room. You and your partner can take turns giving each other back, hand, and foot massages. After you've gotten each other's knots out, open a bottle of wine and curl up on the couch.

Instead of grabbing for the television remote right away, make an attempt to learn something new about your partner. This doesn't mean sharing what happened at work last week. Go deeper! It'll strengthen your bond as a couple.

Related Link: [Date Idea: Slumber Party](#)

No matter how you've chosen to relax together, don't forget about your responsibilities: like eating! Pick a meal that requires little stress or effort or get take-out. You deserve it! Get into your pajamas with your partner and take a nap. Pop a frozen pizza in the oven or wait for the delivery guy to show up. Continue enjoying the comfort of your own home and the warmth of your partner.

Whether it's only for a few hours or an entire day, devoting some time to unwind with the one you love will do wonders for your relationship and your health.

How do you and your partner relax together? Comment below!