

Dating Advice: How To Spice Things Up In Winter



By [Megan Weks](#)

I don't know about you but in winter the occasions where my legs aren't' prickly and scaly are not occasional. Feeling sexy is difficult. I've also come to learn that feeling sexy and wanting sex goes hand-in-hand...

This morning I rolled over and looked at my handsome husband thinking this winter there's been too many nights where I've just been cold and tired and the only thing I want from him is his body heat radiating nearby or a warm hug. I'm ready to spice things up and I thought I'd share my ideas with you, dear reader, so you may spice things up, too.

Hot Yoga... If you've been following me you already know that I think yoga is very important for a relationship for many reasons. Number one is that it increases your relationship to yourself. You can only connect as deep to another person on the level to which you connect to yourself. Increasing your mind-body connection in order to get more in touch with your emotional body is the secret sauce the deepening your relationship. Winter is the perfect time to warm up in some hot yoga classes. If you want to spice things up in the winter, start on your spring workouts early. Sign up for some hot yoga and bring your man if possible. It's steamy and sweaty. It makes the cold so much less daunting whereas you actually want to go into the cold afterward! You will feel so incredibly refreshed for the entire day. Your body will look and feel amazing. You will even be attracted to yourself. I promise.

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Get hot and steamy... It's freezing out and there is still snow on the ground. Tonight I want to have a romantic evening with my man but I don't want to go anywhere... Here's what we are going to do. This is a very fun and romantic game. It's called the sexy home spa... One of you will play the masseuse while the other will play the client. All you need is some things that you already likely have at home. A couple of candles, some great lotion, some hot towels, and you're set. Set up the bed and bedside table with your candles and lotion and have your subject lie naked under a towel. Give them the best version of a mini spa treatment massage and/or facial that you can create with what you have at home. Play gentle spa-like music. Maybe enjoy some champagne in the good glassware... After this, you will take a steam shower together and wash off the lotion. Whatever happens in between is up to you!

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Spring is almost around the bend... but it's not here yet. In the meantime, I'm finished with outdoor sports or activities until it's above fifty degrees. Another indoor activity that can be a total bonding experience is cooking together. My friend Kiele, holistic chef and sensual coach in New York City, believes that cooking together can bring couples closer by not only spending time together but by feeding each other and being partners in the kitchen. She shares that "Cooking can be a useful bonding ritual, and a sure way to fire things up. She told Health Magazine UK that "Cooking together is an exchange of energy and love. It's an instant collaboration: grocery shopping, choosing recipes, combining flavors, tasting, and plating in a visually pleasing way. And don't forget the most important part: enjoying eating together! Kiele says, "Don't be afraid to make cooking sexy, silly, and seductive. Play some good tunes, pour yourselves a glass of wine, have fun, and get experimental together!"

This sounds like so much fun I'm already feeling warmer. My husband is almost back from his day and I'm excited to get ready for my spicy winter date-night at home.

Source: Health Magazine UK: https://www.health-magazine.co.uk/single-post/2019/02/16/Cooking-together-is-an-exchange-of-energy-and-love-It's-an-instant-collaboration?fbclid=IwAR1cRKqkbgsGnb6bE6NX1V7UP6F-PUFhRZhERUshukngFAaW3k9-_bH_96s