

# Relationship Advice: Use Your Five Senses For a More Fulfilled Love Life



By Lori Zaslow and Jennifer Zucher

If you're looking for ways to spice up your love life, why not use what's already available to you? Take advantage of your five senses – taste, sight, hearing, touch and smell – and get the most out of your relationship.

**Taste:** Make dinner together. If one of you is more Chef Boyardee than Julia Child, you can still keep your spouse company – and perhaps even get a good laugh out of your culinary mishaps.

**Related Link:** [Date Idea: Expand Your Tastes](#)

**Sight:** Plan a regular date night. A romantic outing is something you can both look forward to. Plus, it's a way to transport yourselves back to when you first met. Be spontaneous too. Every once in a while, do something together in the spur of the moment. Breaking away from your routine adds excitement to your relationship, and the experience, whether it's a surprise day trip or just an impromptu picnic in the backyard, it will bring the two of you closer together.

**Hearing:** Always talk or text at some point during the day. Whenever you can, take a few minutes out of your busy schedule to say hello to your significant other. Even a text that says something like "hope you're having a good day" shows that you're thinking of him. Most people spend more time at work than at home, so it's important to stay connected to your loved ones.

**Touch:** Go for a walk, either a hike on a nearby trail or a stroll down a city street. The dynamic scenery may inspire a philosophical conversation about your plans for the future, or you may feel content to just enjoy the view as you walk hand-in-hand. Getting in touch with both your surroundings and each other will reignite any spark that's been missing.

**Related Link:** [The Most Health-Conscious Celebrity Couples](#)

**Smell:** Make putting on your favorite scent part of your morning routine, like brushing your teeth and washing your face. You want to be remembered and thought of throughout the day, so always make sure you smell your best. Remember that oils last longer than perfumes and can even be worn with perfume to enhance your own scent and allure. The power of smell is seductive.

*To ignite your sense of smell, check out the new love oil created by Project Soulmate matchmakers Lori Zaslow and Jennifer Zucher. grav.i.tate is the perfect aphrodisiac to*

*spice up your love life, whether first thing in the morning or for a sexier vibe in the evening.*

*For more information about Project Soulmate, click [here](#).*