

Relationship Expert Shares Hot Valentine's Day Gifts



By Kris Schoels

6 million – The number of people who expect or are planning a marriage proposal.

1.9 billion – The amount people will spend on flowers alone.

53% – Women who would end their relationship and love if they didn't get something for Valentines Day

With these statistics, it's no wonder we get crazy about a seemingly harmless day in February. As a relationship expert, I think Valentine's Day should be about managing expectations and making sure you both are on the same page about gifts and celebrating.

Here are some ideas for Valentine's Day presents...and a few things you should never get for the girl in your life!

1. Gym membership or workout gear: Is that ever a good idea?

I say yes, but only if your partner is already into working out in the first place. Have a Pilates lover? Get her a class pack to her favorite studio. Significant other running in a marathon late this year? Buy her some running clothes. Dating someone who is not into the gym or fitness at all? This is not the time to introduce them to the fitness scene. I can guarantee it will cause some hurt feelings and self-doubt.

Related Link: [Dating Advice for How to Manage Valentine's Day Expectations](#)

2. What about jewelry (or any item that isn't a ring) in a small box?

I am just going to put this out there: If they do not already have a ring on their finger, girls want to be engaged! You don't have to be a relationship expert to figure this one out. If you have been together a while, they will probably (even if you have told them you are not going to) think that you are going to propose on Valentine's Day. Do NOT, under any circumstances, give them a gift in a small box *unless* it is an engagement ring.

3. Go the traditional route and give flowers.

Maybe some people will disagree with me, but I feel like you can't ever lose with flowers. All girls love flowers, and it doesn't matter to me if they are straight from the grocery store or arranged by the best florist in town. Flowers bring a

smile to anyone's face.

4. What about lingerie?

I'm on the fence about lingerie, as I think it's more of a gift women get for the men in their life. I say, if you are a guy, stick to a nice silk robe instead of a lacy and racy underwear set. Robes are safe – they're pretty, useful, and appreciated.

Related Link: [Love Advice: 3 Signs He's the Right Guy to Be Your Valentine](#)

5. Avoid a gift certificate.

These are not personal enough and seem like a cop out. Save them for other occasions, even birthdays – but not the most romantic day of the year.

6. Don't have money to spend?

Cook a nice meal for her (or together) and give her a sweet love note. You don't have to spend money to make a girl happy; just some time together and attention is enough for your relationship and love.

Founder, blogger, wife, Kris Schoels began The Chic Wife based on the idea of creating an ongoing dialogue inspired by the unique juxtaposition of her peanut farm-life upbringing to her now married, everyday city lifestyle. Beyond her blog, Schoels has been seen on The Today Show, Insider Edition, Access Hollywood, Dr. Oz, Hallmark Channel, Fox&Friends, The Better Show, just to name a few while also having been featured in Shape, Self, Martha Stewart and OK! Magazine with her chic tips and budget tricks.