



ADVERTISEMENT

Find out more now. ▶

Northeastern University
College of Professional Studies

- Home | News | Business | Sports | Entertainment | Metro Life | Voices | Contests
- Living Well | Careers and Wealth | Tech | Travel | Home | Kenya's Style | Consumer Trends

My Travel



Say aloha to your new marriage

▶ Think honeymoon, and Hawaii springs immediately to mind. On the island of Kauai, the blend of beauty, luxury, and tranquility will make the perfect setting for letting go of all that pre-wedding stress.

My Education guide



Go global with business

▶ "Globalism" is the new buzz word in economics. — It's increasingly clear that no business is immune from the effects of world events.

Boston Music



Magnetism of another variety here

▶ Many music journalists quake at the prospect of interviewing the thorny frontman of The Magnetic Fields, Stepin Merritt. But if you ask the man himself, it's just a misconception. As his latest record, the Tin Pan Alley-inspired "Realism" hits, he muses on the one thing he hates most — touring.

Under Investigation 23:36 ▶ Toyota set to recall 2010 Prius models 23:33

Published 20:40, February the 9th, 2010 Print Send



Bet they ate some shellfish. Photo: GETTY IMAGES

Staying in and cuddling up

Staying in doesn't have to be a snooze fest. And besides, whether you're at an art show with your friend who gives you butterflies, or on date night with your partner of 30 years who still knows how to make you laugh like a schoolgirl, Valentine's Day is not about where you spend it, but who you spend it with.

LOVE SEAT FOR ONE

Movies that say, "I'm single, but I feel sensational":

- "Amelie"
- "Under the Tuscan Sun"

So for those of you who want to avoid the gauntlet of getting dinner reservations, we say share some alone time with your sweetheart at home. Here's how to make it extra special.

Spice things up
To spice up the night, Gloria Tsang, nutritionist and founder of HealthCastle.com, advises couples to incorporate libido-boosting foods — dark chocolate, almonds, cinnamon, tumeric and shellfish — into the meal.

"If one is preparing to bake a chocolate dessert, it's great to add a sprinkle of cinnamon before baking," says Tsang. "Not only will it give your heart a boost, but it will also give your room a romantic scent."

Move it to the couch
After dinner, grab a blanket, dim the lights and watch a romantic flick together.

"No matter the stage of the relationship, there is a movie that can set the right tone and send the appropriate message," says Fenot Tekle from Netflix.com.

For people who wish to say, "After all these years, you're still the one," Tekle recommends watching "The Notebook," "The Curious Case of Benjamin Button" or "Peggy Sue Got Married." Those who want to be more than friends should check out "Slumdog Millionaire" or "My Best

Friend's Wedding." As for movies that scream, "I'm in love with you!", Tekle suggests "Twilight" or "Jerry Maguire."

NOTHING SAYS 'I LOVE YOU' LIKE A MASSAGE

Licensed massage therapist Gwen Guarino lets us in on some of her techniques: Knead the muscles of your partner's shoulders and neck as he or she lies face up. Ask him or her to take a deep breath and during the exhale, gently pull on your partner's neck by holding the cranium with both of your hands.

"Throughout this, folks should remember to keep strokes slow, close their eyes and relax," she says.

JOANA MANGUNE
letters@metro.us

YOUR TURN: (0 comments)

▶ Find out more now.

Northeastern University
College of Professional Studies

SHARE

metro's **DEAL of the DAY**

powered by **Coup Me**

Boston: \$10 for \$20 worth of Quality New York Deli Style Food at Rubin's Kosher Restaurant! Click here: <http://tinyurl.com/y8rakq4> about 20 hours ago

Follow us on **twitter**

- Local Guides**
- Alabama
 - Alaska
 - Arizona
 - Arkansas
 - California
 - Colorado
 - Connecticut
 - DC
 - Delaware
 - Florida

Music

metro monthly music podcast

MMMpod
▶ The February MMMpod features conversation from Ozzy Osbourne. Michael Emerson from "Lost" tells us about his days enjoying punk rock in Boston. We also dig up an old interview from the late great Howard Zinn. We have a song from Delta Spirit and The Soft Pack, who tell us where they got their name.

Back issues

metro

Read more

Metro Life Panel

metro life panel

EVERYTHING YOU EVER WANTED

- IPOD
- CASH
- HEADPHONES
- BROADWAY TICKETS
- ITUNES
- RESTAURANTS
- + MORE...

SIGN UP NOW. ANSWER QUICK QUESTIONS. WIN FREE PRIZES.

www.metrolifepanel.com

Read more

Consumer Trends

These cool gadgets are go-to gifts for travelers

▶ From a chic picture frame to hiking boots, here are three ideas for the hip globetrotter in your life.

ADVERTISEMENT

SEE MORE CITIES ▶

THE QANTAS AUSSIE AIRPASS

from **C\$1199***

includes 4 cities within Australia

SEE MORE CITIES ▶

*Taxes & fees apply

QANTAS
Spirit of Australia
qantas.com/airpass

ADVERTISEMENT

metro the Loop

Are you in The Loop

Sign up to be a member of **The Loop**, Metro's monthly email blast. Get first dibs on free tickets, movie passes, and a bunch of other cool things.

Sign up today at: **metro.us**