

5 IRRESISTIBLE INGREDIENTS TO FALL IN LOVE WITH THIS VALENTINE'S DAY...

'Cultivating whatever gave pleasure to my senses was always the chief business of my life'.

- Casanova

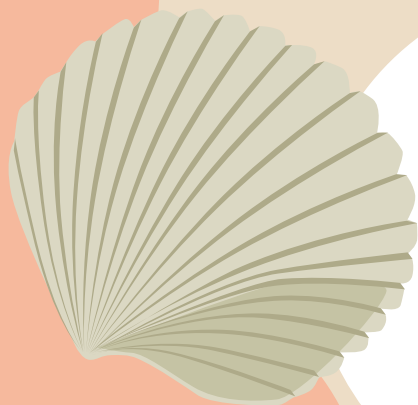
CHAMPAGNE

This liquid gold strikes every one of our senses: the pop of the cork followed by quiet hiss in the glass; its toasty aroma; the mouth-filling fizz; and inhibition-lowering alcohol. A bottle on ice is an excellent start to an evening with your beloved.



SHELLFISH

Aphrodite, goddess of desire and sensual pleasure, is intimately linked with the sea. Famously born from a clam shell, she was also prayed to by sailors for protection on their voyages. Naturally, therefore, seafood falls under her aegis, especially shellfish. Oysters are the testosterone-pumping love-food par excellence, Casanova claims to have enjoyed fifty for breakfast every day...



VANILLA

Vanilla's effect on mood, imparting feelings of peace, comfort and contentment, is recognised in cultures across the world. At the same time, its rich and velvety sweetness is undeniably seductive. Consider a vanilla-flecked crème brûlée the ultimate dreamy dessert.



CHOCOLATE

A box of chocolates has always been the lover's preferred gift for Valentine's Day and your recipient will enjoy a delicious dopamine rush as they unwrap and devour its contents. Chocolate's low melting point, usually around body temperature, makes its consumption a richly sensual experience.



COFFEE

Coffee excites the body, elevates mood and stimulates bloodflow...an espresso would be an excellent exclamation point at the end of your meal.

