

Valentine's Day Gift Ideas

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February 14 is just around the corner. If you're still not sure what to get your special valentine, here's a list of "heart-healthy" gift ideas to show your love and concern. Some ideas are pretty inexpensive, so you don't have to spend a lot to show you care. Just spending time with your valentine might be the best gift of all!



1. Make a special meal – Mixed green salad with vinaigrette dressing, grilled salmon steaks, fresh, grilled asparagus, baked potato, and fresh strawberries dipped in dark chocolate for dessert
2. Send a fresh fruit bouquet – can be ordered from www.freshedibledesigns.com
3. Have a Mediterranean-style picnic in the family room with a bottle of red wine, a multigrain baguette with olive oil for dipping, specialty olives, sliced tomato and fresh mozzarella cheese or a Greek salad
4. Bring home a bouquet of fresh flowers – even 1 red rose can make someone feel special
5. Give a Spa certificate – could be for a massage, facial, manicure, etc.
6. Pick up a small heart-shaped container of pistachios, peanuts, almonds or mixed nuts
7. Give a book – whatever subject or author your loved one likes to read
8. Make a CD of songs you both like or that remind you of your special valentine
9. Buy some scented candles; a favorite perfume or cologne; lavender spray for a pillow; bubble bath, etc.
10. Purchase a favorite piece of sports clothing or equipment; take your valentine ice skating or skiing