

14 FEBRUARY 2025

Spice up your Valentine's

celebrations

It's the most romantic day of the year, but what is it really all about? Here's an insight into the history of Valentine's Day and how you can make it a little more special.

Blood and love

The birth of Valentine's Day actually had very little to do with love and romance. It is a Catholic tradition that started around 500AD and included a feast to celebrate all saints known as Valentine. There are various stories about the potential saints that the day was made for.

One Valentine was executed by Roman Emperor Claudius II after refusing to convert to paganism. Another is said to have performed illegal wedding ceremonies for warriors. Because married soldiers were not considered to be as tough as unmarried ones, the Roman Emperor forbade them to find love. This Valentine wore a ring with the symbol of Cupid on it, so that the soldiers knew who he was.

And then, in the 1300s, Geoffrey Chaucer wrote a poem that forever solidified Valentine's Day as a celebration of love. He created 'Parlement of Foules' when King Richard II and Anne of Bohemia celebrated their first wedding anniversary.

Valentine's Day in 2025

This year, Valentine's Day falls on a Friday, making it a convenient time to really elevate your love celebrations. Here are some of our top tips to make sure you and your partner have the best Valentine's celebrations.

Set the mood

If you'll be celebrating at home, make sure you set the tone of the evening by dimming the lights and filling your romantic space with candles. Our Ester and Erik candle gift boxes are

perfect for this, as the long, colourful stems make quite the statement on a dining table or dotted around a room.

And enhance this ambience with some soft music in the background. Stick to ballads and love songs rather than anything too lively – you want to feel relaxed.

If you choose to eat out, then make sure you select somewhere special. Your local fast-food outlet isn't going to cut it on the most romantic night of the year! In the Midlands, we are spoilt for choice when it comes to fine dining. Perhaps you'd like to book a table at Simpsons, Orelle or La Belleza (see our article on this newest addition to Birmingham's food scene)! You'll notice that all these restaurants have already created the perfect mood for your special night.

Give gifts that mean something

You don't have to spend a fortune on Valentine's Day – this is more about romantic gestures than how much money you have. Write a poem, make their favourite meal or make a memory box out of souvenirs of the time you've spent together. These handmade gifts show thought, effort and sentimentality that is more romantic than anything you can buy in the shops. If you do buy gifts for each other, look for personalised options and gifts that show how well you know your significant other.

You will find an exquisite gift section on the Swealthy website, so there is sure to be something your loved one will adore.



The only way to their heart

When it comes to food choices, why not explore something new together? Go on a culinary journey to a fancy restaurant you've both wanted to try or set up a food box subscription that encourages you to try new meals you can cook together.

Or, if you or your partner prefer to stick with tried and tested foods, cook their favourite meal. We all know that the path of true love passes through the stomach!

Do something different

If you and your partner have managed to get the day off together, then you have the whole day to celebrate your love! Seems like Valentine's Day is a great day to go on an adventure together. Lace up your walking boots and go on a long walk through the woods or on a hike (make sure to wrap up warm and take plenty of water!) Or you could try a hot air balloon or helicopter ride together.

If the weather doesn't allow for outdoor activities, you could try indoor rock climbing or an escape room. The challenge will bring you closer together.

Surprise them

If your partner is someone who loves a surprise, you could arrange any of the above without their knowledge and just give them subtle hints about your plans. Of course, if your partner is someone who would rather be in control of the details, you could ask them to surprise you instead – but make sure you have something to offer in return!

Don't ignore Valentine's Day if you're single!

This is a day to celebrate love, and we all know the greatest love of all is the one you have for yourself.

So, take the above suggestion and treat yourself instead! Create a calm and relaxing environment and enjoy a special meal. Get yourself a thoughtful gift or do something you've always wanted to do but never had the chance.

Or, take the opportunity to celebrate with your single friends. Go out for a special dinner or go to the cinema together – there's always plenty of films to watch at this time of year. You could maybe even take a trip together or book a spa day. Spoil each other in place of a romantic partner and you might have the best Valentine's Day ever!

Save the date: 14th February 2025

**Looking
for something
special to book for
Valentine's Day?**

See our What's On
Guide on pages
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