

Valentine's Day for everyone on your list



NATALIE DEANE
GOOD
LIVING

With Valentine's Day just around the corner it's time to start thinking about what your loved really wants.

Chocolates, candy and stuffed toys are all great but what does your valentine desire?

If you are looking for something more — a little extra that they wouldn't think of buying for themselves here's some great choices for your list.

Health and wellness

Do you have someone in your life that needs some TLC? These will have them feeling your love.

This gift lets them feel the soothing warmth of a massage right in their home. HoMedics Shiatsu Neck and Shoulder Massager

(Bed Bath & Beyond, \$59.99)

With the long dark days of winter your Valentine is needing some warmth and happiness. The Verilux Happy Light Liberty 5K Natural Spectrum Energy Lamp can help fight fatigue, regain focus, improve your mood and boost energy.

(Bed Bath & Beyond, \$59.99)

Want to give your special someone sweet dreams? They can enjoy a deep, restful night's sleep with the HoMedics Deep Sleep Sound Machine. Relaxation sounds and white noise will lull them to sleep and the simple, elegant design works in any room.

(Bed Bath & Beyond, \$89.99)



Big Kisses for the furry love in your life with Humanga's Lips chew toy.

Puppy love

Your pet loves you completely — so don't forget them on V-day!

Show your pooch you care with these adorable novelty lips

Humanga 'Lips' Non-Toxic Chew & Fetch Toy.

They double as both a fetch toy and an adorable photo opp. Commemorate this Valentine's Day and show Fido he's fur-ever yours.

(ebay.ca, \$18.00)

Toss treats to your fur baby at home with Furbo iOS/Android app. Fill it with over 100 pieces of your dogs' favorite treats & play a game of catch while you livestream video to monitor your pet with a 160° wide-angle view, day and night.

(Amazon.ca, \$219.00)

Time for some fun

Want to bring a smile to someone's face? These heart-warming ideas will do the trick.

Spending Valentine's Day with your BFFs or with a new beau!? Prosecco Pong will add some fizz into your Valentine's Day plans — bring it to a party or play one-on-one and break the ice.

(\$22.46 at eBay.ca)

Echo Plus connects to Alexa — the cloud-based voice service — to play music, make calls, set timers and alarms, ask questions, check traffic and weather, and more — instantly. With the built-in hub you can directly set up and control your smart home devices.

(Amazon.ca, \$199.99)



Breakfast in bed will never be the same once you use Love Toast.

Foodie love

As they say, the way to the heart is through the stomach. Start with Rosé Moët & Chandon, because nothing says I love you like serving your Valentine Rosé all day! Especially when it's from the world's most celebrated Champagne houses Moët & Chandon Rosé Impérial (LCBO \$82.95)

Bring on the cheese please. Hosting a Valentine's Day get together? Perfect for entertaining, the Bamboo Cheese Serving Tray with Hide-Away

Utensil Set comes with four different utensils that conveniently hide away in their own drawer.

(Amazon.ca, \$50.67)

Say I love you to that special someone in a unique way and take Valentine's Day breakfast-in-bed to the next level with the Toast Love Stamp.

(\$19.62 at eBay.ca)

Heat things up

Valentine's Day is all about getting cuddly and cozy. This Canadian Winter Cozy collaboration between eBay Canada and Cambie Design features a special limited edition throw blanket to keep you warm with proceeds going to Covenant House.

(\$90.00 at eBay.ca)

Add that sexy to your Valentine's Day with the sensual and erotic secrets from the East with Kama Sutra & Chill, an Indigo Press exclusive edition of the Kama Sutra, in a beautiful slipcase.

The book contains the traditional text and imagery, packaged in a silk-wrapped hardcover format.

(Indigo.ca, \$10.97).

— *Natalie Deane is a lifestyle connoisseur who writes about trends in home decor, travel and entertainment.*

Romance in design is about engaging all of the senses



CYNTHIA SODA
DESIGN RULES

At home, our kids' dry-erase calendar in February is underlined in red and has hearts drawn all over it.

We love love, and whether you're a Valentine's day cynic or you are happy to have an excuse for public displays of affection this time of year, romance is in the air — like it or not.

Romance is not just champagne and roses. In the home, it's about connection and comfort — spending time with the ones you love, surrounded by the environment that brings you joy.

Romantic spaces need not be frilly or feminine, they can be the calm after the storm, the antidote to the hustle and bustle of our daily lives.

Romantic design is about engaging all our senses — not

only sight. With four little ones running around, I understand firsthand how off-putting a smelly space can be.

For a truly olfactory experience, use scented hand soaps in the powder room or burn candles or lamps that destroy odours in the home. The Lampe Berger is a brand of perfumed lamps which both purify and perfume the air in your home by destroying molecules which are responsible for undesirable smells. With lamps available in an array of styles and colours, and a range of scents with everything from crisp linen to velvety suede and everything floral and citrus in between, you can change up your scent depending on your mood.

More and more of our clients are seeing (rather hearing) the value in integrating surround sound into their space. There is something to be said for having ambient music playing in the background of your home, set-

ting the tone for you and your loved ones.

Some of the more sophisticated systems allow you to play different music in different rooms so everybody gets to listen to what they want or turn it off in their own space.

There is nothing more comforting than a welcome touch or a warm hug after a long day. Lush textures, soft fabrics, sinking into a plush sofa or cuddling under a fluffy blanket urges us to relax and leisure with those important to us.

Arrange your furniture to allow intimate conversations with one another and light that fireplace for ultimate comfort and ambiance.

Take it a step further in your next bathroom renovation and think about incorporating warmth underfoot with in-floor radiant heat technology like Nuheat customizable mats.

At only 1/8" thick they won't raise your floor height,

feel fantastic underfoot and make your early morning rituals that much more bearable. For the ultimate blissful morning, walk into a shower that makes you feel like you've been transported beneath a tropical waterfall with an overhead system like Hansgrohe's Raindance rainmaker showerhead.

Keeping romance in mind isn't just about that bowl of chocolate covered strawberries (which I would devour entirely, unapologetically).

Romance in design is about engaging all the senses and creating a comfortable place to put up our feet, a place that tells our story and a place where we can live authentically surrounded by those we love most.

— *Cynthia Soda is principal of Soda Pop Designs Inc., providing custom renovation and design services throughout the GTA. Visit www.sodapopdesigns.ca.*



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