

ME MYSELF AND I



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February was declared the month of love and romance in the year 496 A.D, and ever since lovers all around the world have gone out of their way to express their hearts' yearnings.

Love...Romance.... Gifts..... Guys are wondering how best to spoil Her, and girls are asking Google for the most perfect gift ideas for Him. The advertising and marketing industry is booming and the currency is love! But that's all well and good if you have a special someone, but what if you don't???

Valentine's Day isn't exclusive to romantic love. You can spoil your best friend, a sibling or your parents. But even better than that, you can spoil yourself. Here are three great ideas for celebrating self-love:

- Ever heard of online shopping? Well, you can kill two birds with one stop. Stay safe and avoid the busy love mongering malls and shop online. Treat yourself to a new dress, or sneakers or go on a makeup-splurge.
- Order in your favorite take out. Find the perfect chick-flick. I do recommend Bridgerton. Sit back and enjoy some you-time. You can always invite your single girlfriends over and make a girls' night out of it!
- Book a day at the Spa. Treat yourself to a facial, a massage and just some well deserved pampering. Get a mani and pedi. You will leave the Spa feeling like a rejuvenated you!

Now I do suggest that you go on an Instagram and Facebook fast for a couple of days. If you even think that the sight of all the sappy posts and comments are going to depress you, switch off your notifications and detox from the social network we immerse ourselves in on a daily basis. It will be great for your soul.

If you're single this 2021, Valentine's Day is going to be a Me, Myself and I celebration. Who knows... next year this time, you might be celebrating love with that special someone, or with your best friend. The possibilities are endless, but one thing is for sure, love..... It's euphoric. a belly rub, or have them perched comfortably on your arm as you both rest.

As the months go by gradually, these resolutions will become a habit, you and your pet will bond and become closer.

By Melinda Korposh