

KEEP HIM!

TOP TIPS TO KEEP HIM ON HIS TOES!

Psychotherapist Lucy Beresford explains how to keep him putty in your hands forever

1 COMMUNICATE!

"Have subtle conversations about your views on career goals, marriage and kids, to check how compatible you both are."

2 GET A LIFE

"At the same time, make sure these are not your only topics of conversation, otherwise you come across as desperate. Keep up with your friends and hobbies so that you don't suck the life out of your relationship."

3 SPICE THINGS UP

"Keep up the spontaneity in your relationship. Do something different occasionally with your make-up, hair or clothes, or plan a surprise walk in the countryside, trip to an old movie or day at the beach."

4 DO THE LEG WORK

"Long-lasting, durable, truly fulfilling love takes lots of work and self-awareness. The more we put in (and invest of ourselves) the more rewarding our relationships can be."

"GIVE OUT COMMITMENT AND LOVE TO RECEIVE IT ALL BACK – AND MORE!"

Bently Browning

HAPPY RELATIONSHIPS AT HOME, WORK & PLAY

THE FOOL-PROOF SECRET TO GET HIM COMMITTED TO YOU

Relationship coach Bently Browning explains how to lock-down your manifestation and make a man fall for you

1 LOVE YOU

Most happily coupled women find commitment from a partner comes from being committed themselves – remaining solid in the belief they are truly amazing within themselves, and dedicated to being a great partner. No man can deny this power – it's like a glue that will stick him to you.

2 SAY CHEERS!

You should visualise the next stage of your relationship in your mind from the stand point of love with no manipulation or scheming. The law of attraction will respond amazingly. Showing gratitude for how great the relationship is, and guess what? The law of attraction will start working its magic by taking things to the next level.

"The goal is UNCONDITIONAL LOVE, without EXPECTING anything in return. It's the most POWERFUL LOVE of all"

Bently Browning



HOME IS WHERE THE HEART IS

Feng shui expert Priya Sber spills the beans on preparing your home for seduction (fengshuisolutions.co.uk)



1 CLEAR YOUR SPACE

Tidy up, light incense sticks and open the windows to let out the stagnant chi. This will purify the energy in the home so it is more receptive to welcoming positive vibes.

2 BEGIN AT THE ENTRANCE

Firstly, ensure your door opens smoothly to welcome energy in. Next, concentrate on the hall and place a beautiful bouquet of fresh flowers there to uplift the energy, and set the mood. (Remove any shoes, coats and clutter from this space)



3 FRAGRANCE

Light delicately fragranced candles throughout the house, as these stimulate your sense of smell – and will create a sexier atmosphere too.

4 LIGHT

Keep lights dim throughout the home. Light a few lamps, rather than overhead lights (unless you have dimmers).

5 BEDROOM

Of course, the bedroom is the most vital space for seduction. Make sure you have a double bed with a solid wooden or fabric headboard to provide extra support and luck for your relationship.

♥ POSITION

Position the bed so that its head is against the wall and not in direct line with the door or under a window – to offer protection.

♥ CRYSTALS

Place rose quartz crystals on both bedside tables to activate love chi.

♥ BIN IT

Remove any soft toys, photos of previous lovers, parents, children and religious figures from the bedroom.

