

TREAT YOURSELF

Spa

Date

IN A BAG



Spa Date



1. Light the candle provided and turn on some music to set the mood.
2. Pop the champagne and pour yourselves a glass!
3. Grab your faces masks and apply on each other.
4. Ask each other a couple of fun questions to set the mood while your face masks sit for 10-15 minutes.
5. After your masks are done, grab the massage oil and take turns massaging each other.
6. Take the time to ask more questions to spark deeper, more intimate conversation.
7. Draw a bath, add the salts or bubbles and see where the night takes you from there!

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Spa Date



- Candles
- Champagne or drink of choice
- Wine or Champagne glasses
- Snacks: chocolate, strawberries, cheese, etc.
- Face Masks
- Massage Oil
- Bath Salts, Bath Bomb or Bubbles
- Relaxing Music
- Intimate Questions

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Relationship

Spa Date



1. What is one of the first things you loved about me?
2. What is your favorite memory of us?
3. When are you the happiest with me?
4. What is one thing you wish I did for you but I don't?
5. Name something I can do for you this week.
6. What is something I do that makes you feel loved the most?
7. Describe me in 3 words.
8. What is your favorite date/trip we've had? Why?
9. Is there something you miss that we used to do?
10. What is one thing or activity that makes you feel alive?
11. What are some ways we could be more spontaneous together?
12. Name five things you're grateful for.
13. What is something you think to be true about me, but have never asked to confirm?
14. What moment would you want to relive again and again?

future

15. What's a dream trip you'd love for the two of us to take one day? (Don't skimp on details and money is no object!)
16. What adventure would you like to experience in the next year together?
17. If you could plan the perfect date with me, what would that include?

Romantic

18. If we could try something new as a couple, what would you want that to be?
19. What makes you uncomfortable when talking about sex?
20. What turns you on sexually?
21. Name one physical attribute you love about me.
22. What is your favorite way to show your love for me?
23. What is something I can do to help our relationship have more intimacy?
24. What is the most sensitive part of your body? What is the most sensitive part of MY body?

Spa Date



A simple love note from me to you.