

Can one candle really do all that?

Never underestimate the power of a candle.

Yes, one of those little waxy things that you set fire to.

Think about all those movies you've seen where the couples have dinner by candlelight – there's a very good reason for that: candlelight = romance. What's one thing that always makes a woman say "oooh" and makes her snuggle against you that little bit more? A candle. The more candles, the more the "oooh" factor. Picture every photo of an expensive resort or restaurant you've ever seen and you can be sure you'll come up with one common theme – candlelight, perhaps with a garden setting, perhaps with a beach setting, perhaps just at a dinner table. But there they'll be, gently flickering in the breeze, ready to capture the attention of every woman around.

But don't panic, you don't actually have to take her to one of those places (well, perhaps...). No, seriously, you don't. Just buy a few nicely decorated candles and put them in your home. These days you can buy the most beautifully decorated, fragrant, mood-invoking candles imaginable, in any shape, size or colour. Just by sitting down occasionally with all the lights off (after the kids are in bed) and having a quiet chat with your wife you can work wonders. Candles soften any mood, relax tension, and create such a warm, glowing feeling that conversations always flow easier.

Talking by candlelight comes more naturally, even if it is just amiable chit-chat, which is sometimes where we need to start. It isn't always easy to sit down and have a serious discussion about relationship issues so just some light conversation by candlelight might be just what you need to get the words flowing.

By using fragrant candles, such as lavender and vanilla, you can create an even more relaxing environment in which you can both relax and talk, and get back in touch with each other.