

Making Marriage Work

Simple Solutions To Help Reignite Romance

(NAPSA)—Romance may be in the air—but it's not always in our homes. Between work, kids and other family responsibilities, romance often takes a backseat. Fortunately, a romantic makeover can help and requires just a few simple changes, such as a fresh coat of paint, a lock on the bedroom door or even finding the right birth control.

Romancing The Bedroom

Celebrity stylist Robert Verdi points out that “if your bedroom doesn't feel romantic, chances are you and your partner won't be feeling that way either.” According to Verdi, the key to creating a more romantic space is to consciously satisfy all senses—smell, touch, sight, sound and taste—which couples can easily do without spending a lot of time or money. Verdi recommends several simple changes that have a big impact in the bedroom, such as creating an intimate nook or “shrine” with special photographs and items that spark a couple's best memories and decorating with textured fabrics, such as silk and velvet, which are sexy to the touch.

A Romantic To-Do List

In order for a relationship to be truly healthy, romance and intimacy need to extend way beyond the bedroom. Renowned relationship expert, Dr. Pepper Schwartz, says that creating a romantic “to-do” list, including designating the bedroom a “no-kid zone” and set-



It's those small changes that often have the biggest impact.

ting aside specific times to be intimate are among the simple things a couple can do to keep the romance alive. In addition, Dr. Schwartz also explains that seemingly unrelated decisions, such as a couple's choice in birth control, can play a key role in enhancing or detracting from their romantic life. For example, unlike rings, condoms or even a pill that you need to remember every day, a hassle-free, intrauterine contraceptive (IUC), like Mirena®, allows for more spontaneity when it comes to intimacy.

When it comes to romance, both Verdi and Schwartz agree that it's the small, sustainable changes that, over time, often have the biggest impact. For more relationship and decorating tips, as well as information on Mirena, visit www.mirena-us.com.

Note to Editors: About Mirena®

Mirena® (levonorgestrel-releasing intrauterine system) is a hassle-free, intrauterine contraceptive (IUC) that is 99.9% effective and helps couples keep life simple. Mirena® provides up to five years of birth control (or less if you choose). Mirena® is an intrauterine contraceptive that is as effective as sterilization. Mirena® is safe, estrogen-free and, once removed, you can try to become pregnant right away.

IMPORTANT SAFETY INFORMATION ABOUT MIRENA®: Candidates for Mirena® have had a child, are in a stable relationship, and have no risk or history of ectopic pregnancy or pelvic inflammatory disease. Mirena® does not protect against HIV or STDs. Ovarian cysts may occur and typically disappear. Complications may occur from placement. Missing periods or irregular bleeding is common in the first few months, followed by shorter, lighter periods.