
Date Night

There are few things better than the gift of relaxation. Sophie Green finds the ultimate combination of romance, wellbeing and contentment with this date night idea.





It's a Wednesday night and my boyfriend Simon is coming around for a home-cooked meal. He started a new job recently and learning the ropes has meant long, stressful hours hunched over a computer. It's time to pull out all the stops and make the evening special. For this, I'm going to need a little help.

The doorbell rings just as I slide the lasagne into the oven. Perfect timing. Liz Chate is the best masseuse I know, and I've booked her date night massage service as a tonic to help Simon with some down time. The benefits of massage in reducing stress levels and increasing dopamine and serotonin – our feel-good hormones – are well known. I could have chosen a spa, but Liz's home service makes the logistics easy.

Liz sets up the mobile massage table in the lounge room and pops a bottle of Prosecco into the fridge to chill. "Which scent do you prefer?" she asks, wafting two deliciously aromatic tea candles under my nose. She dots the candles with my chosen scent around the lounge, while I load bruschetta in the kitchen.

As if on cue, the doorbell rings again and Liz and I share a conspiratorial smile. The weary look on Simon's face turns to surprise when Liz emerges from the

lounge. "This is Liz, your masseuse for the evening," I explain, handing him a few rounds of bruschetta to prevent his stomach from rumbling during the massage.

While Liz scrubs up in the bathroom, Simon climbs onto the massage table.

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Checking he's comfortable, Liz begins her manual manipulations and for the next hour all I hear is the murmur of music in the background.

"That was amazing," says Simon with a sigh when he re-emerges. He looks more relaxed than I've seen him in a long time. I hand him a glass of Prosecco to keep him occupied while I indulge in my own session, eagerly settling onto the table.

I've had plenty of massages in my time, but Liz seems to instinctively be drawn to

the spots where I store tension. According to *The Huffington Post*, applying the right pressure within a massage is 90% skill and 10% magic. A good massage offers more than relaxation – it should untangle knotted muscles with just the right amount of pressure. Good therapists check with you throughout the massage to determine whether the pressure is

correct; great therapists though, seem to have a sixth sense that reveals the right amount of pressure at the right time for each point of the body.

Liz is a great therapist. Her fingertips read my muscles like a book and she adapts her techniques to iron out the tension, easing the knots with firm pressure that my body yields to. Her touch is confident and continuous, leading me into a languid state of peace.

Simon and I reconvene in the kitchen, where the lasagne gently bubbles in the

oven, while Liz packs up the massage table. Within moments, she's ready to depart, leaving us to enjoy our meal, illuminated by the flickering glow of the tea candles, now sitting in a row on the dining table.

"This is the last part of the surprise," I tell Simon, placing two individual servings of lemon curd cheesecake on the table.

"What an evening." Simon responds with a sigh as we clink glasses. "This might be our best date night yet."

Elizabeth Chate brings a wealth of global wellbeing experience to her clients. A former Head Therapist at the award-winning Bliss Spa in London, a Personal Trainer and Mindset Coach, Elizabeth has seen first-hand the benefits of taking time out to look after the mind and body – from stressed executives to high-ranking employees, stay-at-home mothers and athletes. To book a Date Night massage package, email lizchate@gmail.com

