

MEDIA RELEASE
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This year Plan an Eco-Sexy Valentines Day
Show Your Date and the Planet a Little TLC

TORONTO, Ont.— With Valentine's Day just around the corner, Canadians are already scrambling trying to book dinner reservations, score the latest movie tickets and choose the perfect outfit for the special day.

"Valentine's day reminds us to think eco-sexy," says Laurie Simmonds, President and CEO of Green Living Enterprises. "From flowers to chocolate to a night with essential oils, have some fun planning your romantic (yet green) date."

This year, why not try one of these sweet, sexy and sustainable date ideas:

- **Cook a romantic, locally-sourced dinner:** Surprise your partner with a savoury, locally-sourced home-cooked meal. With food grown using methods that minimize the impact on the earth, a visit to your local farmer's market for fresh ingredients is a great place to start. Try [Quinta Quinoa](#) as a health grain option— one that surprisingly grows in Ontario and offers high quality, high protein quinoa with absolutely no additives.
- **Learn to Make Chocolate:** What is Valentine's Day without artisanal chocolate? Give the gift of a chocolate-making experience with your loved one at ChocoSol Traders exclusive [More Than Just A Valentine](#) chocolate-making workshop in Toronto on February 11th. Learn about their holistic bean-to-bar chocolate making process and taste the best in local and artisanal chocolate. Can't make the 11th, visit their [website](#) for other workshop dates and private bookings.
- **Plant an Indoor Garden:** Consider spending quality time with your partner planting a gorgeous indoor garden in your home or starting your spring veggie seedlings. From vegetables, herbs and beautiful flowers, your options are limitless since these gardens don't need much space at all. For some fantastic, 100 per cent organic, local options, [Urban Harvest](#) offers a range of seeds that promotes ecological diversity and preserves the health of the planet.
- **Spend an Intimate Night In:** Why go out at all when you've got an entire holiday dedicated exclusively to just you and your lover? Spend the time indoors relaxing and enjoying each other's company. Once sunset rolls around, there is nothing better to put your sweetheart in the mood than a deep, sensual, full body aromatherapy massage using essential oil blends from [Young Living Oils](#).

- **Book the Ultimate Vday Package:** Ready to take Valentine's Day to a whole new level? Plan a romantic weekend getaway and pamper your partner with a day trip to [St. Anne's Spa](#). Experience a relaxing retreat in an old castle, enjoy delicious locally sourced meals and treat yourself to spa services with skin care products made from 100% pure botanical ingredients. Don't forget to pack the wine! Set the mood with some delicious, sustainable vino from Niagara wineries such as [Southbrook Vineyards](#) or [Rosewood Estates](#). If you're more of a brews gal/guy, check out [Beau's All Natural Brewing Company](#).

Get creative this Valentine's Day and try something new with your special someone. There are tons of great ideas that are healthy for you and the planet!

This April, visit all of these sustainable companies plus 400 more at the Green Living Show taking place April 7-9, 2017. For more on leading a healthier, greener lifestyle, please visit www.greenlivingshow.ca. 'Like' them on [Facebook](#), or follow [@GreenLivingPage](#).

About Green Living Enterprises

Green Living Enterprises is Canada's leading cause-marketing agency focused on social and environmental program development. Our team is led by award-winning industry experts in the fields of brand and program development; custom content; advertising, marketing and communications; and event management. Green Living Enterprises also includes GreenLivingOnline.com and The Green Living Show, Canada's largest consumer show, dedicated to simple solutions for leading a healthy and sustainable lifestyle.

Green Living Show

The Green Living Show is Canada's largest consumer show dedicated to simple solutions for leading a healthy and sustainable lifestyle. This three-day event offers inspiration for all ages and features influential speakers; innovative products; eco home and garden design; local and organic food and wine tastings; health, wellness and yoga pavilions; eco fashion and green beauty makeovers; electric car test drives; nature exhibits and fun activities for the entire family.

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For more information, please contact: