

OK!

WEEKLY



ANGELINA'S

FE

OK! BODY & SOUL

PLAN YOUR SEXIEST VALENTINE'S EVER!



Want a romantic night that would make **ASHTON** and **DEMI** blush? Follow OK!'s timeline – and your date is sure to be spicy

10 A.M.

HIT THE TREADMILL

Last-minute tone-up aside, "running releases endorphins and gets you relaxed and ready for a night of romance," Ian Hart, personal training manager at NYC's Crunch Gym, suggests to OK!

"Lavender, tuberose and jasmine are great scents," Parson says. "After your bath, make sure to wrap yourself in a warm towel and moisturize."

4 P.M.

NAIL THERAPY

Don't forget to treat your hands and feet to a soothing mani/pedi. "The most



He do he chi be first PL rul needs to know