

Choosing the Right Atmosphere

by Nancy Mann

You should choose small restaurants with warm charm, conveniently located, with ample parking. To achieve romance, seek the important “atmosphere”.

What comprises “atmosphere”? It is the five senses...temperature, lighting, scent and taste, and sound (music). And just the two of you.

Sound? The restaurant will need insulation, to shut out police sirens, etc., a place where you can whisper “sweet nothings” to each other.

Temperature? You want warmth; your card's poem to bring goosebumps to your date, not the Colorado air. You want to say “You look great in that sweater!” ... not, “You look so bulky – are you wearing three sweaters?” Too hot and your energy in digesting is lost (75%). But no one wants to see arm-pit moisture marks growing at the table. 68 degrees – yes!

Lighting? Candles are inexpensive; beware of an extra charge. But do use candles; they impart a skin-glow hard-wired in human brains to signify a blushing, sexual flush. Soft lighting conceals age, i.e. Karl Malden confronting Miss DuBois – “Street Car Named Desire” – “Come to think of it, I've never seen you in daylight, Blanche!”

Scent is closely related to lighting, perhaps scented candles accomplish both requirements. Aroma therapy is valid – it was discovered that lavender used in prison promotes calm. Jasmine promotes romance, as does sandalwood. No cinnamon – too reminiscent of Cinn-a-Bon at the Aurora Mall! Flowers, according to research, are not as important as music or food. Music is necessary, and Frank Sinatra is a must. Barry Manilow, still “iffy”, and kinda fruity, isn't he?

Taste. Peruse the menu for steak or shrimp. Sukiyaki, requiring your four hands to cook the meat in oil, and tenderly feed each other is suggested. The Benihana knows this, and can boast of bringing about engagements. Even drinks are optional, but cool-old lady.com says “There is no romance without chocolate!” Be forewarned.

Lastly, time-of-day is part of the atmosphere, and also important. Too early, no appetite. Too late, and one is tired. 7:00 p.m. is perfect!

So, what happens when you present your idea to your better-half, and ask for his opinion about a perfect time together?

Beware of any respondent replying, “I want to go to that neon-lighted, you know, noisy place with a cheap beer-bar, lots of kids, video games, greasy burgers, peanut shells on the floor, and our neighbors there – singing! I can stay in my sweats; we can watch those re-runs of ‘The Little Rascals’ on a big screen! Let's take the Saturday early-morning bus!”