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Any self-respecting hedonist knows how to indulge... and Lifestyle Editor **Bryony Whitehead** does that pretty well.

Single ladies party on!

Wed, 01 Feb 2012 7:30

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February is has arrived and we all know what that means: Valentine's Day is just around the corner. The thought of spending the most romantic year of the night alone is enough to give even the most seasoned single girl the blues but we have some ideas for all-girl singles' nights that will banish them in a cinch.

While it may feel like it come 14 Februar, it's important to know that you're not the only single person in the world. Take a look at how many of your Facebook friends have "single" relationship statuses – you'll find plenty. Research shows that a whopping 43 869 800 people changed their relationship status to "single" in 2010 while only 28 460 516 changed it to "in a relationship".

So you're definitely not alone in being single – and that might have something to do with all the perks that come with being unattached. Not shaving, reclaiming control of the remote and guilt-free flirting are definitely things worth celebrating, so get your single friends together this Valentine's Day and party.

Why not host a "Celebrating Single" night? Hire a couple of DVDs starring inspiring independent characters (like Samantha Jones in *Sex and the City 2*) and stock up on wine and popcorn. Or invite your favourite singles over for a sleepover and spend the night in your pyjamas giving each other manis and pedis over plenty of gossip.

Another option is to take a tip or two from someone who is a bit of an expert when it comes to all-girl get-togethers. Patty Brisben built an empire based on fun, informative girls' nights with a naughty twist. Her company, Pure Romance, sells bath and beauty products as well as toys and accessories for the bedroom. It's no surprise her top tip for singles this Valentine's Day is to hold a Pure Romance party.

All you need to do is get in touch with a Pure Romance consultant, give her your guest list, and relax while she takes care of all the details. She'll come to your home and get the party started with some hilarious icebreakers before introducing the full range of Pure Romance products and explaining how they work. Shy girls needn't worry – the consultant will spend time with each guest individually to help her find the perfect product.

Patty's tips are great for any kind of bash. Here are her top three:

- As with any good party, make sure you have plenty of nibbles and keep the drinks flowing. Serve light, summery food – you can't go wrong with a cheese and fruit platter – and chill all your drinks to keep your guests cool in the summer weather. Be sure to cater to all your guests' needs, too. Ask them if they have any food allergies or if there is anything they don't or can't eat long before you start planning your menu. Also remember that Pure Romance parties are for women 18 and over so be sure to let all your guests know that bringing children along is a no-no.
- When you choose a theme for a party you really set the tone for the night. While Pure Romance has its own tried and tested themes like "Back on the Market", a bash designed to prepare the newly single girl for getting back into the dating world, consultants are always happy to work with whatever theme the host prefers, be it "Suddenly Single" or "Girls' Night In". A consultant recently told Patty about a tongue in cheek anti-Valentine's party she arranged last year, complete with black balloons and black cut-out hearts. This had the guests giggling on arrival, turning the event into a fun celebration right from the start.
- Finally, relax. A stressed host is no fun for anyone. If you're hosting a Pure Romance party, a consultant will take care of most of the details for you so stress shouldn't be an issue. But if you're planning the event yourself, the best way to be sure everything runs smoothly is to be organised and start preparing for the party well in advance. Patty recommends preparing a checklist at least two weeks before the party and following it to the letter.

Visit www.pureromance.co.za to get in touch with a consultant nearby and find out more about hosting a Pure Romance party yourself.

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Pure Romance

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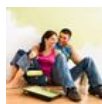
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