

Decode the meaning of different rose colours this Valentine Week



Rose Day 2026

buy roses for themselves on this day. It is observed on February. Rose Day holds a lot of significance as the flower rose denotes love, passion and purity.

Rose is often used to declare one's love and affection for another person.

However, the meaning of rose differs with its colour. As we gear up to celebrate the special day, here is a list of the colours of roses and their meanings:

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Colours of roses and their meanings

Red rose

The colour red denotes love and pas-



sion. Red rose is often used to propose love and promises to the one we love. It signifies romance in its truest form.

White rose

White roses denote love, respect and honour and are often used in decorations, or to gift to someone we value in our lives.

Yellow rose



This rose denotes friendship, warmth, happiness and good vibes. Often friends gift yellow roses to each other to tell them how much they mean to them.

Blue rose

Blue is the colour of sensitivity and emotional strength. Gifting blue roses to another person denotes the amount of emotional sensitivity we have for them.

Peach rose

Peach denotes sympathy, modesty



and sincerity. Lovers often gift each other peach roses to declare their sincerity in the relationship.

Pink rose

These roses denote femininity, elegance and aesthetics. When we like someone for their elegance and grace, we can give them pink roses.



The love season begins with Rose Day when lovebirds and couples go out to celebrate their passion and love. Beautiful roses are the focus of the first day of Valentine's Day week. As we are just around the corner to celebrate Rose Day 2026.

Valentine's Day is around the corner, and we cannot keep calm already. Every year, Valentine's Week is celebrated with a whole lot of pomp and grandeur all over the world.

Celebrated as the week of love, this is that time of the year when lovers show-

er each other with affection and gifts, people confess their love to the one they like, and promise to stay with each other forever. Rose Day marks the start of Valentine's Week.

Rose Day is observed annually on February. On this occasion, lovebirds exchange roses with their loved ones as a gesture to convey their feelings. It's not limited to romantic partners; one can also present roses to parents or friends whom they cherish deeply.

Additionally, embracing the concept of self-love, individuals may choose to

How To Understand The Basics Of A Healthy Complexion



In the vast sea of skincare information, understanding it all, especially for those starting their skincare journey, can be overwhelming. Skincare is a personal ritual, where the adage "To each their own" holds profound significance. This is particularly true because each skin is distinctive, and there's no one-size-fits-all solution. To grasp skincare in its entirety, it's crucial to comprehend the basics.

Skin- Oily Skin: If your skin tends to shine persistently, especially in the T-zone (forehead, nose, and chin), it's likely that you have oily skin. This skin type is often prone to acne and enlarged pores.

Dry Skin: Tightness, flakiness, or itching indicates dry skin. Proper moisturization is crucial to tackle dryness and prevent premature ageing.

Combination Skin: The T-zone, encompassing the forehead, nose, and chin, tends to be oily, while the rest of your face may fluctuate between dryness or maintain a normal state.

Sensitive Skin: Prone to redness, irritation, and severe reactions to certain products, sensitive

skin requires gentle, fragrance-free care.

Normal Skin: This skin doesn't exhibit extreme dryness or oiliness. However, even in this ideal scenario, a consistent skincare routine is key.

Essentials for Skin Maintenance:

Sun Protection: Taking care of your skin involves various strategies, but the primary and foremost step is protecting it from the sun. A lifetime of sun exposure can result in issues such as wrinkles, age spots, and an elevated risk of cancer. To counteract these concerns, make a habit of wearing sunscreen daily. Sunscreen acts as a protective shield for your skin, guarding against the sun's harmful UV rays, which can adversely affect your skin.

Simplified Routine: Navigating skincare involves a multitude of products. However, the key is to tread carefully. Excessive use of products can potentially irritate your skin. Instead, prioritise the essentials. Opt for a gentle cleanser, sunscreen, and moisturiser that suits your skin. Establishing a simple morning and

nighttime skincare routine can bring significant benefits for your skin's health.

Nutritious Diet: Your skin's appearance is often a reflection of what you consume. A well-balanced and nutritious diet not only helps your overall well-being but also contributes to a radiant complexion. Include plenty of fruits and vegetables in your diet, as they are rich in essential vitamins and antioxidants.

Lip Care: It's essential to have a lip balm with at least SPF 30 handy before heading outdoors. This simple step not only ensures protection against harmful UV rays but also keeps your lips nourished and healthy.

Manage Stress: Although stress primarily affects mental well-being, its repercussions extend to your skin. Unchecked stress can heighten skin sensitivity and contribute to issues like acne breakouts. To counteract this, prioritise mental health by ensuring an adequate amount of sleep, avoid overwhelming yourself with more than you can handle, and engage in activities that bring you joy.

Hands Off Your Face: Throughout the day, your hands come into contact with germs that can transfer to your face if you touch it. Resist the urge to pop or squeeze pimples, as doing so could result in lasting marks on your face.

Monitor Your Skin Regularly: Pay close attention to moles that itch, bleed, or exhibit changes in color, as these can signal potential early signs of skin cancer. If you detect any suspicious spots, take the proactive step of scheduling an appointment with a board-certified dermatologist for a thorough examination.

Treat your partner with these delectable rose-infused recipes



As Rose Day approaches, what better way to express your love and affection than by incorporating the timeless symbol of romance into your culinary creations? Roses, with their enchanting fragrance and delicate petals, can elevate any dish to a new level of sophistication.

The combination of aromatic roses and delicious ingredients is sure to create a memorable and intimate dining experience, leaving your loved one feeling cherished and adored. This Rose Day, go beyond traditional gestures and surprise your partner with a romantic feast featuring 5 rose-infused recipes that are sure to tantalize their taste buds and create lasting memories. Cheers to love, laughter, and a feast for the senses on Rose Day 2024.

Raspberry Champagne Cocktail

Ingredients Required- Chilled champagne, Rose water, Fresh raspberries, Start the evening on a sparkling note with a refreshing

rose-infused raspberry champagne cocktail. Combine chilled champagne with a splash of rose water and garnish with fresh raspberries. The subtle floral notes of the rose water complement the sweetness of the raspberries, creating a bubbly concoction that sets the tone for a romantic evening.

Rose Petal Bruschetta

Ingredients Required- Baguette slices, Diced tomatoes, Fresh basil, Olive oil, Finely chopped rose petals

Take your taste buds on a journey with rose petal bruschetta, a unique and savoury appetizer that combines the freshness of tomatoes with the delicate aroma of rose petals.

Top toasted baguette slices with a mixture of diced tomatoes, basil, olive oil, and finely chopped rose petals for a burst of flavours that will leave your partner craving for more.

Rosemary Rose Chicken

Ingredients Required- Chicken breasts, Rose water, Fresh rosemary,

Garlic, Olive oil
For the main course, impress your partner with a succulent rosemary rose chicken.

Marinate chicken breasts in a mixture of rose water, fresh rosemary, garlic, and olive oil before grilling or baking to perfection. The result is a tender and flavourful dish that combines the earthiness of rosemary with the subtle floral notes of roses.

Rose-Infused Risotto

Ingredients Required- Arborio rice, Chicken or vegetable broth infused with rose water, Parmesan cheese, Sautéed mushrooms, Fresh rose petals.

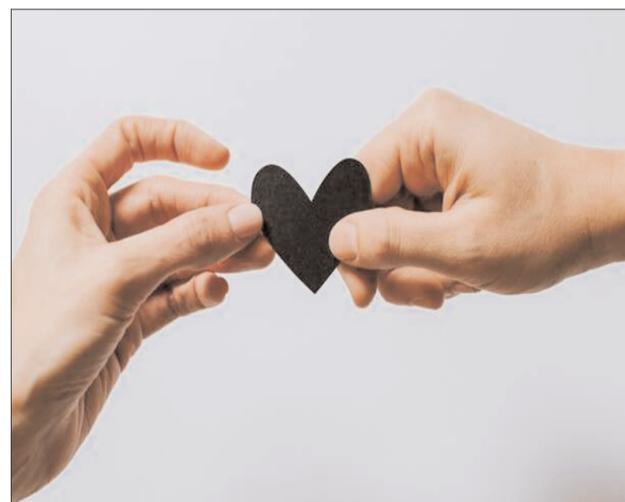
Elevate a classic dish with the addition of rose-infused flavours. Prepare a creamy and indulgent rose-infused risotto by infusing rose water into the broth used to cook the Arborio rice. Finish with Parmesan cheese, sautéed mushrooms, and a sprinkle of fresh rose petals for a dish that is as luxurious as it is romantic.

Rosewater Chocolate Fondue

Ingredients Required- Dark chocolate, Heavy cream, Rose water, Assorted fruits, marshmallows, and pound cake for dipping

End the evening on a sweet note with a luscious rosewater chocolate fondue. Melted dark chocolate meets the subtle essence of rose water, creating a decadent dipping sauce for an assortment of fruits, marshmallows, and cubes of pound cake.

Share this interactive dessert with your partner, and let the indulgence of chocolate and roses complete your romantic celebration.



'Tis The Season To Keep The Spark Alive In Your Long-Distance Relationship

standing both the hurdles and desires, read on for some tried and tested ways to sustain your bond and keep the flame alive.

Communication

It is and will be the lifeline of every long-distance bond. Meaningful or mundane, regular conversations, updates and banter is the key to keeping it real. Expressing emotions, sharing concerns, and dedicating time to each other are all vital components in weathering the absence of physical touch. You keep each other in the loop of all that's happening in your life, mirroring the openness you would maintain if you were meeting in the flesh.

Virtual Dates

Just because you're miles apart, you don't have to compromise on committing to date nights and quality time together. With dedicated LDR apps to movie raves online, couples can

explore innovative ways to squeeze activities together. Online cooking sessions, wild horoscope readings, or even turning to competitive games adds the sense of a shared experience, making the distance seem a lot less significant.

Surprise Gestures

Random acts of love always take you to the long haul! Sending surprise gifts or care packages across the distance can be a tangible reminder of your love and commitment. Handwritten letters, personalised items, or even a simple heartfelt text summing up your feelings can create a sense of intimacy that transcends the physical into a realm of emotional closeness.

Honest Discussions

To align expectations with reality, honest and transparent discussions are paramount. This principle extends beyond emo-

tional concerns to practical aspects, including financial goals. Open conversations about career changes or breaks become essential in creating a shared vision for the future. Discussing financial plans and aspirations will not only enhance mutual understanding but also fortify the foundation of your relationship.

Individual Growth

While the desire to be physically close is natural, it's essential to support each other's personal and professional endeavours. Encouraging your partner to pursue their goals and celebrating their achievements from afar can strengthen the bond by nurturing a sense of mutual support and shared success. It's about being there for each other, yet letting each other grow at your own pace.

Planning Visits

The most exciting and anti-

ipated turning point of every long-distance relationship! Strategically scheduling regular visits allows for face-to-face interaction, creating cherished memories that sustain the connection during times apart. What lies at the heart of it all— what makes the distance worth it? The anticipation of upcoming visits provides a positive focus, turning the countdown to the next meeting into a shared adventure.

The essence of keeping the spark alive lies in purposeful intention and unwavering commitment.

Even across the barrier of a screen, the warmth of love can be recreated through these small, deliberate gestures, signalling a shared dedication to the person and the partnership. You not only then survive the challenges of distance and absence but the affection grows even stronger.

