



A 7-DAY INVITATION

The 7-Day *Spark*

*Seven small evenings
back to each other.*

XTASYXPERIENCE

INTIMACY, ELEVATED.

BEFORE YOU BEGIN

Closeness isn't a grand gesture. It's a habit.

If it's felt a little quiet lately — the busy kind of quiet — you're not doing anything wrong.

Most of us don't drift apart in one dramatic moment. We drift in the small ones: the kiss that became a peck, the evening that became two phones on one couch, the conversation that became logistics. Nothing broke. Life just got loud.

This guide is the gentle way back. Seven evenings, one small invitation each. No pressure, no performance, nothing to buy to begin. Each one takes ten minutes or less, and each is designed to do a single thing: bring your attention back to the person in the room with you.

You don't have to do them in order. You don't have to do all seven. Start with the one that makes you smile, and let the rest follow.

THE ONE THING THAT MATTERS MOST

Presence beats production every time. A fully-present ten minutes will always do more than an elaborate evening you're only half in. Throughout this guide, choose attention over effort. That's the whole secret.

THE SEVEN SPARKS

One invitation a day.

DAY ONE

The six-second pause

A kiss longer than six seconds stops being a goodbye and starts being a moment. It's long enough to interrupt the autopilot and remind your body who it's standing next to.

TONIGHT

Before anything else this evening — bags down, before "how was your day" — kiss, and hold it for a slow count of six. That's it. Notice what changes in the room afterward.

Elevate it: *dim the overhead light. Bodies soften under warm light the way they tense under bright.*

DAY TWO

Touch with no destination

So much touch has become a question — a beginning that's asking to lead somewhere. Today, touch that asks for nothing. Affection that's allowed to just be affection takes the pressure out of closeness.

TONIGHT

Five minutes of contact that isn't going anywhere: a hand traced along an arm, fingers through hair, a forehead resting on a shoulder. The only rule is that it doesn't have to become anything.

Elevate it: *a few drops of a warm-scented oil turns a five-minute touch into something you both look forward to.*

DAY THREE

One thing said out loud

Desire grows in the saying of it. We assume our partner knows what we love — and then we never tell them. A single honest sentence can re-open a door that's only been closed by silence.

TONIGHT

Finish this sentence out loud: "Something I've always loved about being close to you is..." Then let them finish it too. No fixing, no follow-up. Just say the kind thing.

Elevate it: *if out loud feels like a lot, write it on a note and leave it on their pillow.*

DAY FOUR

The slow build

Anticipation is the most underrated part of intimacy. The evening doesn't start at the bedroom door — it starts at 2pm with a single, warm message. A whole day can hum quietly in the background.

EARLIER TODAY

Send one unhurried text mid-afternoon — something only the two of you would understand. Let it sit. Watch how the evening arrives already warmer because of it.

Elevate it: *set the scene before they get home. Anticipation you can see and smell — a candle lit, the lamp on, not the ceiling light.*

DAY FIVE

A feast for the senses

When life is rushed, we live in our heads. The fastest way back into the moment is through the senses — texture, warmth, scent, sound. Slowness is its own kind of luxury.

TONIGHT

Choose one sense and indulge it together for ten minutes. A favourite record, low. Something warm to taste, shared slowly. A soft fabric against skin. Pick one and don't rush it.

***Elevate it:** a quality massage oil or a single beautiful candle turns "an evening in" into a small occasion.*

DAY SIX

A little curiosity

Long-term closeness doesn't need fireworks. It needs the occasional surprise — one small new thing that says "I'm still curious about you." Curiosity, not novelty for its own sake, is what keeps a couple feeling alive.

TONIGHT

Ask: "Is there something you've been a little curious about that we've never tried?" It can be tiny — a different room, a different hour, a different pace. The asking is the gift.

***Elevate it:** exploring something new together is easier with the right essentials on hand. Comfort makes curiosity generous.*

DAY SEVEN

Make it a ritual

One good week is lovely. A standing invitation is transformative. Couples who stay close protect a little time the way they protect any appointment that matters — they put it on the calendar and they keep it.

TONIGHT

Choose your one evening a week. Name it, protect it, and decide together what makes it feel like yours — the lighting, the no-phones rule, the small ritual that begins it. Then guard it.

***Elevate it:** give your ritual a signature — a scent, a candle, a setting that means "this is our time" the moment it appears.*

WHERE TO GO FROM HERE

Three gentle places to start

If this week reminded you what closeness feels like, here's how to keep it going — at your own pace, with nothing you don't need.