



# SENSING MORE

while this is the print version,  
this date guide is intended to  
be listened to via recording.





# welcome

Hello and welcome to your Sensing More Date Night In Experience. My name is Megan Pruitt and I'm the founder of Date Night In Box.

If you have joined us for a Date Night In previously, you will notice we are doing things a bit differently. If this is your first time just know that typically we included printed date instructions, but tonight you will be guided through your date by our friend Pat.

The theme of your date is Sensing More. Tonight, you and your significant other will place a focus on your five senses and experiencing your relationship in new ways that you might not have before. I challenge both of you to get out of your comfort zone and begin this date with an open mind. Relax and enjoy your time!

As a bit of housekeeping, did you know that each month we give a **FREE DATE** to a couple who snaps a picture of themselves enjoying their date with their box in the photo? To qualify, simply post your photo to Instagram or Facebook using the hashtags #DateNightInBox and #DNISensingMore. A big congratulations to last month's winner!

Last bit of info, were you given this date as gift? If so, we would LOVE for you to join us again. We offer a variety of plans to fit your needs and we also have a Kids Night In Box subscription. Simply visit [nightinboxes.com](http://nightinboxes.com) and use the code 15OFFNIB for 15% off all subscription plans.

Now, get ready to enjoy your night together. Keep listening and our friend, Patrick will get you started with tonight's first activity.





# patrick's date introduction

Hi, my name is Patrick Daunt and I will be your "Sensing More" date guide tonight. As Megan mentioned earlier, relax and enjoy this experience with your significant other and don't forget to snap some pictures for a chance to win free date.

Well let's get to it!

During your Sensing More date, you will explore the power of human touch, exercise your visual recall, dabble in a taste test, sample scents and answer relationship questions while limiting some of your senses.

Okay let's go ahead and think about setting the stage for your date tonight. In the spirit of Sensing More, take a quick minute and consider the spaces in which you might enjoy your date. Gather and light some candles, dim the lights and cozy up together. Periodically, during your date tonight, I will play music to allow for thought and discussion. If you are joining us for another month this will stand in place of your custom Spotify playlist.

Now that you have created a space for your date, I would like to introduce you to Marina Hulett. Marina will guide you through her suggested menu for the night.

After you prepare your food with Marina you will be greeted by my wife, Kyra Daunt, to explore some table talk topics to get the conversation flowing.

Bye for now, but not for long.





# grab your recipe card

Each month we include custom recipes provided by Marina from Marina Makes ([marinamakesblog.com](http://marinamakesblog.com)). We hope that you'll be able to use this recipe card in the future!



## BRIEF INTRODUCTION TO MARINA MAKES

Hi, friends! I'm Marina from Marina Makes ([marinamakesblog.com](http://marinamakesblog.com)). I am so excited for you to try the flavors and textures that I've put together for this month's menu. I encourage you to use every one of your senses as you enjoy this food. Observe the vibrant colors with your eyes, smell the aromas, experience the texture as you put the food in your mouth, savor the taste of every bite and listen to the sounds of the food as you chew. You can even have a little fun with your taste-testing by wearing the blindfold included in the box!


I'd love to see how your food turns out, so please share pictures of the results on social media; don't forget to use the hashtag #marinamakeseats. Happy eating!

# table talk

**(This section was recorded  
by our friend, Kyra Daunt.)**

It's time to sit back and enjoy a little bit of table talk with each other this evening. Let's take a moment to dig deeper into tonight's theme, Sensing More, and see the important roles your 5 senses have played in the story of your love.

If someone asked you to explain your love with science, would you know what to say? You might be inclined to remark that your love is a matter of the heart. That it is abstract and that science has no power over love. You think about the tender way he caresses your cheek, or, her one-in-a-million sweet smile, and it certainly doesn't trigger the thought "ah, yes my sensory cortices have been activated." I'm going to guess that this is quite far from your thoughts. But, our senses actually do play an important role in our emotional processing; which aids us in developing feelings of love and affection for each other. Our five senses interpret and perceive what we experience, activating neurotransmitters and sending clear messages to our brain.



As you'll experience in your date this evening, your senses can be a very powerful way to guide emotional reactions. If you've never really been one to share your feelings, you might be surprised at just how easy it can be. Your senses can offer a very tangible picture of your love. Take a few minutes to reminisce. Fill in the spaces below and share your answers with your partner.

Our love is complex, but these things I know to be true. I fell in love with all of my senses.

### **SMELL**

When I first met you, you smelled vaguely like\_\_\_\_. The smell of you felt like home from the very beginning. I missed you when I smelled \_\_\_\_ because it reminded me of our favorite time together. It always will.

### **TOUCH**

Your touch always felt \_\_\_\_\_. I felt safe in your arms, especially when we\_\_\_\_. We used to stroll down the street, I loved it when you would \_\_\_\_\_. I still do.

### **SIGHT**

You always used to wear that\_\_\_\_\_ . My photo memory of you isn't complete without it.

When I laid eyes on you for the first time, I fell in love with your \_\_\_\_\_. I swore that it was the most beautiful thing I had ever seen. I still do.

### **TASTE**

The first thing you ever cooked for me was\_\_\_\_\_. I loved it because you prepared it just for me. When I watched you enjoy the taste of \_\_\_\_, it made me smile. When I taste \_\_\_\_\_ it brings me right back to \_\_\_\_\_. I never want to forget that moment with you. I never will.

### **SOUND**

When I hear the song\_\_\_\_\_ it reminds me of that time we \_\_\_\_\_. If only I could relive that a million times. When I missed you I would hide away, listen to\_\_\_\_\_ and pretend I was in your arms. I loved the way you said my name and proudly introduced me as yours. I still do.

Cheers- To our love, what will always be, what we'll never forget.

Next, Patrick my husband will join you again for the remainder of your Sensing More date.







# ACTIVITY ONE:

massage (touch)





Hello again, if you elected to prepare and cook your dinner with the help of Marina I hope you enjoyed it and your table talk as well.

Let's jump into your first activity. Locate your included massage oil and massage cards. Prepare to brush up on your massage technique. Find the best place in your home to take turns getting a massage and remember to set the mood.

Play a quick game of rock, paper, scissors to find out who will be the receiver of the first round of massage.

The loving giver of the first massage can collect your massage cards now. Read through the cards to reveal important information about each style of massage.

Pick the type of massage you would like to try first and spend the first minute giving your partner the type of chosen massage without revealing any information to your significant other.

*\*\*\* Two- three minutes of spa music \*\*\**

Now take a moment and read aloud the content of the card to describe what type of massage you were given. Continue for one more minute with your partner providing feedback about what they like and would enjoy more of.

*\*\*\* Two- three minutes of spa music \*\*\**

Next you will replicate this experience with the remainder of the cards while noting a chime when it's time to discuss each method with your partner. Please note there are four additional types of massage to enjoy.

*\*\*\* Eight minutes of spa music with a chime at one minute intervals \*\*\**

## **NOW SWITCH SPOTS AND ENJOY YOUR TURN**

*\*\*\* 10 minutes of spa music with a chime at one minute intervals \*\*\**

Hopefully you were able to relax and enjoy. Take a moment to wash your hands and get prepared for your next activity. Please note, you will need to move to an area table top or hard surface to complete your next activity.





# ACTIVITY TWO:

puzzle (sight)





Now that you are both relaxed it's time to focus on your attention to detail. Together, take some time to complete the puzzle included in your box. This puzzle represents some items that can enhance your Date Night In experience. I'll join you again in a few minutes to tell you the next part of your activity. Go ahead and get started.

\*\*\* *Several minutes of music* \*\*\*

We are going to enter in a little friendly competition and see how well you can recall the contents of the puzzle. Take one minute and study the puzzle together. Ready, set, go!

\*\*\* *Clock noise for 60 seconds* \*\*\*

Next, I'll ask you a series of questions based on the image you just saw. Cover your puzzle or turn away from the puzzle and answer to the best of your ability.

- How many plants were in the picture?
- What is the cocktail recipe for?
- What color was the candle tin?
- How many drink related items were in the picture?
- Was the confetti pack empty?
- How many balloons are included in a pack?
- What colors were the confetti?

Okay, let's see how well you did...

- How many plants were in the picture? **1**
- What is the cocktail recipe for? **Moscow Mule**
- What color was the candle tin? **Black**
- How many drink related items were in the picture? **6: Cocktail sugar crystals, moscow mule recipe card, cocktail tin, bar spoon, ginger syrup and ½ oz jigger.**
- Was the confetti pack empty? **No, some was spilled out but it was full**
- How many balloons come to a pack? **3**
- What colors were the confetti? **White, Gold and Silver**

Did your memory serve you well? It can be so easy to miss things that are right before your eyes!

Let's talk for a moment about how this "piece of the puzzle" fits into your relationship. Can you recall a time when you recognized with your eyes that your significant other needed support? There is power in being observant and acting on visual cues before your partner verbally communicates them.

Spend a few minutes talking about visual cues you might give your partner or cues you wish your partner would have recognized.

\*\*\* *Three minutes of music that slowly fades*\*\*\*





# ACTIVITY THREE:

mcCrea's caramel  
testing (taste)





Time for a taste test! Grab your included McCrea's Caramel pack, tasting mat, tasting scorecard, knife and a writing utensil. Get ready to indulge your taste buds in some SERIOUSLY delicious flavors.

You and your partner will share a tasting mat. Cut each caramel piece in fourths and place the pieces into a square on your tasting mat.

Next, we're going to walk you through sampling each caramel. Throughout the process, explore as many senses possible while sampling; fragrances, texture and taste region (sour, sweet, bitter and salty). Bonus points if you can incorporate hearing and sight into your scores!

Let's start with the first flavor and go ahead and each of you pick up one fourth of the first caramel you would like to sample.

Let's go on a scent journey...

To begin, we will explore all the scents of the caramel you have in your hand. Smell the caramel by taking a deep breath. Is it earthy or flora? Are there scents of spices? If so, try to describe them. Don't eat it quite yet!

Try to "taste" from your nose and discover the aromas that unleash themselves one after the other.

You will first smell the strongest aromas that are instant and then fade away. Then there are the body aromas mid tasting like roasted almonds, spice mix, etc. Finally, allow yourself to linger over the scent.

\*\*\* *Brief pause* \*\*\*

Similar to wine, you will first smell the most volatile aromas (primary or head aromas): These are instantaneous, which volatilize quickly and fade away in the middle of the tasting process.

\*\*\* *Brief pause* \*\*\*

Make your notes on the scorecard and describe the different elements to your partner as well.

\*\*\* *30 second pause to talk about the caramel scent* \*\*\*

Now you will both repeat the process exploring the scents of the other caramel flavors on your mat.

\*\*\* *3 minutes of music* \*\*\*

Next, you will explore the timing profiles and taste elements that complete the tasting experience. Before you begin I'll walk you through your first tasting and then you can continue the journey together.

**ACTIVITY THREE CONTINUED ON NEXT PAGE**

Let's experience your first tasting together, focusing on TIMING. Each of you go ahead and begin. Closing your eyes, take turns feeding the pieces of the caramel to your significant other or simply place in your own mouth.

From the moment you place the caramel in your mouth does the taste come and go quickly or does it linger, the flavors surprising you moments after you first put them in your mouth?

Remember the results and either take quick notes or write them out later.

Now that you have experienced your initial timing results for your caramel, let the caramel melt to taste the initial flavors, aromas and try to note the texture as well. Rub your tongue against your palate to increase temperature of the caramels. This will release the final flavors and aromas.

\*\*\* *Brief pause* \*\*\*

When the caramel begins to melt and the aromas are released, breathe gently through the nose and then inhale to fully experience the diversity and complexity of the floral, fruity or spicy notes.

\*\*\* *Brief pause* \*\*\*

Breathe out to create suction in the mouth, like a whistling effect, causing all the aromas from the caramel that have been worked by the tongue and the palate to come together and move up towards your nose. Take a moment to concentrate on your tongue, to feel and savor the different flavors.

\*\*\* *Brief pause* \*\*\*

Describe the flavors to your partner and make your notes on the tasting score sheet and then continue.

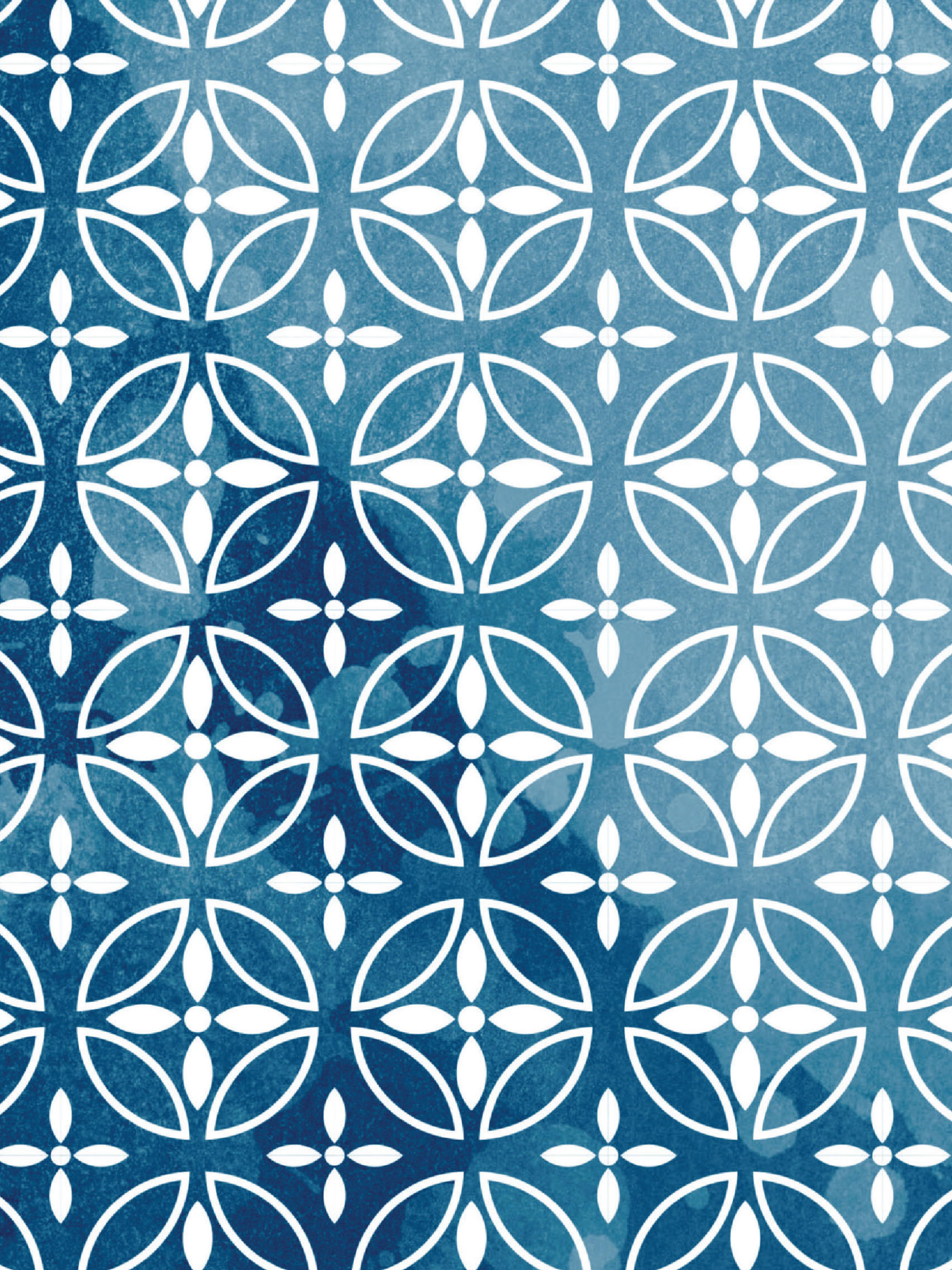
\*\*\* *Two minutes of music* \*\*\*

By now you know the drill, go ahead and repeat the process for each caramel flavor, I will leave you to guide yourself. Take notes and I'll join you again in 5 minutes.

\*\*\* *Five minutes of music* \*\*\*

I hope you enjoyed your tasting journey. To conclude, rate the caramels on a scale of 1-10 on how well the name portrays the taste. After you rate all the caramels, write on the back of the card which one was your favorite and don't forget to share with us using the hashtag #DateNightInBox & #DNISensingMore.









# ACTIVITY FOUR:

scent sampling  
(scent)





Our friends Jessi and Kelli from Okcollective Candle Company have supplied you with three gem melt scent samples to enjoy. Sample the three scents and once you have picked your favorite head over to Okcollective's website to purchase a candle in the scent you like best. They are generously offering a 15% discount off your entire order using code **DATENIGHT15** (valid one per customer).

Let's take a moment to talk about the scents you will be sampling.

- Stargazer is a sweet scent with some earthy tones to it.
- The Real MVP is earthy and masculine with notes of amber, cedar, leather and musk.
- Finally, YAS Queen will greet you with crispy aromas of sweet grapefruit and mint.

Which one is your favorite and a scent you would like to smell in your home? In the meantime, feel free to place your favorite gem melts scent into a wax warmer and enjoy!



# ACTIVITY FIVE:

relationship  
questions (sound)





Next I will be guiding you through a series of relationship questions. Close your eyes, sit back and relax and take turns answering these questions. The purpose of losing your eyes is to truly eliminate all other distractions. You may feel more relaxed and without restraint as your partner's visual cues have been eliminated, possibly resulting in slightly less inhibited answers!

After each question, I will pause for 2 minutes. During that time, each of you take a moment to answer the question about your relationship with your partner. If you need more time to discuss, please feel free to pause the audio guide. Ready? Let's go.

- What is your favorite memory of dating me?
- What is your favorite thing that I do for you?
- Do you ever dream about me? If so, tell me about your dreams.
- What do you think we need to work on most in our relationship?
- When do you feel the most protected and taken care of in our relationship?
- What was the very first thing you thought about me when we first met?
- What's another career that you think you would love?
- What's the happiest you ever felt in our relationship and why?
- What's a question you've never asked me?
- What is the accomplishment you are most proud of?
- What would you do with an extra \$1,000 to spend only on yourself?
- If you could go back in time, what age would you be again and why?

Go ahead and open your eyes. How did that feel? Did your significant other's answers surprise you? How did you feel personally about having your eyes closed and vulnerable in a new way?

Head to the final portion of this date to learn ways you can continue your experience.





WAYS TO CONTINUE YOUR  
date night in box





I have really enjoyed our time together and hope you have as well. If you're interested in continuing your date night, here are a few suggestions:

- Keep practicing your massage skills
- Tackle another puzzle together
- Grab some items from your pantry and conduct a blind taste test!
- Go to a wine and cheese, beer, olive oil or honey tasting
- Schedule a couples massage
- Attend a essential oils course
- Go see a movie in 3D
- Find a great spot to watch the sunset and have a picnic
- Go on a scavenger hunt
- Check out a local art exhibit
- Check out a local spot with live music or poetry reading

### **Suggested Movies**

- Chocolat, 2000
- Dirty Dancing, 1987
- Groundhog Day, 1993
- Amélie, 2001
- The Big Sick, 2017
- Crazy Rich Asians, 2018



| date

NIGHT IN BOXES