



Ask Dr. Belisa

QUERIES ABOUT CUPID'S DAY

DEAR DR. BELISA: All the girls at my office compare gifts the day after Valentine's Day, and I just don't want to deal with it. Any suggestions?

Leah, Harlem

DEAR LEAH: Sounds like the perfect time to take a personal day.

DEAR DR. BELISA: My boyfriend got me a gift last year that was really for him — a rubber skirt I can't really wear out in public. This year I want a gift that's for me. How do I tell him nicely?

Sandra, lower East Side

DEAR SANDRA: If he hasn't already gotten you a gift, coyly ask him, "Do you need any suggestions? Because there are a few things that would make me really happy," (stretch "really" out to be at least three syllables). You want to give him the idea that the gifts would mean more to you if they came from him. Seems like he is using the romantic holiday as an excuse to get you into things you wouldn't normally be in; if he is polite he'll follow your hint. Write back to let me know what happens!

DEAR DR. BELISA: I want to cook my boyfriend a really nice meal but I'm pathetic in the kitchen. Should I just order take out and make sure I hide the containers deep in the garbage?

Leticia, Murray Hill

DEAR LETICIA: Call Chefsline (1-800-977-1224). They'll walk you through a recipe, so you won't be lying when you say you made it from scratch.

DEAR DR. BELISA: I'm tired of chocolate. Is there another aphrodisiac?

Serena, Manhattan

DEAR SERENA: The newest olfactory research says cheese, though I'm sure your significant other would still prefer to be slathered in chocolate than brie!

DEAR DR. BELISA: My husband and my lover both want Valentine's Day dinner with me. Who "gets" it?

Anonymous, Manhattan

DEAR ANONYMOUS: Lover etiquette clearly states that major holidays are with husbands and family.

DEAR DR. BELISA: My valentine wants me to dress up in a sexy short skirt to go out to dinner on V-Day. I am worried about the cellulite on my thighs. Thoughts?

Lori, Staten Island

DEAR LORI: I have one word for you: fishnets.

Got a burning question you're too afraid to ask your friends? E-mail Dr. Belisa at DailyNewsDoc@gmail.com.