



VALENTINE'S DAY means a reason to pause and act as a "reminder of what relationships and commitment are" for Mark, who says he shows his appreciation for his wife daily.

In a profession that deals closely with people's appearances, Mark says he believes first impressions and physical attraction play a part in love. "It's important, no doubt, at least in the first contact." But he goes on to say: "Being attracted to someone starts the ball rolling, but the more you know each other, the more you know that it's the warmth and personality that sustains the relationship."

He values many things as being important in love, especially being understanding and having a willingness to help and make things easier for the other person by taking on more than your fair share. "If both partners do that, there are usually few problems."

Mark doesn't have any celebration suggestions to give to couples for the day, but says acknowledging your partner's love and reciprocating it is "the general idea". Some quality time, undistracted by others, and to spend some time talking.

HE SAYS:

Dr Mark Kohout, 45, is a plastic surgeon from Cremorne. He views respect and commitment as essential to making a relationship, and love, work.



VALENTINE'S DAY has double meaning for Maral. "My birthday is on Valentine's Day, and so the first thing I think of is double love and double presents!"

Being in the beauty industry means Maral knows a lot about spoiling people, and people being spoiled.

She says "I think Valentine's Day is definitely a time to spoil each other. Surprising your partner is the best thing in the world."

When it comes to love, Maral explains that there are many elements that should be added to the mix. "The most important thing to make love

work is when you appreciate and accept each other for what and who you are, no more or no less. It's when you have respect, compassion, communication and honesty."

Although she says she is a believer in the "deep and meaningful" side of things, Maral can't dismiss her womanly instincts when it comes to celebrating the special day.

"The best thing I enjoy doing is booking into a five-star hotel, organising some pampering for both us – and lots of chocolate."



SHE SAYS:

Maral Khorozian, (who turns 48 on Valentine's Day), is the owner of the Hair Resort Salon in North Sydney. She says communication and honesty are vital when it comes to love.