



ROYAL MARINE  
HOTEL



# VALENTINE'S DAY 2012

## Interesting Facts on Valentine Foods

**oysters** - documented by the roman's in the second century as an aphrodisiac

**vanilla** - believed to increase lust

**nutmeg** – highly prized by chinese women as an aphrodisiac. large quantities can produce a hallucinogenic effect

**honey** – egyptians medicines based on honey used for cures to sterility and impotence

**pine nuts** – pine nuts used to stimulate the libido as far back as medieval times

**pineapple** – used in the homeopathic treatment of impotence

**strawberries** – perfect for hand feeding your lover. described in erotic literature as “fruit nipples”

**truffles** – the musky scent is said to stimulate and sensitize the skin to touch

**mustard** – believed to stimulate the sexual glands and increase desire

**liquorice** – liquorice is said to enhance love and lust – more so in women

**almond** - aroma is thought to induce passion in a female

**aniseed** – favourite greek and roman aphrodisiac increasing desire

**arugla** – documented as an aphrodisiac since the first century

**asparagus** – frequently enjoyed as an aphrodisiac food due to its phallic shape

**avocado** – aztecs called the avocado tree “ahuacati”. ask waiter for translation if you dare

**banana** – rich in potassium and b vitamins necessary for sex hormone production

**broccoli** – increases virility

**chocolate** – Aztecs referred to chocolate as “nourishment of the gods”

**carrot** – used by middle eastern royalty to aid seduction

**fennel** – used as libido enhancement by the egyptians

**figs** – a man eating a fig in front of his lover is said to be a powerful erotic act

**garlic** – the “heat” in garlic is said to stir sexual desires

**ginger** – stimulant to the circulatory system

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