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Each Valentine's Day, millions of Americans gift their partners or loved ones with flowers, cards or candy as a token of their affections on Feb. 14. But while some see it as a commercialized "Hallmark holiday," the occasion actually has ancient roots in Roman history and connections to Saint Valentine's Day is the perfect chance to ask someone on a date or to cement a long-lasting commitment to a partner. It could also be a great day to set aside time for yourself or spend a meal with family and friends. A woman shops for flowers ahead of Valentine's Day at the Southern California Flower Market in Los Angeles on Feb. 13, 2024. Frederic J. BROWN / AFP / Getty Images Some other Americans, though, rail against a day they feel is an over-commercialization of love, or the holiday might make them feel lonely if they aren't in a pair. A 2024 CBS News/YouGov survey found that 68% of Americans in relationships planned on celebrating Valentine's Day last year, compared with 24% of those not in relationships. Overall, about half of Americans were expected to mark the day. Whether you adore or despise the occasion, you might find its deep and ancient-rooted history surprising. Why do we celebrate Valentine's Day? Since ancient Roman times, people express their love this time of year is "conditioned by the historical circumstances they live in," Yale professor of classics and history Noel Lenski told CBS News. For about a thousand years, starting in the 5th century B.C., Romans celebrated a festival on the 15th of February called Lupercalia, commemorating the founding of Rome and the fertility god Lupercus. This day was essentially a drunken, sexually charged festival at the Palatine Hill in Italy where men would sacrifice a dog, and with its hide, would beat young women who wanted to be fertile that lasted until the 5th century C.E. The most famous Lupercalia festival took place a month before Julius Caesar was assassinated on March 15, 44 B.C. when Caesar famously rejected the crown offered by Roman general Mark Antony. After the Catholic Church became the dominant power in Rome, the empire became more "buttoned up," as Professor Lenski characterized it. Pope Gelasius, I ended Rome's Lupercalia Day in the 5th Century. Meanwhile, Christians began to hold a feast on Feb. 14 to celebrate Saint Valentine and the sanctity of marriage. Saint Valentine's feast could have been a replacement for Lupercalia, but Lenski said there's no hard proof of this. A lot about this day is very mysterious. There's a lot historians don't know and where the dots always connect. As culture shifted with time, so did Valentine's Day and gift-giving began in the 14th century, Lenski said. The holiday grew more secular as people of that time seemed to consider the day about love, poetry and gifts. "Valentine's Day is characteristic of the place and time," Lenski said. "It says more about the times than it does about Saint Valentine." Who was Saint Valentine? Lenski said Saint Valentine is more legendary than a real person actually, two people. Two bishops are associated with Saint Valentine and both were martyrs "who died on behalf of the Christian church in the face of persecution from the Romans," he said. One of the legends, Lenski said, is that a bishop secretly performed marriage ceremonies and a Pagan emperor of Rome killed him for doing so. Father Michael Clark of Saint Paul's Roman Catholic Church in Connecticut disagrees that there were multiple, legendary Saint Valentines." I have seen his skull with my own eyes," he said. A skull enshrined in a glass reliquary and attributed to St. Valentine is seen at St. Mary in Cosmedin Basilica in Rome on Feb. 12, 2022. Riccardo De Luca/Anadolu Agency via Getty Images Father Michael said Saint Valentine was one, very real person or at least the man that the church honored with a feast was no legend. He said he did not know of the secret marriage ceremonies, but Valentine's martyrdom for his religion is what strongly resonated with people. "Martyrdom, the giving up of your life, is uncompromising," said Father Michael. "We want to think of our love as uncompromising, too." He said the person we love is "someone we'd be prepared to give our all for. "The Song of Solomon 8:6 from the Bible reads, "love is stronger than death." Father Michael said this quote summarizes why Saint Valentine's message impacted people for so many years. Martyrs show people that love transcends one of the few things that unites us all, being alive. While Saint Valentine's feast is no longer celebrated on Feb. 14 by the church, the celebration of love in the U.S. has continued. Who or what is Cupid? Cupid is not just a Valentine's Day gimmick or cartoon character but also has its history in ancient Rome. Cupid comes from the Latin word Cupido, which means desire, and is the child and assistant of Aphrodite or Venus. Cupid shows us that erotic love has been with the human species since the beginning, said Lenski. Roman fresco depicting Cupid with a torch and a kantharos, from Herculaneum, at the National Archaeological Museum in Naples, Italy. Getty Images Love and desire, he said, are a never-ending theme in literature and human experiences. It has always mystified people and we still don't understand it, truly, today. How do we celebrate Valentine's Day in the U.S. and the love, or spending rather, keeps on growing. According to the National Retail Federation, consumers are expected to spend a record \$27.5 billion on Valentine's Day in 2025. The most popular gifts are likely to be candy, flowers and greeting cards, followed by an evening out and jewelry. But like the Romans or the British during the late Middle Ages, Valentine's Day is a sign of the times for modern-day Americans, too. Lifestyle expert Kathy Copcutt told CBS News that the wildfires that ravaged the L.A. County area in January are impacting how her community is celebrating this year. Copcutt said she and her 11-year-old are meeting with a group of her close friends and their kids for a low-key dinner this year about "celebrating life."She said Valentine's Day is also a great way to "step out" of the stresses of every day and simply gather with the people you love."I think this year it's more about being surrounded by your loved ones and friends because, thank God, they all made it," she said. "Property can be replaced, but friends and family cannot. I'm holding them all close. Copcutt said she is calling the celebration with family "Falentine's Day." Another popular way to celebrate is doing a "Galentine's Day" with friends. Copcutt suggests indulging in a high tea, which she said is very popular this year. She also emphasized self-love in 2025. "If you can take any day out and take care of yourself, that's great. But if you had to choose a day, I would say Valentine's Day, "she said." Do not be afraid to be alone." Father Michael said that people can't love their neighbor if they don't love themselves. So he also reminds people to "be good to yourself" on Valentine's Day, and every day. "You are inherently loveable." Whether you're celebrating with your kids, your partner, yourself or your friends, remember that a celebration of human love has almost always been around and one of the best days to bask in it is on Valentine's Day. Amanda Cappelli is a digital producer for CBS News & Stations. She writes about national news, politics and lifestyle. From the origins of the box of chocolates, to the evolution of Cupid, discover 7 little known facts about Valentine's day, in this episode of History Countdown. While Valentine's Day is shared by lovers sharing time together, one of the first Valentine cards was sent from an enemy prison. Valentine's Day Valentine's Day Valentine's Day Valentine's Day Valentine's Day Valentine's Day of the first Valentine's Day Valentine's Day Valentine's Day of the first Valentine's Day Valentine' commemorate the holiday. While Valentine's Day is shared by lovers sharing time together, one of the first Valentine cards was sent from an enemy prison. The couples on this list took dysfunction to historic levels. From Lord Byron and Lady Lamb to Henry VIII and Anne Boleyn, these are 8 of the worst relationships of all time. From the origins of the box of chocolates, to the evolution of Cupid, discover 7 little known facts about Valentine's day, in this episode of History Countdown. From Judas to V-J Day to an interracial 'Star Trek' encounter, see which kisses left their mark in history. Think acronyms are a product of the digital era? Think again. There were multiple St. Valentines (including decapitated ones), but it was a medieval poet who first established the holiday's romantic tradition. 'Mental Hygiene Films' helped quide teens through the tough questions, like how to decide which girl to ask to the carnival and the proper way to end a first date. History offers various explanations from an ancient species of giant fennel to anatomical drawings in medieval texts. Valentines Day is filled not only with cards, roses and chocolates but plenty of history as well. And how did he become the unofficial mascot of Valentine's Day? From poets and presidents to kings and courtesans, find out more about 10 of history's most famous tales of love and loss. Who was St. Valentine, and why do we celebrate him on February 14? Get the facts about this enigmatic character. The love between these famous couples really did change the world. Is it because of chocolates reputed aphrodisiac qualities, or just a way for candy companies to sell more sweets in the lull between Christmas and Easter? Why do we celebrate Valentine's Day on February 14th and where do the holiday customs come from? Famous Fat Dave creates an unforgettable box of chocolates for his special someone. From the first mail-posted Valentine on record in 1806 to some of the precursors to today's Valentines, Nancy Rosin's 10,000 piece collection is a chronicle of the world's social history of love. The world got to see a Elizabeth and Robert Browning and Jackie and Rachel Robinson. What are the historical origins and meaning of Valentine's Day: delve into its true meaning, explore its rich history and origins. From Shakespeare to Aristotle to Dr. Seuss, see how writers through history have expressed the power of love. New York floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio, gives out free roses before Valentines Day Fleurista, a female owned floral studio s giving, chocolate-gifting holiday we know today. Here's everything you should know about the history of the beloved holiday of love. Some people that they're single and others might think it's just a result of living in a capitalistic society. Regardless of how you feel, Valentine's has been celebrated in one way or another for hundreds of years. Today, we might celebrate it by making goo-goo eyes at our partners over a bottle of wine, a plate of spaghetti and a bouquet of roses, but ancient Romans celebrated the day with a fertility festival hundreds of years ago with animal sacrifices and drunken merrymaking. So, here's the indulgent and depraved history of the holiday that brought you conversation heart candies that say "cutie" and "bae." Valentine's Day is always on February 14th. In 2025, the holiday just so happens to fall on the Friday ahead of a long weekend for most. Monday Feb. 17 is President's Day. There are different theories as to why the holiday falls in the middle of February, but the month has always been associated with love and relationships, per the History Channel. Some believe the holiday takes place in February, but the month has always been associated with love and relationships, per the History Channel. Some believe the holiday takes place in February to honor the anniversary of the death of St. Valentine, the patron saint of lovers, people withepilepsy, and beekeepers, according to Britannica. However, it is also believed that the Catholic Church chose to place St. Valentines feast in the middle of the short month to "Christianize" the pagan celebration of Lupercalia was forbidden by PopeGelasius I, who is often attributed with replacing it with St. Valentines Day, according to Britannica. Lupercalia was a debaucherous festival that celebrated the coming of spring. It included animal sacrifices and drunken revelry to honor Faunus, the Roman god of agriculture, and the Roman founders Romulus and Remus. Men and women were also paired up together through a lottery system in matches that often led to marriage, according to History.com.Lupercalia was celebrated for centuries in the middle of February, eventually transforming into a Christian celebration honoring St. Valentine as the Roman Empire became less pagan. By now, most with significant others (who did NOT procrastinate and wait until the last minute,) have already gone out to buy the requisite greeting cards and chocolates. The flower arrangement deliveries have been arr Valentine's Day dinner. Many of these money-spending traditions can be traced back to the Middle Ages. You may have readGeoffrey Chaucer's "Canterbury Tales" in a high school English literature class, but the poet is also thought to be the source of our modern ideas aboutValentine's Day, according to the New York Times. In a 1981 academic article the late University of Kansas English professor Jack B. Oruch argued that Chaucer's 1375 poem Parlement of Foules was the first to record St. Valentine's and is expected to budget around \$235 for V-Day, a CouponFollow surveyfound. Around one in 10 Zoomers admitted to overspending. In 2025, consumers are expected to spend \$10.2 billion more in 2025 than they did in 2014, the NRF stated. But it isn't that huge of a jump from the amount of money people spent in 2020. That year, consumers spent \$27.4 billion, \$6.7 billion more than they did the year after. Can't see the chart? Click here. The three most popular Valentine of rudimentary Valentine notes began appearing much later, in the 1500s, according to the NRF: First signs of rudimentary Valentine notes began appearing much later, in the 1500s, according to Britannica. By the middle of the 18th century, it became common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, History.com notes. The first commercial valentines in the United Stateswere printed in the 1840s thanks to Esther A. Howland, known as the Mother of the Valentine. credited as the first in the U.S. to sell mass-produced valentines made with elaborate lace, ribbons and colorful pictures known as scrap," according to History.com. By the year 1900, printed cards many featuring the chubby arrow-launching the chubby arrow-launching the chubby arrow-launching to History.com. By the year 1900, printed cards many featuring the chubby arrow-launching the chubby arro burgeoning company that would one day become Hallmark. Today, that same company estimates that 145 million Valentines Day cardsare sent each year, making Valentine's Day is not just celebrated in the United States, but in Canada, Mexico, the United Kingdom, France, and Australia, too. February 14 is a way millions across the globe demonstrate their feelings of love and romance. Contributing: Rachel Barber, USA TODAY Valentines Day, celebrated annually on February 14th, is a special occasion dedicated to expressing love and affection. Couples exchange heartfelt messages, gifts, and tokens of the second design affection, all in the name of love. But how did February 14th come to be associated with romance and devotion? Where does the name Valentines Day is a fascinating blend of history, mythology, and cultural evolution that spans centuries and crosses continents. In this article, we take a look at the various historical and cultural influences that have shaped Valentines Day. From the mysterious figure of Saint Valentine and the ancient Roman festival of Lupercalia to the medieval traditions of courtly love and the ancient Roman festival of Lupercalia to the medieval traditions of courtly love and the ancient Roman festival of Lupercalia to the medieval traditions of courtly love and the commercialization of the holiday in the modern era, we explore how February 14th became the day to celebrate love Join us as we uncover the stories and legends that have contributed to the enduring legacy of Valentines Day. The most widely accepted origin of Valentine was a priest who lived during the reign of Emperor Claudius II. The emperor believed that single men made better soldiers and thus banned marriage for young men. Valentine defied this decree and continued to perform marriages for young couples in secret. When his actions were discovered, he was imprisoned and later executed on February 14th. While in prison, Valentine is said to have fallen in love with the jailers daughter, who visited him during his confinement. Before his execution, he allegedly wrote her a letter signed From your Valentine, a phrase that has endured through the centuries. This tale of love and sacrifice contributed to the romantic connotations associated with Valentines Day. Over time, Saint Valentines story became a symbol of love and devotion, and he was venerated as a patron saint of lovers. Saint Valentine was a bishop who was also executed for his faith. These different stories have contributed to there are several accounts of different valentines who were martyred in ancient Rome. Another accounts of different valentines who were martyred in ancient Rome. mystique and romance surrounding the figure of Saint Valentines Day. Before Valentines Day became a celebration of love, February 13th to 15th, Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, and Romulus and Remus, the legendary founders of Rome. The festival involved various rituals, including the sacrifice of goats and dogs and the anointing of young women with the blood of these sacrifices, believed to promote fertility and purification. One of the more playful aspects of Lupercalia involved a lottery in which young men drew the names of women from a jar. The couples would then be paired for the duration of the festival, and sometimes that fostered a sense of community and togetherness. As Christianity spread throughout the Roman Empire, Lupercalia was eventually deemed incompatible with Christian values and was replaced by the celebration of Saint Valentine. In an effort to Christianize the pagan festival, Pope Gelasius I declared February 14th as St. Valentines Day around the end of the 5th century. This transition marked the beginning of the association between February 14th and love. transformation of Valentines Day into a romantic celebration can also be attributed to the medieval poet Geoffrey Chaucer. In his poem Parlement of Foules, written in the 14th century, Chaucer linked the feast day of Saint Valentines Day, when every bird cometh there to choose his mate. This association of Valentines Day with love and courtship began to take hold in European culture. During the Middle Ages, the tradition of courtly love flourished, and Valentines Day with love and courtship began to take hold in European culture. During the Middle Ages, the tradition of valentines Day with love and courtship began to take hold in European culture. throughout Europe, eventually reaching England and France. By the 17th century, it had become common for friends and lovers to exchange handwritten notes and gifts on this special day. The day became associated with chivalry, gallantry, and the idealized notion of romantic love. Courtly love was characterized by noble acts, secret admiration, and the expression of deep affection through eloquent verses and poetic letters. As Valentines Day evolved over the centuries, various customs and traditions emerged. In England, it became customary for people to exchange valentines, small tokens of affection, and love letters. These handwritten notes often featured romantic verses, declarations of love, and artistic decorations. By the 18th century, commercially printed Valentines Day cards began to appear, making it easier for people to express their sentiments. In Victorian England, the practice of sending elaborate and ornate Valentines Day cards became popular. These cards were often adorned with lace, ribbons, and intricate designs. The Victorian era also saw the rise of vinegar valentines were a reminder of the social customs and expectations of the time. In the United States, Valentines Day gained popularity in the early 19th century. Esther A. Howland, known as the Mother of the American Valentines Day gained popularity in the early 19th century. making them highly sought after. Howlands contribution to the commercialization of Valentines Day as we know it today began to take shape in the 18th and 19th centuries. With the advent of the printing press, the exchange of Valentines Day cards became increasingly popular. In the mid-19th century, Esther A. Howlands mass-produced cards set the stage for the commercialization of Valentines Day continued to grow, and by the early 20th century, the holiday had become a significant business opportunity for greeting card companies, florists, chocolatiers, and jewelers. Today, Valentines Day is celebrated worldwide, with millions of people expressing their love and affection through cards, flowers, chocolates, and other gifts. The holiday has become a major driver of consumer spending, with businesses capitalizing on the demand for romantic products and experiences. While the commercialization of Valentines Day has been criticized for overshadowing the holidays original meaning, it has also made it more accessible to a wider audience. The proliferation of Valentines Day cards, gifts, and merchandise allows people from different cultures and backgrounds to participate in the celebration of Valentines Day cards, gifts, and merchandise allows people from different cultures and backgrounds to participate in the celebration of Valentines Day cards, gifts, and merchandise allows people from different cultures and backgrounds to participate in the celebration of Valentines Day cards, gifts, and merchandise allows people from different cultures and backgrounds to participate in the celebration of Valentines Day cards, gifts, and merchandise allows people from different cultures and backgrounds to participate in the celebration of Valentines Day cards, gifts, and merchandise allows people from different cultures and backgrounds to participate in the celebration of Valentines Day cards, gifts, and merchandise allows people from different cultures and backgrounds to participate in the celebration of Valentines Day cards, gifts, and merchandise allows people from different cultures and backgrounds to participate in the celebration of Valentines Day cards and the commercial cultures and backgrounds to participate in the celebration of Valentines Day cards and the commercial cultures and the commercial cultures and the commercial cultures and the celebration of Valentines Day cards and the celebrati Whether through traditional cards, digital greetings, or personalized gifts, the essence of expressing affection remains at the heart of Valentines Day is celebrated in various ways around the world, with different cultures adding their unique traditions and customs to the holiday. In some countries, Valentines Day is not solely focused on romantic love but also celebrates friendship and familial bonds. In Japan, Valentines Day is celebrated with a unique twist. On February 14th, women give chocolates to men, with different types of chocolates signifying different levels of affection. Giri-choco (obligation chocolates signifying different types of chocolates to men, with different types of chocolates signifying different levels of affection. feeling chocolate) is reserved for romantic interests. A month later, on March 14th, known as White Day, men reciprocate by giving gifts to the women who gave them chocolates. In South Korea, Valentines Day and White Day are also celebrated, but theres an additional day called Black Day on April 14th. On this day, single people gather to eat black-colored foods, such as jajangmyeon (black bean paste noodles), to commiserate and celebrate their single status. In Finland and Estonia, Valentines Day is known as Friends pay is known as Friends Day, and it is a day to celebrate their single status. In Finland and Estonia, Valentines Day is known as Friends Day, and it is a day to celebrate not only romantic love but also friendships. People exchange cards and gifts with friends, emphasizing the importance of all types of relationships. In Brazil, Valentines Day is celebrated on June 12th, known as Dia dos Namorados (Lovers Day). The date is close to St. Anthonys Day on June 13th, a day dedicated to the patron saint of marriage. Couples exchange gifts, flowers, and chocolates, and the day is marked by festive celebrations and events. The origin of Valentines Day is a rich tapestry of history, mythology, and cultural evolution. From the legend of Saint Valentine and the ancient festival of Lupercalia to the influence of Geoffrey Chaucer and the rise of commercialized celebrate may have changed over the centuries, the essence of Valentines Day remains the same: a heartfelt expression of love and appreciation for those who hold a special place in our hearts. Whether through romantic gestures, thoughtful gifts, or simple acts of kindness, Valentines Day continues to be a celebration of the enduring power of love. Love is an emotion that has captivated as the continues to be a celebration for those who hold a special place in our hearts. human fascination since the dawn of time. It is the focus of poetry, art, music, and literature. It has ignited wars, inspired revolutions, or religious significance, Valentine's Day is the only holiday dedicated to celebrating lovethe most fundamental and universal human emotion. But what makes love so compelling? How did Valentine's Day come to be, and what does it truly signify? More importantly, why should we celebrate it not only with our romantic partners but also with family and friends? Lets explore the origins, significance, and broader implications of this cherished holiday. The Early Origins of Love: A Fundamental Human EmotionLove, in its many forms, is as old as human existence. Anthropologists believe that the evolutionary basis of love lies in the need for survival. Love fosters connections between pair bonds, facilitating cooperation among individuals in a world where working together increases the chances of survival. Ancient philosophers, such as Plato and Aristotle, wrote extensively about love, classifying it into different types: Eros (romantic love), Philia (friendship), Storge (familial love), and Agape (selfless, universal love). These classifications highlight that love is not singular but a spectrum of emotions connecting us differently. This universal nature of love explains why humans are so deeply infatuated with itit is ingrained in our existence. How Valentines Day, as we know it today, has roots in both pagan and Christian traditions. The earliest precursor to Valentines Day was the ancient Roman festival Lupercalia, celebrated mid-February. This festival was a fertility rite involving sacrifices and matchmaking rituals to promote love and marriage among young people. As Christianity spread, the holiday was rebranded in honor of St. Valentine, a mysterious figure believed to be a Christian martyr who defied Roman laws. One legend suggests that Valentine was a priest who secretly performed marriages for soldiers who were forbidden to marry. Another story claims he was imprisoned for helping persecuted Christians and sent a love letter to his jailers daughter signed From your Valentine. Whether fact or fiction, these tales cemented Valentines reputation as a symbol of love and devotion. By the Middle Ages, February 14th was widely associated with romantic love, thanks in part to the poetry of Geoffrey Chaucer, who linked the date with the mating season of birds in his poem Parliament of Fowls. The idea that February was a time for love and courtship became popular, leading to the tradition of exchanging handwritten love notes or Valentines cards, flowers, and confections became to this day. The Meaning of the Word Valentines to this day. The Meaning of the Word Valentines cards, flowers, and confections became widespread in Europe and North America. The meaning of being someones Valentine implies a declaration of love or admiration, making it one of English's most endearing and sentimental words. The commercialization of Valentines Day in the 20th century led to an explosion of greeting cards, chocolates, and extravagant gifts. Yet, at its core, the holiday remains a celebration of love in all its formsromantic, familial, and platonic. Love is not just romantic. Society often places undue emphasis on romantic love, but love manifests in many ways. Family love is foundational parents, siblings, and extended family members are usually our first experiences of love. Friendship is another vital form of love, providing companionship, support, and joy. Celebrating Valentines with our family and friends broadens the scope of love beyond romance. Expressing Gratitude to those who have enriched our lives. A simple note, a heartfelt conversation or a small act of kindness can go a long way in strengthening relationships. It is a day to remind our loved ones a small act of kindness can go a long way in strengthening relationships. It is a day to remind our loved ones a small act of kindness can go a long way in strengthening relationships. It is a day to remind our loved ones partners, parents, children, or friendshow much they mean to us. Many people feel lonely or isolated on Valentines Day, especially those who are single or have lost loved ones. Expanding the holidays focus to include everyone can help mitigate feelings of exclusion. Schools, workplaces, and communities can promote activities that encourage friendship and kindness, ensuring that no one feels left out. Children and young people benefit from understanding that love is not just about romance but also about kindness, empathy, and communities can promote activities that encourage friendship and kindness, ensuring that no one feels left out. moment, encouraging young people to cultivate meaningful relationships, appreciate family bonds, and develop emotional intelligence. Love is what makes us human. It is the force that binds us together and gives life meaning. A holiday devoted to love deserves to be celebrated joyfully and inclusively in all its manifestations. Ways to celebrate Valentines beyond romantic love include writing handwritten letters or notes to family members, telling them why they are cherished. Hosting a Valentines gathering with friends and family to celebrate love in all forms is another excellent way to share the day. Performing random acts of kindness by sharing small gifts or words of encouragement can bring joy to others. Calling or visiting loved ones to reconnect and strengthen bonds is a meaningful way to express love. Volunteering or donating to organizations that spread love and care to those in need can also significantly impact. Conclusion: Love Deserves to Be Celebrated Valentines Day is the only holiday dedicated to celebrating a human emotionlove. While it is often associated with romance, it should be embraced as a broader celebration of love in all its forms: familial, platonic, and self-love. By including family and friends in Valentines festivities, we ensure that loves power is fully recognized and appreciated. Love is the essence of life, and if there is one thing truly worth celebrating, it is this profound and beautiful emotion. So, this Valentines Day, lets exchange chocolates and flowers, opening our hearts to express appreciation for all the meaningful relationships in our lives. After all, love connects us, sustains us, and makes life worth living. Cast & crewUser reviewsTriviaFAQSign in to rate and Watchlist for personalized recommendationsSign inSuggest an edit or add missing contentBy what name was Valentine (2001) officially released in India in English?AnswerYou have no recently viewed pagesSummer SaladsSummer SaladsSummer Solution (2001) officially released in India in English?AnswerYou have no recently viewed pagesSummer SaladsSummer SaladsSum flowersespecially roseson Valentine's Day started in the Victorian era, when flowers were used to communicate hidden meanings. Today, roses are still the top choice, symbolizing love and romance. Florists often offer special Valentine's Day arrangements, and people continue to buy flowers for partners, friends, and loved ones, with flower delivery services making it even easier to send blooms to anyone, anywhere. SHOP FLOWERS20lha DanylenkoThe tradition of sending Valentines cards dates back to the 15th century. Today, its one of the most enduring customs of the holiday. While we used to write hand-penned love letters, now we buy cards in stores or make our own, often with humor, heart, and a touch of glitter. Modern cards range from heartfelt to funny, and even digital versions have become popular, with people sending e-cards, memes, and texts to their loved ones. Advertisement - Continue Reading Below3Peter DazeleyChocolate gifting became a Valentines Day staple thanks to Richard Cadburys invention of the heartshaped chocolate box in the 1800s. Today, chocolates are one of the top gifts exchanged on Valentines Day, with everything from fancy truffles to giant chocolate bars making their way into hearts and hands. 4Boston Globe//Getty ImagesThe Puzzle Purse was a romantic Valentine's Day tradition from the 18th century, where a love note was hidden inside a small, intricately folded paper purse. The recipient had to unfold it carefully, solving the "puzzle" to read the messages or puzzle boxes that reveal a special gift. It's a charming way to add an element of surprise to Valentine's Day gifting!Advertisement - Continue Reading Below5kieferpix//Getty ImagesBelieve it or not, Valentines Day dinners have been celebrated since the Middle Ages, when feasts were held to mark the occasion. In modern times, the romantic dinner has become one of the most popular ways to celebrate. People flock to restaurants for candle-lit dinners or cook meals at home, creating special dishes for their loved ones. SHOP DINNERWARE6SolStock//Getty ImagesGalentine's Day is a more recent tradition, created in 2010 by the show Parks and Recreation. It celebrates female friendship, and today its a popular tradition among women who gather together for brunch, dinner, or a fun night out. The holiday has become increasingly popular, with women celebrating the love they have for their best friends, sending each other cards, and gifting little presents like flowers or chocolates, all while enjoying each other women would receive a single glove from their suitors on Valentine's Day. The gesture symbolized a "pairing," with the idea that the woman was waiting for her other half. Typically worn on the left hand, it signified openness to courtship or commitment. Though less common today, gifting gloves still carries that same sweet symbolism. And let's be honest, they're also a perfect gift for chilly weather! 8NurPhoto//Getty ImagesIn the Philippines, Valentines Day isnt just about chocolates and rosesits about saying "I do," many times over! Every year, thousands of couples exchange vows in large, free ceremonies organized by local communities. Its a heartwarming tradition that lets lovebirdsespecially those on a special bond in your life.10Westend61//Getty ImagesIn Germany, Valentine's Day isn't complete without Lebkuchenherzengingerbread hearts decorated with colorful icing and love-filled messages like "Ich liebe dich" (I love you). These sweet treats are often given as gifts or sold at festive markets around Valentine's Day. Whether shared with a sweetheart or friends, they're a delicious piece of German Valentine's Day tradition!SHOP GINGERBREAD KITSTierney McAfee is a freelance writer and Country Living and The Pioneer Woman contributor who covers entertainment, holiday & entertaining, food & drinks, design ideas, DIY, and more.Watch NextAdvertisement Continue Reading BelowValentines Day, a celebration of love wrapped in candy hearts, roses and chocolate we indulge in on the day of love. Valentines Day is rooted in ancient Roman rituals, where sacrifice and secrecy intertwined with the idea of love. Who is St. Valentine? We dont have many details for the legend of St. Valentine. There are at least three different St. Valentines the holiday could be about, according to History. All three were martyred. One is known to have been a priest in Rome. Emperor Claudius ll had banned young men from marrying, believing that single men, free of loves distractions, made better soldiers. St. Valentine, a believer in loves power, secretly wed young couples until his actions were discovered. For this, he was a bishop of Terni, according to History. He was also beheaded by Emperor Claudius II outside of Rome. The third legend claims that while imprisoned for helping Christians escape imprisonment, St. Valentine card to his love, which was likely to have been the daughter of the jailor according to History. He signed the card, from your Valentine we have to thank for the day of love, it appears they all resemble good candidates, each valuing deeply what the heart has to offer. The Festival of Lupercalia While some believe Valentines Day falls on February 14 to mark the death of one of the St. Valentines Day falls on February 14 to mark the death of one of the St. Valentines, others suggest the holiday is tied to the ancient Pagan Festival of Lupercalia Was held from February 13 to 15, according to NPR. Lupercalia, a fertility festival dedicated to Faunus, the Roman god of agriculture, involved sacrifices goats and dogs before the hides were dipped in blood. Men would then slap women with the bloodied hides, believing it would ensure fertility. The festival ended its celebrations with bachelors drawing womens names from an urn, pairing the couple for a year, and often resulting in lasting marriages, according to History. By the fifth century, Pope Gelasius combined St. Valentines Day with Lupercalia as a way to expel the pagan rituals. per NPR. The day remained a symbol of fertility and love. When did Valentines Day become sweeter? It was Chaucer and Shakespeare who took the bloody history of Valentines Day and romanticized its passion in their writings, according to NPR. Chaucer, with his 1375 poem Parliament of Foules linked the day to the Middle Age belief that Feb. 14 marked the start of birds' mating season, another symbol of love and relationships according to Good Housekeeping. The oldest recorded Valentine comes from Charles, Duke of Orleans from 1415 according to History. Written while imprisoned in London, he sent the letter to his wife, saying, I am already wearied by love, My very gentle Valentine, per the British Library. Over time, as handmade cards became synonymous with affection, Hallmark began mass-producing Valentines cards in 1913, further solidifying the holidays place in modern days said Good Housekeeping. Love letters through time: Words from historys most iconic romances. She believed that flowers, often named in poems conveying secret messages, were messages themselves, according to Good Housekeeping. This led to the language of flowers, the idea that different flowers symbolized emotions and feelings. It wasnt long before red roses solidified their symbolic resemblance of romance.

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