

**FOR IMMEDIATE RELEASE:**

February 3, 2015



**CONTACT**

Monique O'Grady

202.434.2563 or [media@aarp.org](mailto:media@aarp.org)

**AARP Ambassador Dr. Pepper Schwartz Advises Americans 45-Plus to Travel to Rekindle Their Relationships this Valentine's Day**

*New Video Highlights the Importance of Romantic Travel for Healthy Relationships*

**Washington, D.C. (February 3, 2015)** — AARP Travel's (<http://travel.aarp.org>), newest research on Romantic Travel reveals that 85% of Americans 45-plus have not taken a romantic vacation in the past two years. Therefore, AARP Love and Relationships Ambassador Dr. Pepper Schwartz explains in a [new video](#) that couples should plan a romantic getaway in order to spend quality time and bolster their relationship.

“There is every indication that romantic travel really does refresh a couple's relationship, makes them feel more in love, and makes them crave each other's company,” said Dr. Pepper Schwartz, co-author of the newly released book *Places for Passion*. “And there is also research, which indicates that trying something new is the best bonding mechanism of all.”

But, if a vacation is good and good for you, why are the numbers of those who have taken romantic vacations so low? According to AARP Travel research, people most often cite busy schedules and tight budgets as the primary reasons to forgo a vacation. However, with smart and easy-to-use tools and resources, the perfect romantic vacation can be just as relaxing to plan as it is to enjoy. Dr. Pepper Schwartz's book, *Places for Passion*, outlines 75 destinations across the world for couples to explore and create new memories. Furthermore, AARP Travel ([www.aarp.org/romantictravel](http://www.aarp.org/romantictravel)) includes information about most of those destinations on the website alongside other planning guides, which can be valuable tools for couples looking to enhance their relationship this Valentine's Day weekend.

To watch Dr. Pepper Schwartz talk about AARP Travel's research on Romantic Travel, please visit:

[http://origin-gps.onstreammedia.com/origin/multivu\\_archive/MNR/66070\\_Pepper\\_Schwartz\\_Valentines\\_Day\\_0202.mp4](http://origin-gps.onstreammedia.com/origin/multivu_archive/MNR/66070_Pepper_Schwartz_Valentines_Day_0202.mp4)

For more information about AARP's research on Romantic Travel, please visit:

<http://www.aarp.org/romantictravelresearch>

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