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## Expert: Forget aphrodisiacs, but bathe

BUFFALO, N.Y., Feb. 12 (UPI) -- For those seeking romance on Valentine's Day, a U.S. expert suggests to forget aphrodisiacs but to take a bath instead.

"There are several types of chemistry required in romantic relationships," said Mark B. Kristal, professor of psychology at the University of Buffalo. "It seems like a variety of different neurochemical processes and external stimuli have to click in the right complex and the right sequence for someone to fall in love."

Smell forms part of the framework that conforms to cultural attractiveness standards; for example, smelling like a strawberry is better than smelling like mildew.

"Pheromones are unlearned, and perhaps unsmellable, signals that enter the brain through the olfactory system," said Kristal.

"Two related brain peptides, vasopressin and oxytocin, have been shown to be involved in both the permanent or long-term social bonding that underlies mating."

Kristal advises that it would be better to "smell good and look successful" in order to attract a potential mate this Valentine's Day.

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