

New Year's Eve - Love Edition

Like many holidays, New Year's Eve is surrounded by traditions and folklore related to finding love.

Did you know that, the tradition of kissing at the stroke of midnight has ancient roots? Many believe the custom can be traced back to the Roman Winter Festival of Saturnalia, which celebrated the start of the New Year. This wild party included drinking, gift giving and even human sacrifice! The ancient Greeks, also celebrated the festival by kissing under the mistletoe. To them, mistletoe was associated with fertility and it was believed that by kissing under it, one would get pregnant in the New Year.

During the Renaissance period, masquerade balls were popular across Europe. It was said that at midnight, people would remove their masks and kisses were a way of purifying each other from evil. It was also seen as a way of starting the New Year with a clean slate.

English and German folklore built on his idea. They believed that the first person you encountered in the New Year would determine the year's destiny. It was also thought that a midnight kiss would strength a new or current romance, and by refusing a kiss one would have a loveless year.

During Hogmanay, the Scottish new year celebration, it's traditional to give a kiss to everyone in the room, as a way of connecting with new and old friends.

In Ireland, it's tradition for single women to sleep with a mistletoe under their pillow on New Year's Eve. Supposedly, by placing the plant underneath their pillows, it is believed that they will dream of their future husbands.

In Italy, there's a tradition of wearing red underwear to ring in the New Year. As the colour red is associated with fertility, it is believed that it will help them get pregnant in the coming year.

