

Tori Spelling and Dean McDermott Get Couples Massage Amidst Marriage Drama



By Shannon Seibert

Tori Spelling and Dean McDermott were photographed together in Los Angeles enjoying a couples massage. After the recent discovery of McDermott's affair with Emily Goodhand, the couple has been on the rocks. Recently, Spelling was hospitalized for intense headaches and McDermott was there to support her. The pair have four children together, but the trust-factor is up in the air. "It makes you not trust anything that's happened in your relationship," Spelling told UsMagazine.com.

What are some ways to keep your marriage alive?

Cupid's Advice:

Ideas of marriage have transformed over the last century. In this day and age it's difficult to uphold the traditionalist views of marriage, which can lead to cheating, scandal and fall-out. To keep the love alive it is a process that both partners have to be invested in to make ends meet.

1. Take a trip without leaving: Maybe it's just a little "You and Him" time that you need. A stay-cation is a great idea for worker-bees to relax with each other and focus on the love they always had. Throw some beach towels out in the back yard, fill a cooler, and have some fun in the sun with your man.

Related: [Tori Spelling Is Hospitalized Amidst Marriage Drama](#)

2. Give up the gadgets: In a modern world of cell-phone and virtual communication, it can be difficult to establish a personal connection. You and your honey try leaving the phones, computers and devices in another room for a night, and just enjoy each other's company. You'll be surprised by the levels of conversation you can reach without a phone screen between you!

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3. Renew and revise your vows: Ideas of marriage have been constantly evolving, so naturally, the traditional marriage vows should keep up with the change in pace. Go through the vows you and your man took on your special day, and see how you've kept up with your promises. If you see the results aren't what you originally thought, go for some modern revisions. Try "I vow to pick the kids up from practice when I say I will" or "I promise I will listen to you talk about your day." These may seem small, but in the scheme of a marriage, these vows can make every bit of difference in it being successful.

How do you keep your marriage strong? Tell us in the comments

below!