

# Celebrity Couple News: Pink & Carey Hart Are 'Solid' After Two Breaks from Their Marriage



By [Cortney Moore](#)

Pink and Carey Hart have made celebrity news in the last 16 years due to their tumultuous relationship. However, after celebrating their 11th anniversary back in January, it seems that this celebrity couple have found a way to make it work. How were Pink and Hart able to save their relationship? Well, Pink credits the two breaks her and Hart took in 2003 and 2008 as factors that transformed their love for each other. "The first one was about a year. And the second one was 11 months,"

Pink explains in an interview with [UsMagazine.com](http://UsMagazine.com). An insider also spoke with the magazine and agreed that Pink and Hart are a solid celebrity couple, "They love their life together." Taking a break during marriage might be a little unorthodox, but this strategy has helped them avoid divorce. Let's applaud this famous couple for making it work. There are so many in Hollywood who aren't as lucky.

## **This celebrity couple proves that sometimes breaks in a relationship can be beneficial. How do you know if a break will help or hurt your relationship?**

### **Cupid's Advice:**

The very idea of taking a break is scary for many couples. However, if your relationship has been on the rocks for some time, a break might be just what you need. Before you decide to go all-in, let Cupid help you figure out whether a break will be beneficial or hurtful for your relationship:

**1. There's a weak foundation:** The reason you're considering a break is due to a failing relationship. Some things just aren't working out anymore and you need space to see if this is something you really want. Taking a break helps you find the cracks in your relationship, and hopefully with some time apart you can fix these problems together. But, you also need to be wary. Being able to see all of your relationship's flaws might also tempt you to run away. You need to go into a break with the intention of possibly getting back together. If you don't do this then it's just a plain breakup and not an actual break.

**Related Link:** [Celebrity News: Carey Hart Shares Sweet Family](#)

## [Photo on Anniversary with Pink](#)

**2. Get on the same page:** Before you and your partner officially decide to part ways, you need to discuss what you're both okay with and what you're both not. Will this be a break that allows you to both date other people, or do you both expect monogamy during your time apart? These nitty-gritty details might not be something you want to discuss during tough times, but it's a conversation that must be had. If you're both not on the same page about the break, then someone is going to get hurt and your relationship will be strained even more than before. So talk it out, you might even be pleased to see you both share similar ideologies.

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**3. Gives you very much needed 'me time':** Taking a break from your relationship helps to free up your schedule. This is great because it provides you the opportunity to reassess your priorities personally and professionally. If there's something you always to do, it's time you pursue those dreams. Whatever it is that makes you happy may translate over to your strained relationship. When you feel good about yourself, you're confident, and that positive energy might be something your partner was missing in you. Just make sure you're not too busy for a relationship. Remember, the point of a break is that you and your partner intend to reunite.

**Have you ever had to take a break in a relationship? How did it work for you? Share your comments below!**

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# Celebrity News: Scott Speedman Was a 'Disaster of a Boyfriend' to Keri Russell During 'Felicity'



By [Cortney Moore](#)

Former celebrity couple and co-stars Scott Speedman and Keri Russell made [celebrity news](#) once more during their appearance on [Jimmy Kimmel Live!](#) this week. While guest starring, Speedman and Russell joked about their past relationship. The pair had dated during their time on the hit show *Felicity*, which aired from 1998 to 2002. Speedman and Russell reminisced about the time Russell chopped her hair off for the sake of the show's storyline, which Speedman didn't take well. "We

were actually dating at the time and I had been such a disaster of a boyfriend up until then and I knew I had to put on a good show. I knew I was going to see her new haircut and I was like, 'Come on man, you got to bring it home. You gotta do it,'" Speedman admitted, "And I got to work and she turned around the corner and my face sort of froze in a half panic, half smile sort of situation. I just didn't pull it off and she called me out." Russell chimed in saying they were able to endure the situation although her haircut at the time was reminiscent of a Chia Pet. "It grew into something great," Speedman added reassuringly. Despite making it through the haircut phase, this [celebrity couple](#) parted ways shortly after, but they've remained close friends.

## **This celebrity news has us laughing at the amicable exes. What are some ways to keep your relationship with your ex civil?**

### **Cupid's Advice:**

Just because your relationship has ended doesn't mean you have to hate your ex. As a matter of fact, if you're able to remain friends with an ex, you're more likely to avoid unnecessary drama. Let Cupid help you figure out how to remain civil with your ex:

- 1. Have your own stuff going on:** Whether it be a hobby, a career or volunteer work- you need to have things that keep you busy. Having your own activities will not only bring you enjoyment, but it will also distract you from any lingering thoughts of your ex. It's important that you make moving on as easy as possible, and keeping busy is the best way to do just that.

**Related Link:** [Celebrity Break-Up: Jane Fonda & Richard Perry Split After 8 Years Together](#)

**2. Don't be tense in their presence:** No one likes being in the line of fire of hostile exes. If you were friendly before your relationship, try to bring those positive vibes with you post-breakup. If friendship is something new for you and your ex, then take things slow and stick to discussing lighthearted topics if you're ever in the same room again.

**Related Link:** [Celebrity News: Bella Thorne Says Cannes Isn't for Her After Scott Disick Hookup](#)

**3. Keep details to yourself:** Even if you and your ex parted ways a long time ago, you need to be careful with the things you say. In trying times you may want to vent to your ex, but you need to ask yourself if this would be the best thing to do. You don't want to put yourself in an awkward situation where your ex can use information against you.

**Are you friends with any of your exes? How have you been able to keep things civil and platonic? Share your stories below!**

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## **Celebrity Couple News: 'Bachelorette' Star Rachel Lindsay Reveals She's Already Engaged**





By [Cortney Moore](#)

[Reality TV](#) star Rachel Lindsay made history as the first African-American 'Bachelorette,' however she's still packing on surprises for us. In an interview with Mario Lopez on [Extra](#), Lindsay opens up about her [celebrity couple](#) status-which happens to be an engagement! "I'm so excited, it's just exuding from me... I can't hide it," Lindsay told Lopez. She also went on to say her fiancé went the traditional route and asked her parents' permission before getting down on one knee. Though a [celebrity wedding](#) is in her future, Lindsay has not started planning yet, saying, "I'm focused on the engagement right now." Hopefully she'll get into the wedding planning spirit after the episode airs and her spouse can be revealed.

**There's officially a new celebrity couple getting ready to head down the aisle! What are some ways to**

# know you're ready to tie the knot?

## Cupid's Advice:

If you've been in a relationship for some time now, you might wonder if marriage is right for you and your partner. Cupid is here to help you figure out if you're both ready to tie the knot:

**1. Marriage excites you:** A huge sign that you're ready to walk down the aisle is if the idea of marriage excites you rather than terrifies. Having positive feelings about marriage show that you're ready for the commitment and all it entails. Bonus points if your significant other feels the same way.

**Related Link:** [Celebrity News: 'Bachelorette' Rachel Lindsay Meets Her Men in Season Premiere](#)

**2. You already feel like family:** In long term relationships, you've taken the time out to meet each other's families. If you find yourself invited to your partner's family functions and vice versa, chances are you both might be ready for marriage. This is especially true if you're expected to attend family events without discussion.

**Related Link:** [Celebrity News: New 'Bachelorette' Rachel Lindsay Goes on Group Date with NBA Star](#)

**3. Found unconditional love:** If your significant other has seen you at your best and worst, then you've found some unconditional love and should hold onto it. Being able to support each other even throughout the tough times show your love can persevere. And that's what marriage is all about.

**How did you know you were ready to get married? Share your stories in the comments below!**



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# Celebrity Wedding: Lance Armstrong Is Engaged to Girlfriend Anna Hansen



By [Cortney Moore](#)

Finally, Lance Armstrong and his longtime girlfriend Anna Hansen are getting hitched! According to [UsMagazine.com](#), this [celebrity news](#) comes straight from Armstrong's Instagram, where he posted a picture of himself and Hansen, saying, "She said.... YES!!!!" After being together for almost a decade, a feat that is difficult for many famous couples- it's about time they planned a [celebrity wedding](#). Hopefully, the wedding

will be a family affair since Armstrong and Hansen are parents of 7-year-old Max and 6-year-old Olivia; alongside Armstrong's 17-year-old son, Luke, and 15-year-old twin daughters, Grace and Isabelle, whom he had in a previous marriage to Kristin Richard.

## **First comes kids, then comes celebrity wedding! What are some benefits to having kids pre-marriage?**

### **Cupid's Advice:**

It used to be expected that marriage comes before children, however that is no longer the case in modern relationships. As a matter of fact, many have found benefits in parenthood before nuptials. Let Cupid show you how kids before marriage can help your relationship:

**1. Sharing is everything:** Having children teaches you how to share all over again. You're adding another life into your home and daily routine. This is similar to what many newlyweds struggle with, however with a kid you pick up on this much quicker since they absolutely depend on you for survival. Getting used to sharing your life is a trait that's definitely needed in marriage.

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**2. Patience is a virtue:** Children aren't easy to deal with, but they provide a valuable lesson when it comes to patience. Crying babies, cleaning messes- it takes a lot of forbearance to endure such stressful situations. However, if you're able to learn patience with children, you'll be able to do the same with your spouse and hopefully avoid many arguments.

**Related Link:** [New Celebrity Couple: Taylor Swift Is Dating British Actor Joe Alwyn](#)

**3. Knowing your roles:** Becoming parents before marriage is like a crash course in “adulthood.” You and your partner are given responsibilities you’ve never had before, and you both have to work together to ensure your child has a good life. Helping each other out to raise a kid will bring you all closer and will also show you what to expect out of marriage.

**Did you have children before marriage? How did it affect your relationship? Share your stories in the comments below.**

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# **New Celebrity Couple: Taylor Swift Is Dating British Actor Joe Alwyn**





By [Cortney Moore](#)

[Taylor Swift](#) is no stranger to [celebrity news](#) tabloids when it comes to relationships. The 27-year-old blonde bombshell surprised fans however with her most recent love affair with British actor Joe Alwyn. According to reports from [TheSun.co.uk](#), this celebrity couple has been seeing each other for months now. “Taylor and Joe are the real deal, this is a very serious relationship,” an insider told *The Sun*. Why did Swift keep such a low profile with her new beau? “After what happened with Tom Hiddleston, they were determined to keep it quiet,” the inside source explains. Not only is this [celebrity couple](#) in love, but they’ve also gotten cozy while Swift has been renting a house in North London. Talk about commitment!

**Taylor is now part of a celebrity couple again! What are some ways to know you’re ready for a new**

# relationship?

## Cupid's Advice:

Dating isn't easy, this is especially true when heartbreak is involved. Everyone deals with break-ups differently, but sometimes it's tricky to put yourself out there after ending a relationship. For those questioning their next steps, let Cupid help you figure out if you should start dating again:

**1. Bitterness is gone:** You're ready to date again when you're no longer listening to sad love songs and getting hit with flashbacks. Having memories of your ex is fine, but if they're plagued with strong emotions you're simply not over them yet. You don't need to carry those sentiments into another relationship, so wait until your bitterness has passed before pursuing anything new.

**Related Link:** [Celebrity Break-Ups: Taylor Swift's Ex Calvin Harris is Collaborating with Her Nemesis Katy Perry](#)

**2. You want to have fun:** Sure, you can have a grieving period over your broken relationship, but staying home and being miserable gets old quick. If you're open to adding spontaneity and excitement into your life, then a new relationship might be just what you need. People who know how to have fun have better luck attracting partners with positive energy. It's also okay to just go with the flow and date someone for enjoyment.

**Related Link:** [Celebrity Exes: Harry Styles Talks Past Romance with Taylor Swift](#)

**3. Feel available:** Before you attempt to date again, you have to ask yourself if you're ready to open yourself emotionally. Will you be able to have deep conversations or share your fears with a potential partner? Not having the ability to open up or trust are qualities that will surely hurt your future

relationships. Aside from sharing your feelings, you need to make sure you'll be able to dedicate time to dating. You can't form a meaningful bond if you're only committed to yourself.

How did you figure out you were ready to date again after a break-up? Share your tips and tricks in the comments below.

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## **Celebrity Wedding: Jennifer Lopez & Alex Rodriguez Are Already Talking About Marriage**





By [Cortney Moore](#)

[Jennifer Lopez](#) and Alex Rodriguez made [celebrity news](#) when they first got together in March. Now fans are excited to learn that a celebrity wedding may be underway sometime soon. Unlike Lopez's past flings with former backup dancer Casper and 30-year-old Drake, this relationship with the Yankees baseball legend has taken a serious turn according to insiders. "J.Lo and A-Rod are getting very serious and talking marriage. J.Lo wants a future with A-Rod," a source told [Eonline.com](#). The insider also says Lopez is head over heels and would say yes if Rodriguez asked to marry her. When it comes to family, this famous couple has also received a stamp of approval from their children. "They are perfect for each other. Their families love how they are together," the source made sure to add. Fingers crossed that we're treated to a New York inspired [celebrity wedding](#)!

**There could be another celebrity**

# wedding in the works! What are some ways to know you're ready for marriage?

## Cupid's Advice:

People always ask *when* is the right time to get married, but relationships aren't monolithic. Instead you should ask yourself what signs show you're ready for a lifetime partnership. Here are three relationship milestones to consider before you agree to be someone's other half:

**1. When 'I' becomes 'we':** In the early dating phase, you're content with your independence. Thinking of the future usually goes along the lines of "I'm going to do XYZ, and no one can stop me." But the second you find yourself including your partner in your future plans it's no longer all about you. Desiring someone's companionship and input long-term are traits that show you're ready for serious commitment.

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**2. Compromise is second nature:** Marriage is all about compromise. It requires tying yourself down to one person, which can be tricky if you have differing philosophies and lifestyles. However, the ability to give and take is a relationship skill that all great marriages have mastered. If you're able to negotiate with your significant other, then chances are you're both ready for the long haul.

**Related Link:** [New Celebrity Couple Jennifer Lopez & Alex Rodriguez Are More Than 'Just a Fling'](#)

**3. Don't feel like you're missing out:** Cold feet can happen, but your concerns shouldn't be centered around all the potential partners you might miss out on. If you're suffering



from FOMO, then you're not ready for marriage. But if the idea of coupling up with someone permanently doesn't bother you, then marriage is right for you. Your future spouse will definitely appreciate your dedication!

**At what point did you know you were ready for marriage? Tell us your stories in the comments below!**

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## **Satin Is the Newest Celebrity Style for Spring!**



By [Cortney Moore](#)

Satin is no longer reserved for your pajamas! This amazingly soft and reflective fabric is the latest spring item to become a staple in [celebrity style](#). “Everyone needs a splash of satin in their spring wardrobe. It was seen all over the runways from Gucci to Celine,” says [celebrity stylist](#) Sophie Lopez in an interview with [EOnline.com](#). And Lopez is certainly onto something there, celebrities like Zendaya Coleman, [Emma Stone](#) and Kate Winslet have all been spotted wearing chic satin ensembles! Those who want to add sophistication to their springtime outfits should definitely take a look at this [celebrity fashion trend](#).

## **Satin has made a comeback as a celebrity style, learn how you can implement this luxurious fabric into your wardrobe!**

**1. Stun onlookers with a navy satin dress:** This gorgeous Club L navy blue wrap-front dress can be found on [asos.com](#). The plunging neckline makes this dress a great option for a date or just a night when you feel like dressing up. Regardless of where you choose to wear this dress, you’ll definitely wow the crowd.



**2. Feel like you stepped out of a fairy tale with ivory satin shoes:** Cinderella won't have anything on you in these BADGLEY MISCHKA pumps. You can find these lovely shoes on [Nordstrom.com](https://www.nordstrom.com). Don't let the price tag scare you, they're the perfect statement piece for weddings and other special occasions.



**Related Link:** [Top 5 Fashion Trends Blossoming for Spring](#)

**3. Be ready for all occasions with this orange satin button-down:** This well tailored shirt from [Forever21.com](https://www.forever21.com) can be paired with anything. Jeans, pencil skirts, shorts, the list goes on. Just be wary of wearing loose or satin-like bottoms

with this top, you don't want to look like you're wearing sleepwear outside.



**4. Accentuate your shape with this coffee satin skirt:** A midi skirt is a classic, and adding satin into the mix elevates your style further. This beautiful Vince flared midi skirt complements your hips while also maintaining modesty, which makes it a nice option for work or church. If you love this skirt, head over to [NeimanMarcus.com](https://www.neimanmarcus.com) and grab it before it's gone.



**Related Link:** [Celebrity Tassels Are the Latest Fashion Trend](#)

**5. Add elegance to your casual wear with this burgundy satin bomber:** Not the dressy type? No problem! [HM.com](https://www.hm.com) has got you covered with this adorable satin bomber. This garment will add charm to your daily store run and keep you warm on chilly spring nights. It's a win-win for those who want to add satin into their wardrobe without formal wear.



**6. Hold your valuables in this stunning satin clutch:** Instantly boost your outfit's appearance with a classy black clutch purse. This Jackie Design satin and rhinestone bag can be found on [Overstock.com](https://www.overstock.com). Just imagine all the amazing events you can go to with this amazing bag at your side! You'll always look red carpet ready with an accessory like this.



Black

What do you think of the satin trend? Would you give it a try for spring? Leave us your comments below!

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# Fitness Secrets: Learn More About Your Body in a Metabolic Chamber



By [Cortney Moore](#)

Thanks to modern scientific advancements, losing weight has become somewhat easier. Don't believe this to be true? Well, researchers and [fit celebrities](#) have long kept the [fitness](#)

[secret](#) that are “metabolic chambers.” Before your imagination runs off to a sci-fi fantasy, just know that metabolic chamber is just a regular room. The only difference is that your vitals are monitored and analyzed by experts to figure out your energy expenditure, and how variables such as diet and exercise affect your metabolism.

## **Metabolic chambers are the latest fitness secret for weight loss.**

A few metabolic chambers exist in the U.S. However, each of these chambers have a few features in common. Metabolic chambers tend to be found in hospitals and university research centers, and usually require you dedicate 24 hours of your time. Being able to stay a whole day allows doctors and metabolic analysts to accurately ascertain how your body functions under normal and active circumstances. Inside the chamber you will, eat, sleep and partake in slow-paced and/or high-energy exercises, alongside daily activities. By the end of the study, researchers will show you your results and provide insight on how your body burns calories. Not only will you learn great weight-loss tactics, but you’ll also help scientists demystify the human metabolism in regards to nutrition, genetics, caloric burn during rest and exercise periods.

**Related Link:** [Up and Coming Fitness Trend: Indoor Rowing](#)

Recently, *ABC News* anchor Mara Schiavocampo investigated the effectiveness of metabolic chambers in a “[Good Morning America](#)” segment. Schiavocampo stayed in a 9-by-11-foot metabolic chamber at Mount Sinai St. Luke’s Hospital in New York City for a full 24 hours. The chamber was airtight and measured her oxygen consumption along with carbon dioxide production to determine exactly how many calories she burned while inside. During her time in the chamber, researchers were

able to determine how Schiavocampo's body best burned calories and even offered her customized fat-burning [fitness tips](#). "I was really shocked about the high-intensity interval training, I'm someone who reads about this stuff and I'm really into health and wellness, I thought it would burn more because I felt like I was working so much harder. But that just goes to show you it's all about perception," Schiavocampo explained while comparing workout results during the segment. "And that's what the magic is about the chamber, it tells you what's *true for you*."

**Related Link:** [Let Your Partner Be Your Inspiration To Getting & Staying Fit](#)

Although metabolic chambers are helpful in determining your best fitness plan, they also aren't accessible to everyone. A single night inside a chamber can cost anywhere from \$1,500 and up. Yes, it's a lot of money, but ultimately it's up to you if it's worth it to know exactly how your body expends energy and other valuable [workout advice](#). If a metabolic chamber seems out of reach, then regular cardio and weightlifting may be your best options in cutting and toning.

**What do you think of this fitness secret? Would you give a metabolic chamber a try if given the chance?**

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## **Celebrity Maternity Style: Find Out How You Can Be Chic During Pregnancy Like Amal**



# Clooney!



By [Cortney Moore](#)

Pregnancy is an exciting time in a woman's life, but it can also be tricky to dress a body that is constantly changing shape. If you find yourself in a fashion rut with your baby bump, take a note out of Amal Clooney's [celebrity maternity style](#) book. Mrs. Clooney is the latest star making [celebrity news](#) with her fashionable choices. If you want to look effortlessly chic during your pregnancy without breaking the bank, take a look at our [fashion tips](#).

**Learn how you can get Amal's**

# celebrity maternity style!

1. [Tan Trench](#): Back in March, Amal walked down the streets of London in a fabulous tan trench coat. This neutral color can be used for everyday wear. It also adds a sophisticated edge to casual and formal occasions. You can emulate this look with Seraphine's 'Donatella' Maternity Jacket that is currently sold at Nordstrom. This glamorous coat is made out of an Italian wool and cashmere blend, so it will definitely keep you warm during chilly spring nights.



Photo: Pinterest

2. [Navy Knot](#): That same month, Amal was spotted at the UN headquarters in New York City while wearing a lovely navy blue dress. The subdued color makes this look appropriate for business, while the draped fabric complements a feminine shape. You can achieve a similar look with Seraphine's Navy Knot Maternity Dress. It's soft jersey stretch material ensures you'll be comfortable you sashay the day away.



Photo: Pinterest

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3. **White Wool**: In January, Amal stayed snug in a white turtleneck while she strolled outside her Sonning, U.K. home, alongside husband George Clooney. A loose fitted turtleneck is a perfect fashion staple to add to your maternity arsenal for casual days out. You can achieve this look with A Pea In The Pod's Stitch Detail Maternity Sweater. This wool sweater can be dressed-up or down depending on the occasion.



Photo: Pinterest

4. **Black Blazer**: On International Women's Day, Amal wore a cropped black blazer that emphasized her baby bump rather than

keeping it hidden. This tactic is great for those who want to show off their naturally small frame. Not to mention, a well-tailored blazer is an absolute need for a working professional mom-to-be. You can get the look with 9Fashion's Maternity Women's Marlo Black Cropped Blazer, which is currently on sale at Sears.



Photo: Pinterest

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5. **Stunning Sequins**: During the Women of Impact dinner in Switzerland, Amal turned heads with a vintage 1963 Chanel cream sequin dress. This sparkly getup enhanced Amal's glowing skin and showed how confident she is in her pregnancy. You can also shine bright like a diamond with the ASOS Maternity Sequin Cami Mini Dress, which would make an excellent date night outfit.



Photo: Pinterest

Amal sure knows her celebrity maternity style! And there's no reason why you have to let go of your inner fashionista while pregnant either. Maternity clothes have come a long way in the last few years, so own your look and be the glamorous woman you deserve to be.

**What do you think of Amal's celebrity maternity style? Would you give a few of her looks a try? Let us know in the comments below!**

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## **Up and Coming Fitness Trend: Indoor Rowing**





By [Cortney Moore](#)

Rowing is a fun activity to enjoy, and it provides many workout benefits. Typically in the past, only those who live near water could use rowing as a reliable form of exercise. However, this is no longer the case. With indoor rowing gaining traction as a [fitness trend](#), this calorie-burning workout can be done regardless of geography. Not convinced? Well Duchess of Cambridge Kate Middleton sure is. According to [dailymail.co.uk](http://dailymail.co.uk), the 35-year-old royal uses indoor rowing to help maintain her gorgeous [celebrity body](#), and you can too! Don't fret about not having a row machine at home, there are indoor rowing studios popping up all over the country to support this fitness craze.

**Indoor rowing is a fitness trend that will help you burn the calories!**

Indoor rowing truly is a head-to-toe workout. It uses 84

percent of the body's muscles and can burn up to a staggering 1000 calories in one hour- making it the ideal workout to get rid of jiggly arms, muffin tops, wobbly thighs and of course that hard to get rid of bulging tummy. Aside from toning your body, indoor rowing is a great way to improve your heart's health by boosting its cardiovascular endurance. Another plus, with indoor rowing you don't have to experience the chilly and wet elements nature has to offer if you're not the outdoorsy type.

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How can you make the best of your indoor rowing session? CityRow trainer Hannah Davis offered her best fat-blasting [workout advice](#) in a [Cosmopolitan](#) interview, "In an average workout session you'll want to do five intervals of 200 meters, which takes about 90 seconds to complete. So, to break it down, you would do 200 meters and then rest for 60 to 90 seconds. Followed by another 200 more meters, resting again, and then repeating this entire sequence three more times." Though this fitness plan is daunting for a newbie, it's the most effective way to lose pounds. If you're unable to do intervals during your first try, just do what you can and work your way up to it. You don't want to push your body too hard in a short amount of time or risk injury.

**Related Link:** [Get Fit In Time For Date Night With A Twerk-Out](#)

If working out alone isn't your style, then a rowing class might be just what you need. It's almost like a spin class, but instead of stationary bikes, you're on a rower (which may or may not include water depending on the gym you go to), while your instructor leads you and your peers through a full-body workout. There, you will learn all about proper form and all the tricks needed to become an expert indoor rower. Since rowing classes are a group activity, you can also make friends throughout the process who can motivate you to upkeep your

celebrity body!

Get fit in time for summer with indoor rowing. After you've gained strength and confidence, you might just be able to tackle outdoor rowing like a pro.

**What do you think of indoor rowing? Have you given it a try? Please share your comments with us below!**

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## **Beauty Trend: Lollipop Lips Top the Charts as Weirdest Trend of the Year**







By [Cortney Moore](#)

When 2017 started, no one knew the over-lined lip trend would take a messy turn. Well, the makeup artists at MAC Cosmetics showed us that anything is possible with their experimental [beauty trend](#) that is now known as “lollipop lips.” MAC debuted this strange makeup look during London Fashion Week, and it has apparently taken off on social media with avant-garde beauty enthusiasts. Why would anyone try their hand at lollipop lips? It’s intended to mimic the appearance one might get after sucking on a lollipop- which gives off an “innocent” look. If you’re bold enough to try lollipop lips, here are a few [beauty tips](#) to help achieve this outlandish trend.

**There’s no need to apply your lip color perfectly with this latest beauty trend!**

**Runway ready:** Any lip color works fine if you’re going for a runway look, but an untraditional hue adds a fashion-forward

edge. Take inspiration from aphrodisiacdeity on Instagram. She mastered this beauty trend with a lavender cream finish. The matching lavender eyebrow highlight and hair color complement the lip stain and pull the whole look together. Don't be afraid to heavy-handedly smudge your lip color if you want to look like MAC model.



[View this post on Instagram](#)



#lollipoplips inspired by @zephyrlestrange and @teratology 🍷 #motd

*A post shared by Rosie Clark (@cthulucrossing) on Mar 6, 2017 at 10:51am PST*

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**Medium smudge:** Go for a less messy look by using a bold lip color and smudging it out slightly in select areas. Beauty blogger umaimamehtab effortlessly shows us how to rock the lollipop look with her scarlet red lip gloss. The glossy finish reflects the light in an ethereal way and adds a level of chic to this youthful trend. Note how she mainly smudged the color around her top lip to create an ombré appearance.



[View this post on Instagram](#)



Lollipop lipstick, A trend or a mistake? Link to the complete post mentioned in the bio. #LollipopLips #lollipoplipstick #MakeupTrends #TrendAlert #Makeup #Blogger #fashionBlogger #Lifestyleblogger #Karachiblogger #PakistaniBeautyBlogger #Dudettestalk #instablogger #Instadaily #Iger #Ontheblog


*A post shared by [Umaima \(Dudette's Talk\)](#) (@umaimamehtab) on Mar 12, 2017 at 11:35am PDT*

**Related Link:** [Beauty Tips: 5 Hair Trends for 2017](#)

**Go subtle:** If you're on the shier side, a barely-there lollipop look would suit you best. Youtube sensation Celia Leslie shows us that smeared lipstick can be a cute addition to a makeup routine. She smudges her lip stain slightly above her natural lip line, giving off familiar over-lined vibes. Going lighter at the corners of the mouth make it look like you've worn your lip color a long time, and also adds dimension, making lips appear fuller.



[View this post on Instagram](#)



ppl clown on the smeared lip look but i think its cute ☺☺

*A post shared by ☺☺☺☺ ☺☺ (@celia\_leslie) on Mar 18, 2017 at 12:09pm PDT*

At least now you can kiss your love on [date night](#) without worrying about smeared lipstick. Lollipop lips are a life saver for those who have unsteady hands when it comes to applying lip liner. Whatever happens to your lip color, just be confident. Being a little messy is trendier than ever! You don't need to be a masterful makeup artist to look like a celebrity beauty.

How do you feel about lollipop lips? Are willing to give this look a try? Tell us in the comments below!

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**Parenting Tips: Why  
Disciplining Your Kids Is  
Important**



By [Cortney Moore](#)

As time goes on, we as a society understand mental health better. With this new knowledge come concerns from mothers and fathers who are trying to navigate parenthood during this age of information. The new parents of today, millennials, struggle to find the balance raising children during these empathetic times. Thus, many have distanced themselves from disciplining their kids in order to avoid [relationship problems](#). Tactics such as these are strange to generations prior, but recent scientific studies have shown the detrimental affects harsh discipline can have on a developing brain. According to [BusinessInsider.com](#), "Certain parental behaviors that scientists have found could be linked to problems in children, like depression and anxiety, later in life." So how can millennial parents discipline their children while maintaining their psyche?

# Here are some parenting tips that will ensure your children have structured discipline:

Discipline is important. In essence, discipline is the act of training someone to obey rules and correcting undesirable behaviors accordingly. Though every person has their own [parenting style](#), discipline is necessary to guide children throughout life so they grow up to be decent human beings. In other words, discipline makes for a good, law-abiding citizen and a structured society. Parents must take special care in disciplining their children during the formative years, or risk having a strained relationship like [famous parent](#) Jon Voight and daughter Angelina Jolie. Here are a few [parenting tips](#) and pieces of [relationship advice](#) to help you discipline your children without breaking bonds:

**Communicate expectations.** To minimize unwanted behavior, make sure your child knows *exactly* what you consider “good” and “bad” behavior. They need to understand that there will be consequences for their actions. Naughty behavior should not be rewarded whatsoever, nor should it be tolerated. If at any time you decide to try a new disciplinary technique, you need to explain your new expectations. It’s not fair to dish out punishment for things they didn’t know were wrong.

**Be authoritative, not authoritarian.** Though you want to teach your child that there are expectations and consequences for their actions, you still need to have a level of flexibility. Being a parent doesn’t have to feel like a dictatorship. There’s no harm in explaining the rationale behind house rules or including them in discussions. Allowing your child to have input from time to time can bridge compromise and help you adopt more appropriate disciplinary styles as the years go on.

**Related Link:** [Celebrity Hairstyles: The 2017 Hair Trend That's Brightening Up Fashion Week](#)

**Try reward systems.** Discipline doesn't have to be centered around punishment. Positive reinforcement is a great way to teach a child desired behaviors. Show your child that there are benefits to being well-mannered. Rewards can come in a variety of ways, whether it be a snack, toy, or praise- the important thing is that they earn them fair and square. If at any time you feel that your child is manipulating the system, it's okay to nix the whole thing altogether.

**Keep hands to yourself.** Physical discipline has been a hot debate for years, but studies have shown that hitting children contribute to mental health disorders, according to [abcnews.go.com](#). Though at the same time it's important to note that spankings and beatings are very different- it's a safer bet to refrain from physically disciplining your child. A good rule of thumb: if you wouldn't hit a puppy for undesirable behavior, then you shouldn't do so to your kid. Find healthier coping mechanisms to deal with your anger. Putting your hands on a child should be a very last resort in extreme circumstances.

**Related Link:** [Celebrity Interview: 'The Arrangement' Star Lexa Doig Says Views Can 'Expect a Bit of Everything'](#)

Set a good example for your child by showing them respect. Though you created them, they're still a human being that deserve autonomy. At the same time, discipline is important. There will be ups and downs while you try to guide your bundle of joy down the right path, but the key to being a good disciplinarian is consistency. Your child will never learn if you can't clearly show them that there are natural and logical consequences. They might complain now, but they'll be grateful for all that you've done for them later in life.

**What are your feelings on discipline? Share how you discipline**



your children in the comments below.

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# Celebrity Hairstyles: The 2017 Hair Trend That's Brightening Up Fashion Week



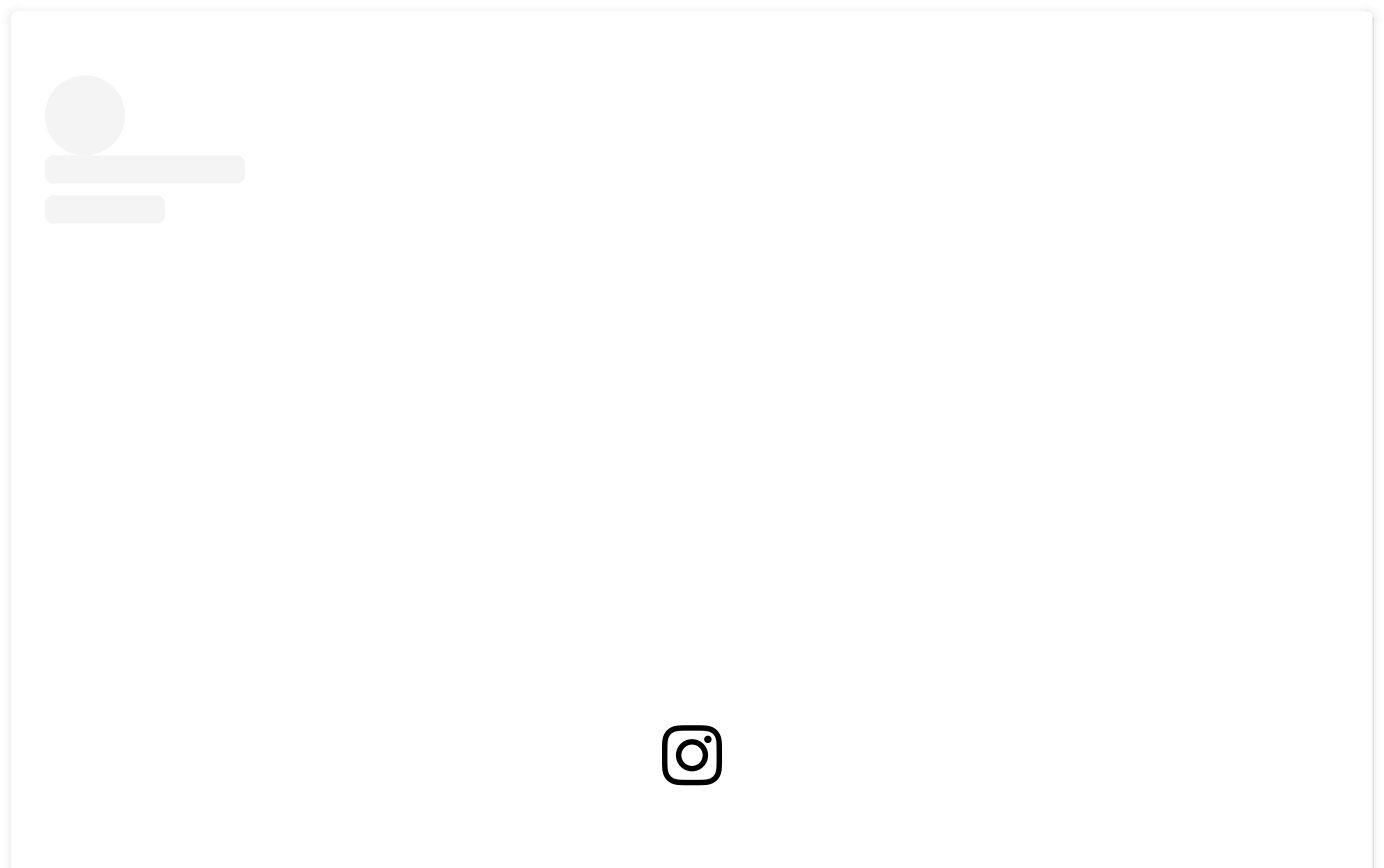
By [Cortney Moore](#)

[Celebrity hairstyles](#) have always influenced pop culture. Whether it be the “the Rachel” haircut from the 90s, or the partial buzzcuts made popular by the likes of Rihanna and Cassie Ventura in the 2010s- fans can't help but take cues

from [celebrity style](#). New York Fashion Week 2017 is no exception. According to [Vogue.com](#), bright and colorful dye jobs were hair trends that made [celebrity news](#). If you want to make a bold statement this year, then try to make it clear with your hair. Here are six celebrities that have masterfully flaunted their colored locks.

## Colorful tresses took over NY Fashion Week, see if you can take inspiration from some of these bright celebrity hairstyles!

**Steel Blue:** English singer and songwriter Louisa Johnson isn't afraid to dabble in icy tones. The smokey pastel blue color helps to bring out her lovely features. Her blunt cut and soft layers also add a hint of sophistication to this punky color. What's even better? She achieved this look with L'oreal box dye!



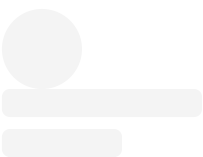
[View this post on Instagram](#)



Today I am launching the new @Lorealhair Colorista hair colour range. Really excited to announce that I am a brand ambassador for L'Oréal Paris ☺☺ I always dreamed of being a L'Oréal girl when I was younger! Loving my new #aquahair ☺#colorista #doityourway #worthit

*A post shared by [Louisa \(@louisa\)](#) on Feb 15, 2017 at 10:17am PST*

**Pretty in Pink:** American model Hailey Baldwin mixes femininity and edge with this rosy pink hair color. Loose body waves give this style a youthful appearance, so be wary if you're trying to achieve a mature look with your hairstyle. Pastel tones are also a pretty and playful contrast with tan skin.





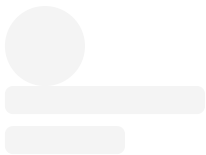
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*A post shared by [Hailey Baldwin](#) (@haileybaldwin) on Jan 16, 2017 at 7:45pm PST*

**Related Link:** [Beauty Tips: 5 Hair Trends for 2017](#)

**Earthy Tones:** If you love mother earth, then Katy Perry's faded green hair might be the look for you. Her dark roots seamlessly blends with the green tones in a nice ombré effect, much like a lush forest. The bob cut adds a retro, but fashionable look.





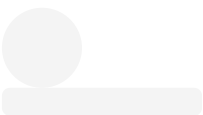
[View this post on Instagram](#)



SLIME GREEN FOR SPRING by my bb's @neeenaboo & @brantmayfield at the @mcmillansalon 🍃🍃🍃

*A post shared by [KATY PERRY \(@katyperry\)](#) on Apr 7, 2014 at 5:34pm PDT*

**Go Granny Go:** Aside from Kardashian-related drama, Blac Chyna is known for her long and colorful wigs. This year however, the reality star surprised us with cropped grey tresses. Her beautiful cheekbones and jawline are brought out more with this color and cut combo.





[View this post on Instagram](#)



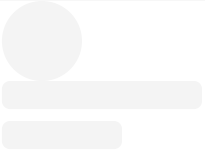
Strength

*A post shared by [Blac Chyna \(@blacchyna\)](#) on Feb 8, 2017 at 12:52pm PST*

**Related Link:** [Celebrity Looks: 3 Easy Ways To Dress Like a Celebrity](#)

**Galaxy Colors:** Demi Lovato does much more than sing, she can also paint the colors of the galaxy! Dying a whole head with multiple colors can be high maintenance and difficult to upkeep, so take a page out Demi's book and try colorful extensions or dip-dyed ends in purple, blue and pink.





[View this post on Instagram](#)

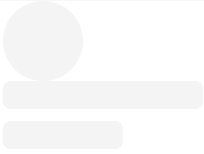


#ReallyDontCare □□□□

*A post shared by [Demi Lovato](#) (@ddlovato) on Jun 8, 2014 at 12:47pm PDT*

**Pastel Rainbow:** Some might say Kylie Jenner is the queen of changing hair colors. She stunned fans at Coachella last year with multicolored locks. The pastel touch adds a modern twist to rainbow hair. However, it's important to note that this look is very high maintenance.





[View this post on Instagram](#)



Metallic matte HEIR on the lips @kyliecosmetics

*A post shared by [Kylie](#) (@kyliejenner) on Apr 16, 2016 at 11:24pm PDT*

And celebrities aren't the only ones crazy about colorful hair. The trend was also seen on the runway this Fashion Week. Designer Jeremy Scott sent model Olesya Ivanishcheva down the catwalk with neon pink hair, while ADEAM let model Mae Lapres walk down in electric blue. So it seems that celebrities are onto to something with their out-there hair trends.

**What do you think of this latest hair trend? Would you**



experiment with the colors of the rainbow? Let us know in the comments below!

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# Celebrity Getaway: Selena Gomez & The Weeknd Spend Alone Time in Italy



By [Cortney Moore](#)

[Selena Gomez](#) and The Weeknd have taken their romance to a new level! The new couple were seen traveling through Italy this weekend. According to onlookers, the pair were unable to keep their hands off each other during their [celebrity getaway](#) in

Florence and Venice. “Selena was very sweet and very loving. She would caress his face and kiss him often,” an insider told [Eonline.com](#), “They are exclusively dating each other.” The insider also made it a point to say, “Abel [The Weeknd] is extremely romantic, and their time in Italy was perfect.” Despite how quick it seems this [celebrity couple](#) is moving, the pair are keeping their time. Gomez is “focusing on getting herself back together,” while The Weeknd is recovering from his break up with Bella Hadid. Regardless, this musical pair are definitely enjoying each other’s company.

## **Not everyone gets to indulge in a weekend in Italy as was the case with this celebrity getaway. What are some good ideas for stay-at-home vacations?**

### **Cupid’s Advice:**

Who needs to spend all that money when “stay-cations” are a thing! You don’t need to go abroad to have a good time, everything you need for a good vacation is right at home. If a stay-at-home vacation is something you’re interested in, then try one of these great ideas Cupid has lined up for you:

**1. Disconnect:** The first thing you should do is turn off the wifi. When you’re on vacation, you’re outside doing things instead of staring at a computer screen all day. Take this time to kick your technology addictions. Experience the world again without cell phones, tablets and laptops. You’ll be surprised how refreshed you’ll feel without these items.

**Related Link:** [Celebrity Exes: Find Out How Bella Hadid Feels About The Weeknd & Selena Gomez’s New Romance](#)

**2. Go camping:** This can be done whether you have a backyard or

not. Just get your hands on a tent and set it up outside or in your living room. Grill up the food of your choice and roast marshmallows while you engage in camp-like activities. It will feel like you've escaped to the great outdoors without all the traveling.

**Related Link:** [New Celebrity Couple: Why Selena Gomez & The Weeknd Went Public With Their Relationship So Soon](#)

**3. Pamper yourself:** The best part of a vacation is the relaxation. Take a nap, make some cucumber water and sip it throughout the day like you're at the spa. You'll feel even better if you give yourself a makeover, because when you look your best, you'll feel your best. Top the night off with a dinner date, and it'll almost be like you've gone on a real vacation.

**Have you ever tried a stay-cation? What activities did you try at home?**

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## **Celebrity News: 'Bachelor' Break-Out Star Corinne Olympios Opens Up About Nanny & Promiscuous Behavior**





By [Cortney Moore](#)

It seems like season 21 *The Bachelor* star Corinne Olympios can't stay out of trouble! The 25-year-old business woman and reality TV personality is making celebrity news once more for her appearance on *The Ellen DeGeneres Show*. Olympios went on to explain what she meant when spoke of her nanny. "Raquel actually works with my family. She's been with us for 18 years. She moved with us to Florida from New Jersey. She's kind of like my everything," Olympios elaborates. "Nanny is a word that I use for her because I have a lot of respect for her and she's kind of a mother figure for me, so I don't like saying cleaning lady or housekeeper." Nanny Raquel is only one reason why fellow Bachelor contestants have been skeptical of Olympios, but her sexually aggressive attempts to win over Nick Viall have also made the women in the house guarded. When asked why she's done the stuff she has on the show, Olympios says, "That is the real me. It definitely is a real side of me. But there are many other sides to me." And ex-boyfriend Keith Berman agrees that there's more to Olympios that meets the eye. In an interview with [UsMagazine.com](#), Berman said, "They're trying to portray her as some stupid girl, but she's

really not that dumb. She knows exactly what she's doing."

## **This celebrity news has drama written all over it. What are some ways to know that someone wants a relationship with you for the right reasons?**

### **Cupid's Advice:**

Throughout your lifetime, different people will try to woo you into a relationship. Although it's a sweet gesture, not everyone will want to be with you for the right reasons. Let Cupid help you determine which ones want to be with you for honorable reasons, and who to stay clear of:

**1. Obsessed with your appearance:** Everyone wants to be with someone that finds them attractive, however it can be bad if that's all a person wants you for. Someone who only talks about the way you look doesn't care for you. They just want you as arm candy to boost their ego or make others jealous. Find someone who likes you for you.

**Related Link:** [Celebrity News: 'The Bachelor' Nick Viall Calls Two-on-One Date with Corinne & Taylor a 'Disaster'](#)

**2. Doesn't want to be alone:** Be careful when you're approached by someone who recently ended a relationship. They may be using you as a rebound without even realizing it. You can give them a chance if you want, but look out for any signs that show they legitimately like you. There's no reason why you have to waste time being with someone who can't handle being single.

**Related Link:** [Celebrity News: 'Bachelor' Villain Corinne Temps](#)

[Nick Viall with Surprises on Latest Episode](#)

**3. Only wants that *one* thing:** This seems obvious, but it should still be acknowledged. Someone who only wants to have sex with you is not relationship material. A healthy and functional relationship requires partnership and genuine love. Sure, physical intimacy is important in a relationship, but it shouldn't be the only thing.

Have you ever thought someone wanted to be with you for the wrong reasons? What did you do about it?

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## **Celebrity Interview: 'The Arrangement' Star Lexa Doig Says Viewers Can 'Expect a Bit of Everything'**





By [Cortney Moore](#)

If you're a fan of sci-fi and super hero television series, then Lexa Doig is a familiar face! This Filipina and Irish-Scottish actress has played the roles of medical specialist Sonya Valentine on the hit Canadian show *Continuum*, and the fierce Talia al Ghul on The CW's *Arrow*. Most recently, Doig snagged a role in the upcoming drama, *The Arrangement*, which is set to air in March. In our exclusive [celebrity interview](#), Doig opens up about her part in the new E! scripted series, family life, romance and how she balances it all.

**Take a peek at what Lexa Doig is up to on the *E!* scripted series *The Arrangement* in this exclusive celebrity interview!**

E! is at it again with their second scripted romantic drama. *The Arrangement* is a 10-episode series that follows the

journey of an up-and-coming actress who receives a lucrative offer to enter a staged marriage. Doig plays the role of Deann Anderson, who is a producer that aims to make the fake Hollywood marriage work for the sake of story telling. Without giving too much away, Doig says her character is “defined by her relationships with the men in her life, she knows who she is and what she wants to accomplish.” The concept of the show explores what goes into making a celebrity brand, and how it affects a star’s living. “I think that viewers can expect a bit of everything: there are power plays, personal dramas, intrigue, suspense,” teases Doig. Some have wondered whether *The Arrangement* was inspired by [celebrity news](#) involving [Tom Cruise](#) and [Katie Holmes](#), but audiences will be able to decide for themselves in a few weeks.

**Related Link:** [Celebrity Interview: ‘Hollywood Medium’ Star Tyler Henry on His New Memoir & Career: “This is Fundamentally What I’m Meant To Do”](#)

Doig is fortunate enough to be married to someone who understands her passion. She is married to fellow actor Michael Shanks, and has learned many lessons from their [celebrity relationship](#). “Honesty, trust and good communication are so, so important in a marriage,” Doig explains. She also stresses that it’s importance of making time for loved ones. “It seems a bit obvious to say that, but it’s shocking how much we forget that and take for granted the people we love.” Aside from being a wife, Doig is also a mother of three. She and her husband try their best not to work at the same time, but that doesn’t always go according to plan. Doig is fortunate enough to have a supportive best friend and nanny to help achieve her work-life balance. “I have loads of help from lots of different places so I’m quite privileged in that way,” she unabashedly says.

**Related Link:** [Celebrity Interview: Christina Milian Says, “Homemaker was just mom, and now it’s also grandma, it’s grandpa, it’s stepmom, it’s a combination of different](#)



[people.](#)”

Although Valentine’s Day has now come and gone, Doig didn’t have anything special planned. With 13 years of marriage under her belt, the starlet says she and her husband aren’t big on the holiday. “We’re a little unromantic that way, but we’re both kind of unsentimental so it works great for us. I’d rather randomly do something beautiful or just appreciate and love my husband every day than pick an arbitrary day to go out for dinner and get chocolate,” Doig explains. When asked what was the most romantic thing someone has ever done for her on V-Day, Doig recalled a time when a boyfriend sent her on a treasure hunt. She had found his gesture to be “sweet,” but it ultimately didn’t work out. “I totally crapped on it by waiting until rush hour to drive all over the city, got impatient with his clues and yelled at him.” She went on to admit that her impatience is probably why she’s no good at romance.

With being a regular on two big network series, you’d think Doig would have her hands full. Despite a busy schedule, Doig continues to practice her craft. She recently finished filming the sixth installment of *The Aurora Teagarden Mysteries* for the Hallmark Movies and Mysteries Channel, and is prepping to shoot the seventh very soon.

*For more information about Doig, follow her on Twitter @LexaDoig. The Arrangement is set to premiere on Sunday March 5 at 10 p.m.*

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**Romantic**

**Getaway:**

**8**

# Affordable Destinations to Escape the Cold



By [Cortney Moore](#)

Spring break isn't just for college kids looking for a good time; couples can use a vacation, too. This year, treat yourself and a loved one to a [romantic getaway](#) without breaking the bank. If you've been thinking of taking a vacation, now is the perfect time to start planning that great escape. Travel experts from [DealsPlus.com](#) have compiled a great list of budget-friendly spring break destinations that can work for you and your sweetheart! Whether you seek sun and blue waters or the culture of a bustling city, here are eight romantic getaways and [date ideas](#) to consider this year.

# Make plans to go on an affordable and romantic getaway this spring break!

**1. Tulum, Mexico:** Tulum is a gorgeous location for couples that like to soak up the sun and sand. It's almost like Cancun's mature older sibling, so you don't have to worry about rowdy college parties interrupting your bonding. There are also preserved Mayan ruins, so Tulum is a great spot for those who appreciate archaeological sites. The nearest airports to Tulum are in Cozumel and Cancun, ranging from 60 to 80 miles respectively; but luckily round trip tickets from either start at \$294 in March. After landing, if you don't want to splurge on a taxi, you can take an ADO bus. And of course, don't forget to book a stay at one of Tulum's high-end budget hotels like the Mango Tulum Hotel for \$105 per night, or the Hotel Latino for \$82 a night. As always, stick to local restaurants if you want tasty cheap eats.



View of the beach in Tulum, Mexico.

Photo: Pixabay/Walkerssk.

**2. Montréal, Canada:** If beaches aren't your thing, then

perhaps a European-inspired vacation that is half the cost is more your thing. Canada is a great substitute, especially with the U.S. dollar converting to roughly \$1.30 CAD. Montréal is a city rich in French heritage, culture and architecture. Enjoy free tours along cobblestone streets lined with European influence in “old Montréal,” or take a trip to one of city’s many art museums. You can get a direct flight to Montréal in March starting at \$172 (round trip), and for about \$10 you can take an express bus to your hotel. If you’re not sure which hotel to stay at, Montréal has awesome deals that won’t hurt your wallet, such as the Le Saint-Sulpice , which costs \$107 per night, and America’s favorite budget hotel, The Best Western Ville-Marie for \$87 a night. And don’t fret about food, Montréal is known for it’s delicious French cuisine! A notable spot is the Les Deux Singes de Montarvie, but budget-foodies might prefer places like Casse-Croute La Banquise that serve local dishes, such as poutine, which includes French fries, cheese curds, and gravy.



Inside the Notre Dame Basilica in Montréal, Canada.

Photo: Pixabay/Pexels.

**Related Link:** [Top 5 Romantic Getaways in the Northeast U.S.](#)

**3. Washington, D.C.:** Do you or your loved one enjoy discussing

history, politics and government? Then a trip to the nation's capital might be a fun spring break vacation. Late March and early April are perfect times to visit because the city's Cherry Blossom Festival is celebrated during this time, which is super romantic for couples! Almost all of the museums and monuments are free, so you'll save a bunch of money while you explore the capital. Washington, D.C. is easily accessible, especially for those on the East Coast. You can get there by car, bus, train or plane. Don't fret if you live on the West Coast however, round trip flights from LAX to D.C. are as low as \$107. Since D.C. is a major city, hotels are on the pricey side, but look for places that include lodging and breakfast, such as the Windsor Park Hotel which goes for \$153 a night, and the Comfort Inn for \$111 per night. D.C. is also known for its unique restaurants like Bindaas, which is famous for its Indian-inspired menu, and &Pizza, where you can customize your own pizza and gulp down artisanal soda.



Scenic view of Cherry Blossoms and the Jefferson Memorial in Washington, D.C.

Photo: Pixabay/skeeze

**4. San Juan, Puerto Rico:** Going back to warm and exotic climates, San Juan is a lovely beach destination. Located in the heart of the Caribbean, San Juan is a city full of history

and culture. Explore historical sites and souvenir shops in between your visits to the beach. Not to mention all the amazing pictures you'll take at this picturesque island! Round trip flights start at \$225 if departing from JFK. Since San Juan is a small city, a taxi ride can range from \$10 to \$20 depending on which hotel you're staying at. And if you're looking for good deal on a hotel, you're guaranteed a lovely stay at the Hyatt House and Wave Hotel Condado, both of which have rooms available for \$119 per night with breakfast included. If you're worried about your other meals for the day, delectable Puerto Rican dishes can be found throughout the island. Give pernil a try, it's a slow-roasted marinated pork shoulder that is typically served with rice and beans.



Travelers visit Old San Juan in Puerto Rico.

Photo: Pixabay/grapesky

**Related Link:** [Embark on a Romantic Getaway in the Luxurious Wilderness of Finch Hattons](#)

**5. Killington, Vermont:** For those who don't want to escape the cold this spring, Killington is a great ski destination for fit couples who love snow. After spending a day out on the slopes, you and your sweetheart can hit up local bars on the main road to heat things up. Killington is easy to get to,

only a few hours away from major East Coast cities like New York and Boston, so if you're from those areas it's only a short drive. Those who live a bit further can take a long-distance bus service, which can range from \$45 to a little over \$100 depending on where you depart. Flights are a bit more, roughly \$207 for a round trip ticket from NYC in March. However, the price of lodging make up for the costs of travel. Budget-conscious couples can get a no-frills stay at the Hillside Inn for \$87 a night, or splurge on a couples package at the Killington Mountain Lodge for about \$165 per night. Vacation rentals are also available if you're planning on a longer stay, which is more economical if you're cooking your own meals. If cooking isn't your thing, enjoy fireside meals at The Foundry at Summit Pond or the Pickle Barrel.



Mountain top view of Killington, Vermont.

Photo: Pixabay/tpsdave

**6. Sonoma County, California:** Spring is the best time to visit Sonoma County's wineries. Aside from tasting the region's award winning selections, you and your partner can take advantage of the beautiful weather by participating in outdoor activities such as hiking and horseback riding. Sonoma is roughly 50 miles from San Francisco and Oakland, so it's accessible by car if you aren't far from there. For those who

live farther, it's also much cheaper to take a flight to San Francisco or Oakland than taking a direct flight to Sonoma. However, round trip flights from JFK around the time of March and April are in the \$300 range, so be wary East Coast budget travelers. Also, hotels in Sonoma are on the higher-end side, so it might be better to save money with value lodging at the Best Western Sonoma Valley Inn for \$138 a night and the Sonoma Creek Inn for \$126 per night. If you're a big wine fan, there are countless wine tours you can take. Platyus Wine Tours provides guests four visits to family owned wineries for \$110 per person, and includes a picnic lunch, while Valley Wine Tours provides four to five winery visits for \$135, and includes a gourmet lunch. If wine tours aren't your thing, you can have fun exploring the Sonoma Plaza, which has plenty of boutiques, galleries and restaurants.



Shot of a table with wine glasses in Sonoma County, California.

Photo: Pixabay/bedrck

**Related Link:** [Celebrity Vacation: 'Bachelor' Alums Ben Higgins & Lauren Bushnell Retreat at Gansevoort Turks + Caicos](#)

**7. Seattle, Washington:** Seattle is a dazzling eyeful for city-loving travelers that still like being in touch with nature.



Combined with modern architectural wonders and beautiful views of the Puget Sound, Seattle offers many fun activities. Make sure you get plenty of pictures of yourself at the world-famous Space Needle and Frye Art Museum. From the East Coast, flights start at \$328, but if you're from the West Coast, a round trip ticket can be as low as \$104. Amtrak is also an option if you don't live far. Fortunately, compared to other major cities, Seattle has moderate priced hotels. Located in the heart of the city, the Best Western PLUS Pioneer Square Hotel and Mediterranean Inn are both around \$149 per night. Seafood lovers will thoroughly enjoy the food in Seattle. You can catch your own fish for free from a fishmonger at the Pike Place Market, or grab a bite at the Tilikum Place Café.



View of the Seattle, Washington skyline with the Space Needle.

Photo: Pixabay/Pexels

**8. New York City, New York:** If you're a city lover, then a vacation in the king of all cities is just for you. New York City blooms once spring begins, and offers a variety of activities when the cold dissipates. From countless museums, to Broadway shows and historical landmarks, there is something for everyone. A pro-tip, save money by purchase a City Pass for \$116 for admission to the Empire State Building, Metropolitan Museum of Art, and the 9/11 Memorial & Museum;

or just stick to free and donation-based attractions. Parking can be a nightmare, so if you don't live far, you can take a bus or Amtrak train to Penn Station and transfer to a subway line. However, for those who live farther, like the West Coast, a round trip flight from LAX to New York is about \$320. If you're a budget traveler, save money by staying at a hotel with a communal bathroom like the Jane Hotel for \$59 a night, or get your own space at the chic Row NYC for \$146 per night. As for food, you have over 24,000 restaurants to choose from—so you're sure to find places that fit your budget easy for date night.



New York City skyline at sunset.

Photo: Pixabay/patrizio1948

Don't wait to start planning your spring break getaway! The longer you put off making reservations, the higher travel fares and hotel prices will be. If additional savings are needed, just take a look on *DealsPlus.com* for coupons and promo codes. Just remember, you don't need a lot of money to have a romantic getaway. When it comes to budget-friendly travel destinations, the early bird gets the worm!

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# Celebrity Couple: Hilary Duff & New Boyfriend Matthew Koma Make First Red Carpet Appearance



By [Cortney Moore](#)

It is now red carpet official! Hilary Duff and new boyfriend Matthew Koma made their first public appearance at *Entertainment Weekly's* pre-SAG Award party. The new [celebrity couple](#) coordinated matching black outfits and looked effortlessly chic while they partied the night away. According

to a source from [UsMagazine.com](http://UsMagazine.com), the pair “had great chemistry” when they collaborated on Duff’s 2015 *Breathe In. Breathe Out.* album, so it shouldn’t be much of a surprise. The musically-inclined couple first made [celebrity news](#) earlier this month over their coffee date. “They were leaning in and laughing a lot. They had their arms linked and kissed at one point,” an insider told *Us* at the time; but this latest outing confirms that this celebrity couple is here to stay.

## **This new celebrity couple is making it official! What are some ways to debut your new relationship to family and friends?**

### **Cupid’s Advice:**

When you’ve finally found the one, the next step is to introduce them to the other important people in your life. It can be a nerve-racking experience, but it doesn’t have to be. Cupid is here to provide you with creative ideas on debuting your new relationship:

**1. Send a cute picture:** Nip all the questions in the bud by showing your family and friends pictures of your new beau. This will provide a face to the name you provide them. It also prepares them in regards to who they’ll be meeting soon.

**Related Link:** [Celebrity News: New Couple Hilary Duff & Matthew Koma ‘Had Great Chemistry in the Studio’](#)

**2. Give them quizzes:** If you don’t want to send pictures, you can provide clues to your family and friends, and let them guess. This little game works well if they already know the person you’re now dating.

**Related Link:** [Celebrity News: Hilary Duff Speaks Out on](#)

[Divorce, Marriage, Monogamy and More](#)

**3. Have a joint dinner:** Of course the best way to debut your new relationship status is by doing it face-to-face. Kill two birds with one stone by having a dinner party and inviting your family, closest friends and new love.

**How have you debut your new relationship to family and friends? Share your stories below!**

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## **Celebrity Wedding: Evan Rachel Wood Is Engaged to Bandmate Zach Villa**





By [Cortney Moore](#)

Well, it looks like actress and rock star Evan Rachel Wood is off the market! Wood, 29, is now engaged to band mate Zach Villa. The newly engaged couple revealed the [celebrity news](#) with stunning silver rings on January 29, at the 2017 SAG Awards. The Rebel and a Basketcase duo began making music together in 2015. Being so close together for the last few years, it shouldn't be surprise that there's a [celebrity wedding](#) in the works. Hopefully this relationship will be unlike Wood's marriage to ex-husband Jamie Bell; who she was only married to for two years.

**There's another celebrity wedding in front of us, thanks to mixing business with pleasure! What are some factors to consider before**

# getting involved with a coworker?

## Cupid's Advice:

Love can strike at any time, in any place. This includes your place of work. Although you may want to act on your emotions, take a moment to think of the consequences. Let Cupid be your guide in determining whether you should get involved with your coworker:

**1. Know company policy:** Unfortunately, dating a coworker isn't as simple as dating a band mate. Before you pursue a relationship with your coworker, you should familiarize yourself with your company's policy on relationships. You don't want to jeopardize your career for a date.

**Related Link:** [Evan Rachel Wood and Jamie Bell Split After 2 Years of Marriage](#)

**2. Prioritize your work:** A new romance can be fun and exciting, but it's important that you put your job first. Keep things professional in the work space and wait until you clock out for PDA and unrelated discussions. Even if people know that you've started a relationship with your coworker, it shouldn't reflect on the job.

**Related Link:** [Evan Rachel Wood and Jamie Bell Tie the Knot](#)

**3. Worst-case scenarios:** What happens if you both break up? Will you be able to work together like nothing happened? These are questions you need to consider before dating. If you want to take a risk, then you need to accept responsibility for whatever happens and prepare yourself for worst-case scenarios just in case.

**Have you ever gotten involved with a coworker? How did it work out? Share your comment below.**

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# Product Review: Keep Skin Smooth With Baby Foot



*This post was sponsored by Baby Foot*

By [Cortney Moore](#)

Struggle with dry, rough feet? Don't be ashamed! Plenty of people have this issue. Despite how common it is, you shouldn't wait for summer time to get your feet in order. Get ahead of the curve this winter, and try Baby Foot, a revolutionary and all-natural foot exfoliant that makes feet smoother and softer than ever! With this [product review](#), we'll show you exactly why Baby Foot should be in your beauty

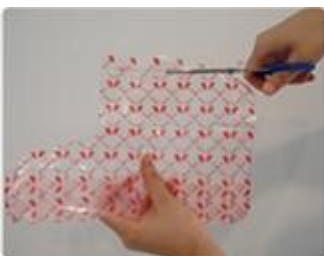


arsenal.

## **Product Review: Get rid of all that dead skin with the natural Baby Foot exfoliant!**

The principal ingredient of Baby Foot is fruit acid, a gentle substance that peels layers of dead skin off. Painlessly, the acids and a blend of 17 natural extracts penetrate the skin and remove old cells by breaking down desmosomes, which are proteins that hold all the layers together. Through this process, skin is undamaged and peels away the dull parts of the epidermis, revealing a fresh and young layer beneath. After peeling, your feet are reborn- almost like a baby's foot!

All you have to do is cut along the dotted line of Baby Foot and secure the plastic wrappings on your feet. Allow the peel to sit on the feet for about an hour and simply wash it off when it's done. Within three to seven days, dead skin will begin to crust over and fall off the feet. Make sure not to pull at the skin, or you may hurt yourself, as it needs to peel off naturally. If your feet fell dry while peeling occurs, apply a hydrating moisturizer. After a week, your feet should be as good as new!



**Cut along the dotted line**



**Secure the foot with tape**



**Wait for 1 hour**



**Wash the gel away**

You can follow up with a second application if you feel that your skin needs it, but make sure to wait at least two weeks

before attempting another peel. For those who wish to enhance their peeling effects, cleansing and soaking feet prior can maximize penetration of the peel gel, or adding heat with the use of socks over the Baby Foot plastic can accelerate peeling.

Not sold on Baby Foot yet? Then perhaps you can be convinced by the exfoliant's media hype. Baby Foot has been featured on the *Today Show*, *Marie Claire*, *Style Watch* and many more. Or check out the trending hashtags like #BabyFootPeelingMask on Instagram and Twitter. There you can see the magic, and read real-life testimonials for this amazing product. Don't be afraid of the foot peel images however, it's all a part of the process.

A single package costs \$25, and can be found in Target, Walmart and other health or [beauty](#) stores. You can use the Baby Foot locator on the company's website to find shops closest to you. So what are you waiting for? Go out and get the soft and beautiful feet of your dreams. You'll be flip flop ready in no time.

Give the gift of Baby Foot! Your feet will thank you!

For more information, visit [BabyFoot.com](http://BabyFoot.com).

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## **Celebrity News: Joshua Jackson Caught Making Out With Mystery Woman Post-Split**

# from Diane Kruger



By [Cortney Moore](#)

It appears that 38-year-old actor Joshua Jackson has moved on! The young Hollywood star was seen kissing a mystery woman at the Sundance Film Festival this week in Park City, Utah. This [celebrity news](#) comes six months after his separation from Diana Kruger, who he had been with for 10 years. According to [UsMagazine.com](#), an eyewitness said, "Joshua was dancing with this girl. They were all over each other on the dance floor and then were making out. They left together around 2 a.m." Another source said Jackson has been spending a lot of time with 36-year-old *Revenge* actress Margarita Levieva, and that the pair has been staying in the same condo together. Could Levieva be the mystery woman Jackson was kissing? They would certainly make a good looking [celebrity](#)

[couple](#)! Hopefully the transition into dating goes smoothly for Jackson. During an interview on *The Ellen DeGeneres Show*, the *Fringe* actor shared his apprehension about entering the dating scene, saying, “Things have changed a little bit since the last time I was single.”

## **In celebrity news, Joshua is single and ready to mingle! What are some ways to voyage into the dating scene when you first find yourself single?**

### **Cupid’s Advice:**

Dating again after ending a relationship can be an exciting experience. Although meeting new people can be fun, dating can be tricky business. Let Cupid help you figure out what you should do when you first find yourself single:

**1. Be yourself :** Don’t pretend to be something you’re not. Be honest with your potential partners and yourself. There’s no use starting a relationship under false pretenses. Eventually you’ll find someone who accepts you just as you are.

**Related Link:** [Celebrity News: Demi Lovato Supports Rumored BF Guilherme Vasconcelos at MMA Fight](#)

**2. Take your time:** There is no need to rush a relationship if you’re not ready. Give yourself time to heal. Once you feel better about love and relationships, you’ll be able to find someone worthwhile. Most importantly, don’t let anyone pressure you into dating.

**Related Link:** [New Celebrity Couple: Amy Poehler Is Dating Lawyer Benjamin Graf](#)

**3. Follow your instincts:** If you feel uncomfortable at any point then you need to retreat. You don't have to force a relationship, and more importantly you need to make sure you're safe. But if someone piques your interest then you should pursue them.

**How have you gotten yourself back into the dating scene after a relationship? Share your stories below!**

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## **Celebrity Break-Up: Jane Fonda & Richard Perry Split After 8 Years Together**





By [Cortney Moore](#)

Jane Fonda and Richard Perry are making [celebrity news](#) by ending their long-term relationship. This celebrity break-up comes as a shock since the famous couple has been together for eight years. However, it seems that the separation has been amicable. "It's not a breakup, it's a shift in the direction of our lives," Perry told [EOnline.com](#). "I hate to say the romantic relationship is over. We're definitely extremely good friends. We do things together. We care about each other a great deal." According to Perry, Fonda has "rededicated herself to activism" as a reason of their relationship ending. Fonda hasn't commented on the [celebrity break-up](#), but it's clear the 79-year-old actress had love for the record producer as seen in a 2012 interview with *The Sun*, where she said, "The only thing I have never known is true intimacy with a man. I absolutely want to discover that before dying. It has happened with Richard. I feel totally secure with him." Hopefully this celebrity couple will find happiness soon.

# This celebrity break-up comes after quite a long relationship. What are some factors to consider before breaking off a long-term relationship?

## Cupid's Advice:

A long-term relationship can be great if you're with the right person, but as time goes on, things can change. If you feel that your relationship has gotten stale, then it might be time to end it. Let Cupid help you decide if it's time to break it off with your long-term love:

**1. Deserve better:** If you feel that you've settled for less than you deserve, then that's a good reason to end a long-term relationship. You don't need resentment to build up. End things before it's too late.

**Related Link:** [Longtime Celebrity Couple Zoey Deutch & Avan Jogia Break Up](#)

**2. Spark is gone:** When you're no longer happy with the person you're with, it's time for you to move on. Though this should be done only if you both have put effort into your relationship and still aren't happy.

**Related Link:** [Former Celebrity Couple Angelina Jolie & Brad Pitt Agree to Seal Divorce Documents](#)

**3. Unforgivable:** If you or your significant other have done something that neither of you can get over, then it might be best to break up. There's no use staying with someone that will always hold a grudge.

**Have you ever had to end a long-term relationship? What was**

your reasoning? Share your stories in the comments below.

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# Celebrity News: Demi Lovato Supports Rumored BF Guilherme Vasconcelos at MMA Fight



By [Cortney Moore](#)

Demi Lovato is one of the most supportive girlfriends in Hollywood. The 24-year-old singer was seen cheering on her rumored MMA boyfriend, Guilherme "Bomba" Vasconcelos, at his match in Los Angeles on Saturday evening. According to



[EOnline.com](#), the pair definitely appear to be a [celebrity couple](#) with the amount of flirting going on. Lovato wore a "Team Bomba" shirt to the event and pumped up the crowd with a chant for the hunky fighter. Sources told *E!* that Lovato appeared to be nervous while watching Vasconcelos, and flinched whenever he would get hit. And Lovato's affections weren't one-sided. Onlookers said Vasconcelos pointed at Lovato once it was announced he won, and they greeted each other with a kiss. Another witness says they heard Lovato say, "I'm so proud of you! I'm so proud of you," before they exited the scene. With a celebration like that, it's no wonder why this new couple is making [celebrity news](#)!

**This celebrity news is pretty convincing! What are some reasons to keep the status of your relationship under wraps?**

#### **Cupid's Advice:**

Some couples are really big on public displays of affection, others not so much. It might sound strange to keep your relationship under wraps, but there are some benefits to doing so. Let Cupid help you decide whether you should keep your relationship hush-hush:

**1. Avoid drama:** Let's be honest for a moment, some people just like getting in the middle of couples. If you know someone that's meddlesome and likes to cause drama, then it might be a good idea to keep your relationship a secret from them. You don't need unnecessary stress in your life.

**Related Link:** [Celebrity News: Joe Jonas 'Likes' Pic of Ex Demi Lovato with On-Again Boyfriend Guilherme 'Bomba' Vasconcelos](#)

**2. If it's casual:** Not every romantic partner is

relationship worthy. There's no need introducing someone to your friends and family if you have no intention of keeping them in your life. There's nothing wrong with a casual relationship, but that doesn't mean you have to let the world to know your business.

**Related Link:** [Celebrity Couple Reunited: Demi Lovato Is Back Together with Guilherme Vasconcelos](#)

**3. You like it that way:** If you're a very private person, then you might just prefer keeping your relationship status to yourself. This gives you and your partner time to really get to know each other and figure things out. There's just less pressure when your relationship isn't in the spotlight.

**Have you ever had to keep your relationship under wraps? What was the reason? Share your stories in the comments below.**

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## Beauty Tips: 5 Hair Trends for 2017





By [Cortney Moore](#)

Need a a dramatic change for 2017? Maybe these [hair trends](#) are just what you need in your life! Sometimes all you need is a different style, color or cut to make you feel brand new. Learn about the latest [celebrity style](#) and how you can achieve these fashionable trends with the following [beauty tips](#).

## Beauty tips that will keep your hair up to date!

1. [A touch of orange](#): Ladies no longer have to be afraid of brassy tones. Orange hair is becoming a popular trend this year. There are so many shades you can try: copper, rose gold, peach bellini, blorange (the new strawberry blonde), creamsicle and much more! Go out and take a risk; maybe redheads are the ones who have all the fun.



2. **Low maintenance cuts**: Boys aren't the only ones who can rock short hair. Cropped tresses are here to stay for 2017. This look is perfect for those who want to bring out their bone structure or add edge to their style. That's not to mention how low maintenance these cuts are, so you'll save a lot of time on your beauty regimen. You'll also save a bit of money on styling products compared to your long-haired companions.



**Related Link:** [Product Review: The Perfect Products To Start Your New Year Off Right](#)

3. **The faux-perm**: Big curly hair has made a comeback! Chunky spiral curls can be achieved with a flexi rod set. Don't worry if your curls don't come out perfectly uniform. A little frizz or varied texture gives your hair more definition and looks chic. The fluffier the curls, the better. Enjoy bringing the 80's out with this unique hairstyle.



4. **Denim everything**: Another popular hair color trend for 2017 is denim hair! Much like the granny trend, the shades for this style vary from subtle to bold. Sneak in a pop of color to dark hair by adding a bit of indigo, or go the acid wash route with pastel blues, purples and greys. If you're really daring, you can add drama with a blend of these colors altogether.



**Related Link:** [Product Review: The Perfect Beauty Products To Look Your Best This Fall](#)

5. **Intricate braids**: An elegant braid is a great way to add glam to this commonly known casual hair style. This trend requires a bit of patience and dexterity because it can be tricky to get your hair to cooperate, but practice makes perfect. When you've mastered braiding your your tresses, you'll be delighted to see how regal you look when your hair is out of your face.



Start the new year right with one of these fashionable hair trends! You're sure to impress on your next [date night](#) with one of these polished looks.

**What do you think of this year's hair trends? Tell us what you think in the comments below!**