

Celebrity News: Orlando Bloom Reveals How Past Divorce Affects Katy Perry Relationship



By [Katie Sotack](#)

Actor Orlando Bloom is determined to learn from his and [Katy Perry](#)'s past divorces before entering into new matrimony. Once married to Miranda Kerr, Bloom learned the importance of growing with a partner and laying down a foundation for commitment, according to *EOnline.com*. In an interview with NBC's *Sunday Tonight*, Bloom reiterated his desire to make this marriage last, saying, "She's remarkable and so I'm always so impressed with that and I'm encouraged". The celebrity couple

continue to grow closer as Bloom teaches Perry to embrace the small moments.

In [celebrity news](#), Orlando Bloom opened up about how his past divorce impacts his relationship with Katy Perry. What are some ways your past relationship can affect your new relationship?

Cupid's Advice:

Don't let the ghost of relationships past haunt your new romance. Learn from the mistakes from your ex and bring new perspective into your next relationship:

1. Intimacy: There's a lot from a past relationship that can cause anxiety in future partnerships. For example, being cheating on may make you jealous and paranoid as a future partner. This is a normal reaction, but it's something to learn from. Take your trauma and turn it into intimacy by confiding in your new significant other about your concerns.

Related Link: [Celebrity News: Cassie Rudolph Defends 'Bachelor' Colton Underwood After He's Deemed a Bad Kisser on 'BiP'](#)

2. Know yourself better: Each relationship and opportunity that enters your life should teach you something about yourself. Start your new relationship with a thorough understanding of what went wrong last time and how you can grow from that.

Related Link: [Celebrity Couple Kelly Ripa & Mark Consuelos](#)

[Send Daughter Off to College](#)

3. It's a part of you: your past relationships are your history. You're bound to feel nostalgic or sentimental about your past at some point in this new relationship. Take a breath and realize you can miss what you once had with someone without wanting it back.

How have you turned your past relationship into fuel for your new one? Share in the comments below!

Celebrity News: Cassie Randolph Defends 'Bachelor' Colton Underwood After He's Deemed a Bad Kisser on 'BiP'





By [Katie Sotack](#)

Reality TV show [Bachelor in Paradise](#) brings all the drama. This Monday, Colton Underwood came under attack for his less than par kissing abilities. Cassie Randolph hopped to her man's defense with a tweeted gif of the two locking lips and the caption, "Kiss me dammit you good kisser you". According to [EOnline.com](#), Derek Peth posed the question to the *BiP* girls about their worst kissing experiences. Sydney Lotuaco, Caitlin Clemmens, and Tayshia Adams all agreed Underwood's skills could use some work.

In [celebrity news](#), Cassie Randolph is standing by her man's kissing skills. What are some ways to learn how to kiss better?

Cupid's Advice:

The date's going really well, and you can see a future with

this one. They're attractive, smart, and hilarious, but then the end of the night comes. They lean in for you, and you find that they kiss with all tongue and teeth. Fear not! All that first date potential isn't wasted on your ideal partner's worst kiss. Here are some ways to improve:

1. Take cues: Your partner will kiss how they want to be kissed. Note the subtle movements of their lips and tongue and whether they apply a lot of pressure or a delicate touch. Take cues from their style, body language, and sounds on whether or not you could up your game.

Related Link: [Celebrity News: 'BiP' Star Caelynn Responds to Blake Releasing Their Texts](#)

2. Use bodies: A great kiss should inspire your whole body, not just your mouth. Use your physical being to your advantage by working in hands. Grip their waist, tangled their hair, cup their face, etc. There's a million and one ways to set your partner's nerve endings on fire, the lips are only one aspect.

Related Link: [Celebrity Break-Up: 'Bachelorette' Alum Jordan Kimball is Using Dating App After Split from 'BIP' Love Jenna Cooper](#)

3. Avoid repetition: It may be tempting to stay in on place when your nervous for a kiss, but make sure to spice it up. Move your head and hands to create an unexpected experience for your partner. Great kisses are all about surprises.

What's your go to kiss move? Share in the comments below!

Product Review: Relive Your Childhood with a Razor Electric Scooter



By [Katie Sotack](#)

As kids grow into teens and become more attached to indoor activities, parents worry about their physical and mental well-being. Break your teen away from their screens by purchasing a brand new E Prime Air Razor that has an extra kick of power. The scooter is recommended for those 14 years of age or older. Your teen can relive their childhood with this scooter, as any 90s' kid can testify that wicking down the street on a snazzy two-wheeled scooter was the ultimate pastime.

If you want to get your teen away from screen-time, consider a Razor electric scooter or skateboard. Learn more about the new E Prime Air in this [product review](#).

The easiest way to get your teens active is to entice them with fun. An electric scooter is a cool and convenient way to get back and forth to school. Bring your favorite childhood toy back by introducing your son or daughter to the Razor electric scooter. Here are some benefits to the new Razor model, the E Prime Air:

It's suitable for all sizes.

The E Prime Air electric scooter's handles and height are adjustable. The padded, easy-adjust handlebars are comfortable and lock so that they do not move during your travel.

Related Link: [Product Review: Bravity Bras Defy Gravity](#)

It makes commuting easy and convenient.

This electric scooter runs up to 15 mph and lasts for 35 minutes of continuous use. Travel easily around town with the E Prime Air to get to class. The battery is rechargeable if your son or daughter's journey to class requires more output than the scooter can give at one time.

Related Link: [Product Review: Rock Long Hair on Date Night with Barely Xtensions](#)

It fits in a locker.

The scooter is compact enough to fit into your child's locker. With the dimension of the front and back rubber wheels being

only 8 inches each and the fact that it has a fold-up design, the scooter is perfect for storing both at school and at home.

It's a lot cheaper than a car.

If it's between buying your teen a car and buying them a Razor electric scooter, the electric scooter is the clear winner price-wise. Razor's new E Prime Air Electric Scooter retails at \$419.99.

You can check out a cool video featuring the E Prime Air Electric Scooter [here](#). For more information, please visit Razor's website [here](#).

Celebrity Couple Kelly Ripa & Mark Consuelos Send Daughter Off to College





By [Katie Sotack](#)

It's off to school season, and [celebrity parents](#) are not immune to their nests becoming smaller. *Live!* host [Kelly Ripa](#) and *Riverdale* actor Mark Consuelos recently sent their second oldest and only daughter off to college. Consuelos uploaded a photo with the caption "2 down... 1 to go", referring to the couple's third child. Using the same picture, Ripa shared the news via Instagram, where many celebrity friends were sympathetic to the news. Lisa Rinna, *Real Housewives of Beverly Hills* star, who recently sent her daughter off to college as well, commented several sobbing emojis in solidarity.

This [celebrity couple](#)'s nest just got a little bit smaller. What are some ways to deal with an empty nest when your children leave home?

Cupid's Advice:

It's college season in America! Parents cry and young adults rejoice as they ship off to schools across the country. Empty nesting may seem daunting at first, but think about all the perks of your children leaving home:

1. Reconnect as a couple: It's likely that you and your partner have not lived alone since before your child was born. Once your baby moves out, recommit to your relationship. Being home alone with your partner means date nights in and walking around in your underwear again. A child leaving is nothing lost; it's readjusting to a life you once had.

Related Link: [Celebrity Parents: Former 'Bachelor' Arie Luyendyk Jr. Calls Wife Lauren the 'Hottest Momma'](#)

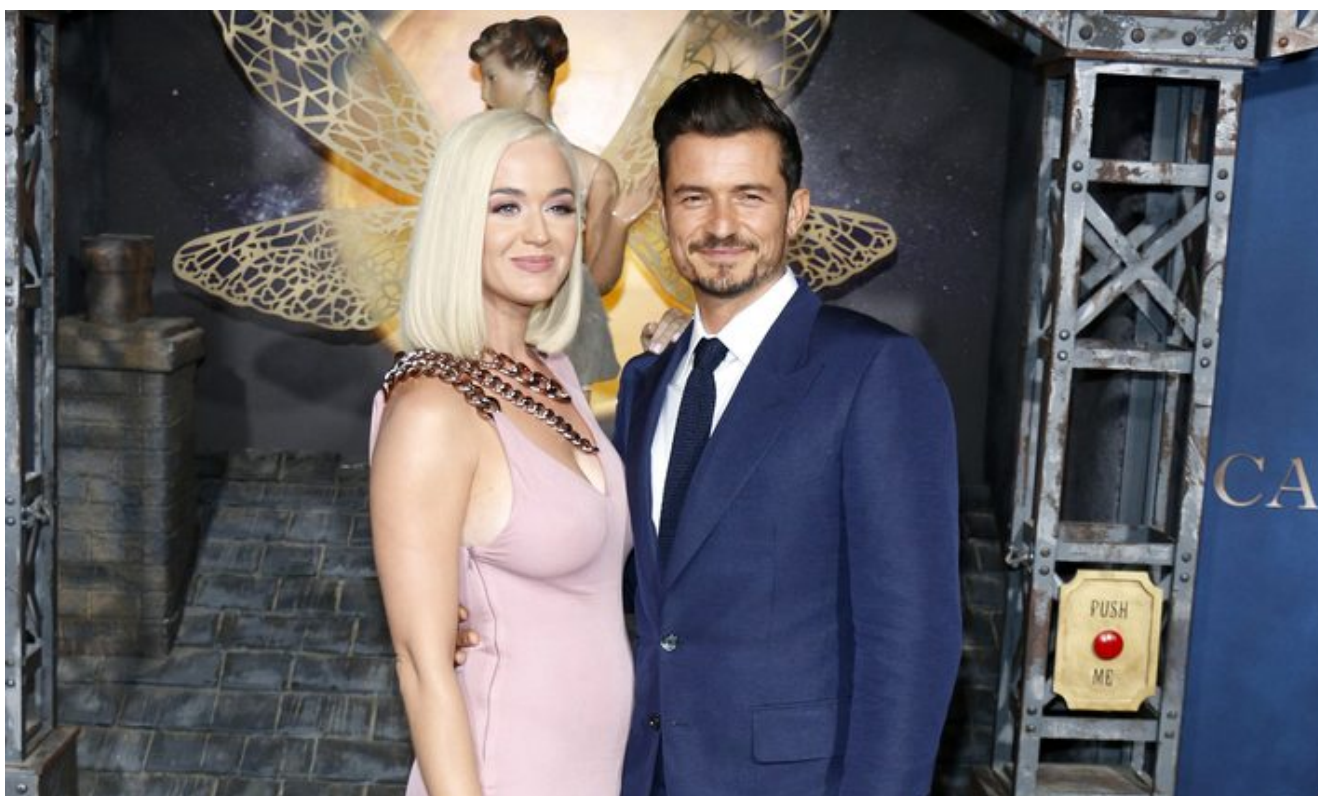
2. A new relationship: When your child moves away, your relationship will morph. Likely, it'll get better. The saying "absence makes the heart grow fonder" is absolutely true in this case. Instead of relying on you for their needs, they will learn to care for themselves. In doing so, your relationship will become more balanced and less demanding on your end.

Related Link: [Celebrity Baby News: Jade Roper & Tanner Tolbert Reveal Baby Boy's Name](#)

3. It may not be permanent: In today's economy, moving out is not always permanent. It's very possible your child will be moving back in after college or if their job goes south. This is both totally normal and hope for you to have your baby under your roof again.

How are you dealing with an empty nest this back to school season? Share in the comments below!

Celebrity Wedding: 'Bachelorette' JoJo Fletcher & Jordan Rodgers Get Engaged ... Again



By [Katie Sotack](#)

Almost a year after his initial proposal on *The Bachelorette*, Jordan Rodgers proposed to JoJo Fletcher all over again. The [celebrity news](#) was revealed on Rodgers' Instagram on Saturday, featuring a photo of the couple showing off Fletcher's new rock. The caption went on to explain that their first proposal for the show was real and meant the world to both of them. However, as they began planning their wedding, they wanted to do it their own way, in private. Cue proposal number two!

Perhaps there will be a [celebrity wedding](#) on the horizon finally for this *Bachelorette* couple. What are some ways to make your partner feel special during a long engagement?

Cupid's Advice:

Wedding bells are in your future, but the road to the chapel is a long one. Fear not! Long engagements are challenging, but there are ways to reassure your partner and reaffirm your love during the process.:

1. Remember the date: Commit to small gestures that remind your partner you are excited for your nuptials, however far down the line they may be. Write the date with doodled hearts on your fridge's whiteboard, or leave your partner a sticky note reading "one year to go!" However you remind your significant other of your excitement, make it a fun, any day surprise.

Related Link: [Celebrity Wedding: Dwayne 'The Rock' Johnson Secretly Marries Lauren Hashian in Hawaii](#)

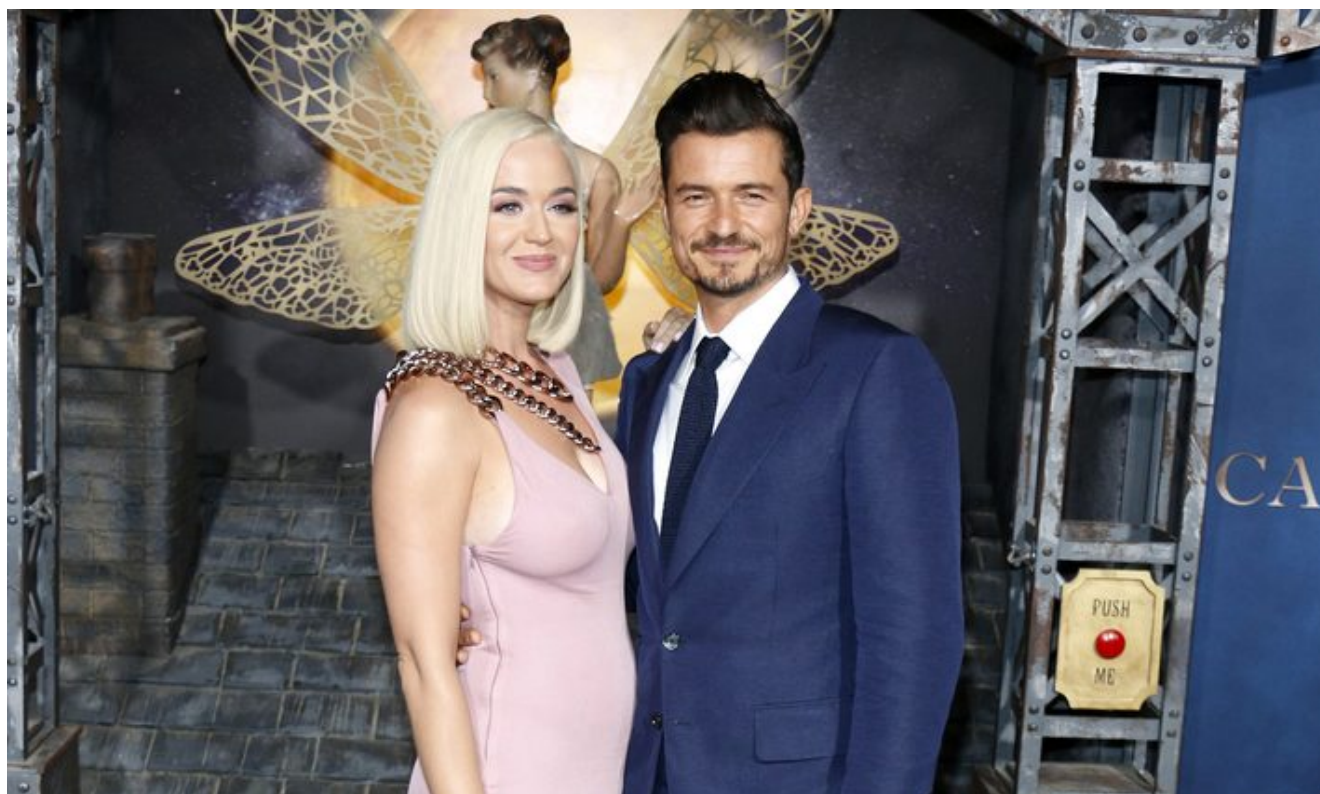
2. Keep the romance going: Wedding planning can throw your brain into overdrive. While the details may be tempting to take over your life (and all your conversations), share a world with your partner outside of your wedding. Find a balance between excitement for your wedding and commitment to your love life by scheduling date nights where wedding talk is off the table.

Related: [Celebrity Wedding: 'Vanderpump Rules' Stars Tom Schwartz & Katie Maloney Get Official Marriage License in Vegas 2 Years After Wedding](#)

3. Take small steps: Do not let your engagement drag without any planning whatsoever. Even if your wedding is set years down the line, make yourself a schedule. Try to settle at least one detail a month so that both you and your partner feel you're moving forward.

How do you shower your partner with love? Share in the comments below!

Food Trend: Oat Milk



By [Katie Sotack](#)

Drink your morning oats with a new twist with non-diary oat

milk. The pressure for mainstream coffee shops and supermarkets to add vegan-friendly alternatives, like almond milk and Beyond Beef, has soared in recent years. After oat milks, like Oatly, were introduced into coffee shops, people were ready to make the switch in their own homes. With its [healthy](#) reputation and the fact that it has one-third the amount of calories as half n' half, there are plenty of reasons to be stirring it into your coffee.

Non-dairy milk alternatives are the [food trend](#) of the future. With abundant options of non-dairy milks to choose from, what are the perks of oat milk?

Oats are a staple in health communities. Whether fitness bloggers are taking them in through traditional methods, trying overnight oats, or drinking their daily fill, oats are undeniably popular. Here are the reasons to give oat milk a spot on your shelf:

1. Cruelty-free: A huge turn-on for oat milk is that animals were not a factor in its existence. The lifespan of a milk-producing cow is low. Cows are artificially inseminated to keep milk pumping and milked throughout the last seven months of their pregnancy up until a year after the calf's birth, according to *nutritionfacts.org*. That is enough to make most animal lovers' stomachs turn. So, they opt for oat milk.

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2. Puss-free: Aside from the cruelty concerns, there's been growing research into cow milk containing puss. Generally, a healthy cow will not produce puss, but should they need antiseptics you may wind up drinking more of than you

bargained for.

3. Lactose-free: For those whose gastrointestinal systems are not a fan of the lactose in milk, oat milk is a God send. Milks like Oatly are lactose and hormone-free, thus limiting the milk's negative effects on sensitive bodies.

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4. They're moving: While they're currently a trending ingredient for coffee add-ins, oats are looking to expand. Soon you'll find oats in alternative-yogurts and 'nice creams'. The dairy-free community is also praying that 2019 or 2020 becomes the year Starbucks adds oat milk to its shelves.

Would you be interested into trying oat milk? Share in the comments below!

Product Review: Bravity Bras Defy Gravity





By [Katie Sotack](#)

The breast lymphatic system “is a network of tissues and organs that help rid the body of toxins, waste and other unwanted materials,” according to *LiveScience.com*. Simply stated, breasts are essential to a properly working immune system. That said, many women have a hard time and are uncomfortable with their breasts when it comes to sleep. They can get in the way at night, causing discomfort and inhibiting the proper lymphatic cleansing process. However, we stumbled upon a bra that just might resolve this issue.

If you’re searching for comfort and the latest health trend while you sleep, get the best of both worlds with Bravity. Learn more about the bra’s perks in this [product review](#).

Anyone with breasts can attest to the challenges they present

when it comes to sleeping. Whether they're falling to the side or preventing you from lying on your chest, breasts can be a nocturnal hazard. That's where Bravity bras come in. Specially crafted with a Y-strap feature so the breasts are exposed, yet still cradled, these bras support the chest during sleep without the discomfort an underwire bra would cause. Here are some benefits:

1. Anti-wrinkle: Aside from the health boost of a properly cleansed lymphatic system, you'll begin to look younger, too. At any age and with any size breast, one might encounter cleavage wrinkles. They are completely natural and nothing to worry about, but if you're searching to keep your supple bosom, look no further. Bravity bras lift and separate the breasts to stop wrinkles from forming.

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2. Comfort: The Bravity bra is crafted with padded adjustable straps so that it feels like tiny pillows cradling your cleavage. While made up of nylon and spandex so that the bra is cool to touch and form fitting, the no cup designs leaves breasts room to breathe.

3. Big breasted babes: Those with larger chests are typically more likely to seek a night-time bra. While Bravity benefits those of every size, big breasts are not left behind like they are in other major brands. We had an ample-chested woman test the product, and she claimed, "Nothing gets mashed up against my chin; it did work". Avoid the dreaded uni-boob with the y-strap technology made for any size.

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4. Sports edition: Bravisport does exist! This is a medium support, racer-back bra made to eliminate the uni-boob. The bra provides extra support by combining the average sports bra

with the y-strap design, thus creating two layers of defense. The removable cup pads also allow for customizable shape and comfort.

How do you support your breasts while sleeping and working out? Share in the comments below!

Beauty Trend: 5 Beauty Micro-Trends to Follow



By [Katie Sotack](#)

Instagram micro-trends and YouTube [beauty](#) gurus are begging

you to splash on the color and dare to be bold. *MaireClaire.com* has pronounced “This is the season to *not* play it safe”. And given these micro-trends are small, cheap, and non-time consuming even the most minimalists among us can embrace these looks. Get ready for the trendiest aesthetic that’ll get all the likes and retweets.

From the tip of your hair to the point of your toe, beauty is in the eye of the beholder, but these micro [beauty trends](#) sure help put the whole package together.

Think of micro trends as the bricks that build a house. A shabby foundation can throw off the whole appearance. Taking time to embrace these fun trends will tidy up your look. Here are the micro-trends everyone’s trying this summer.

1. Multi-colored mani: No longer does a manicure need to be monotone. Instead of using your precious time to whittle down which color you’d like, opt for 5 or 10 different ones. This manicure adds a whimsical note to all your looks. Amplify your easy-breezy babe aesthetic by rocking every one of your favorite colors.

2. Graphic eyeliner: Like the 80s’ beauty trend, micro trends are embracing bold, graphic eyeliner. Draw straight lines or dots along the length of your lid. If your really brave try neon graphic eyeliners, which have become popular through HBO’s *Euphoria*. But *Euphoria* star Zendaya has always been an eyeliner visionary. Pick a photo and mimic her creative eyeliner looks until you find your perfect liner.

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3. Complementary colors: This summer is about getting artsy with makeup. You are Picasso and your face is the canvas. Rock complementary colors (blue/orange, yellow/purple, or red/green) along your top lid and bottom lash line. The opposing colors will pop against each other and brighten your eyes. The look is perfect for [date night](#).

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4. Green eye shadow: If opposing colors are too distracting, but you're still seeking to make a statement, try green shadow. Greens come in pastel, metallic, and jewel tones so they have wide appeal across all skin tones. This trend is a great way to go, but be sure to keep other makeup minimal as to not muddy the effect of the vibrant green.

5. Breezy bob: The bob's been back since the mid-2010s since celebrities like Lucy Hale, Karlie Kloss, and [Jennifer Lawrence](#) let their stylists chop off their luscious locks. The breezy bobs will take your look to another level when the wearer adds ombre or highlights to lighten the overall hair color. Able to be worn curly, straight, or wavy the bob is a vacation from hairstyling that's still trendy.

Which micro trends are you excited to try? Share in the comments below!

Celebrity News: Jennifer Garner Has Found a 'True

Partner' in John Miller



By [Katie Sotack](#)

In [celebrity news](#), Jen and Ben are officially over. [Jennifer Garner](#) announced she has found solace with her new partner John Miller, a Cali Group CEO. After a hectic year divorcing [Ben Affleck](#) and supporting him through two stints in rehab, a source told *UsMagazine.com*, "John is the complete opposite of Ben. Jen feels like she's finally found a true partner." Both Garner and Miller are committed to keeping their relationship low-key as well as being successful co-parents to their kids from previous marriages.

In celebrity news, Jennifer Garner

feels like she's finally met her match. What are some ways to know you've met your "true partner"?

Cupid's Advice:

Sometimes you just *know* you've found the one. Butterflies flutter in your gut, and your heart swells just looking at them. But, a true partner goes far beyond falling in love. Here are [relationship tips](#) to be sure your significant other is the one:

1. You want the same things: A partner should share your goals. When it comes to spending your life with someone, they should generally want the same things. If kids, a suburban house, and a steady career are in your future, love won't save your relationship with a kid-hating, apartment-renting, daredevil.

Related Link: [Celebrity Break-up: Miley Cyrus & Liam Hemsworth Split Less Than 8 Months After Wedding](#)

2. They support you: Of course not all goals need to be share. However they should stand by your individual goals and root you on as you achieve them. For example, if you want to eat healthy and get fit your partner doesn't need to do the same. However a partner that undermines your attempts to stay on track by offering you ice cream every night is not trying to help you succeed.

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3. You're both willing to work: Aside from goals, communication is the key to a healthy relationship. A partnership likely won't have to same communication styles. But true significant others should be willing to compromise

and workshop communication for a healthy relationship.

What are some other ways to know you've met your match? Share your thoughts below.

Celebrity Break-up: Miley Cyrus & Liam Hemsworth Split Less Than 8 Months After Wedding



By [Katie Sotack](#)

It “came in like a wrecking ball” for [Miley Cyrus](#) and Liam Hemsworth fans. Following a surprise reunion and hasty marriage, the couple’s time together has ended in divorce. According to *UsMagazine.com*, the couple is happier focusing on themselves and their careers. The marriage lasted less than eight months before the relationship grew too rocky. The [celebrity news](#) was a shock to fans hoping that the *Last Song* costars real life love affair would work out.

Miley and Liam announced their celebrity break-up as she enjoyed an Italian vacation with friends. What are some tips for announcing your break-up to family and friends?

Cupid’s Advice:

Aside from the pain of the actual breakup, you’ll find it’s time to deal with telling the masses. If friends and family knew them well this can be very difficult news to break. Here are some relationship tips to ease the tense news:

1. Bring everyone together: Instead of doing a world tour to tell your family and friends, make the news a one night show. Invite those close to you over for dinner, ply them with wine, and fess up.

Related Link: [Celebrity News: ‘Bachelorette’ Hannah Brown Confronts Luke P. at ‘Men Tell All’](#)

2. Ease them into it: Divorce and break-ups don’t just happen, but it can feel that way to those who know you. Be honest about the dissolution of your relationship and the negative

effects it was having on you near the end.

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3. Focus on you: Your loved ones may have a lot of opinions, but remember that this was your relationship. Do not let their suggestions or criticism persuade you from knowing this breakup was right. Look out for yourself while reassuring their feelings.

How do you break the news for your breakup? Share in the comments below.

Beauty Trend: Customized Body Care





By [Katie Sotack](#)

Hopefully none of us are a stranger to face wash. Skincare of the face is as ritualized as morning coffee in America. This year the [beauty](#) community is encouraging skin care to extend to the whole body. Leg masks, back exfoliators, and general body cleansers have hit the market in an attempt to supple and plump your skin (as well as drain your extra cash). While it's true this new skin treatment will cost more, it doesn't mean it comes without its benefits.

Customized body care is the beauty trend that will elevate your skin all over. What are the perks of every shower turning into a spa day?

Body care is all about worshiping every aspect of your skin. Just because your belly isn't your introduction the world,

that doesn't mean it doesn't deserve to be pampered. Commit to caring for your body as a whole and watch your skin look brighter, clearer and [healthier](#) within a few weeks:

1. Bacne: Clear skinned shoulder blades always make a fashion statement. Show off your sexy shoulders barren of any red dots or blackheads with back exfoliates that are especially essential to those who condition their long hair. Back acne is a common problem for long haired individuals whose conditioner soaks out of their hair and into their pores. Conditioner clogs skin which should be permeable and encourages back blemishes. Cleansing the shoulders will counteract the clogging conditioner.

2. Bikini bumps: Shaving down there has the averse effect of razor burn garnishing your bikini line. After shaving use a calming body moisturizer to treat the red bumps and ease irritation. Forewarning though, bumps aren't always razor burn, get checked out by a doctor. And while we're on the subject of medical care, moisturizers are *not for internal use*. A clean, lightweight moisture can be useful around the thighs and bikini line, but nothing should be getting up in there.

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3. Ingrown hair: A perk of full body skincare is nixing those frustrating hairs growing underneath the skin; or even worse those hairs that inspire infected red lumps. By routinely exfoliating the skin, ingrown hairs are coaxed out of hiding. Instead of growing inward, the hair will pop straight outward as it should. If you're prone to trapped hairs, cleanse the areas that bother you most and keep an eye out for the positive effects

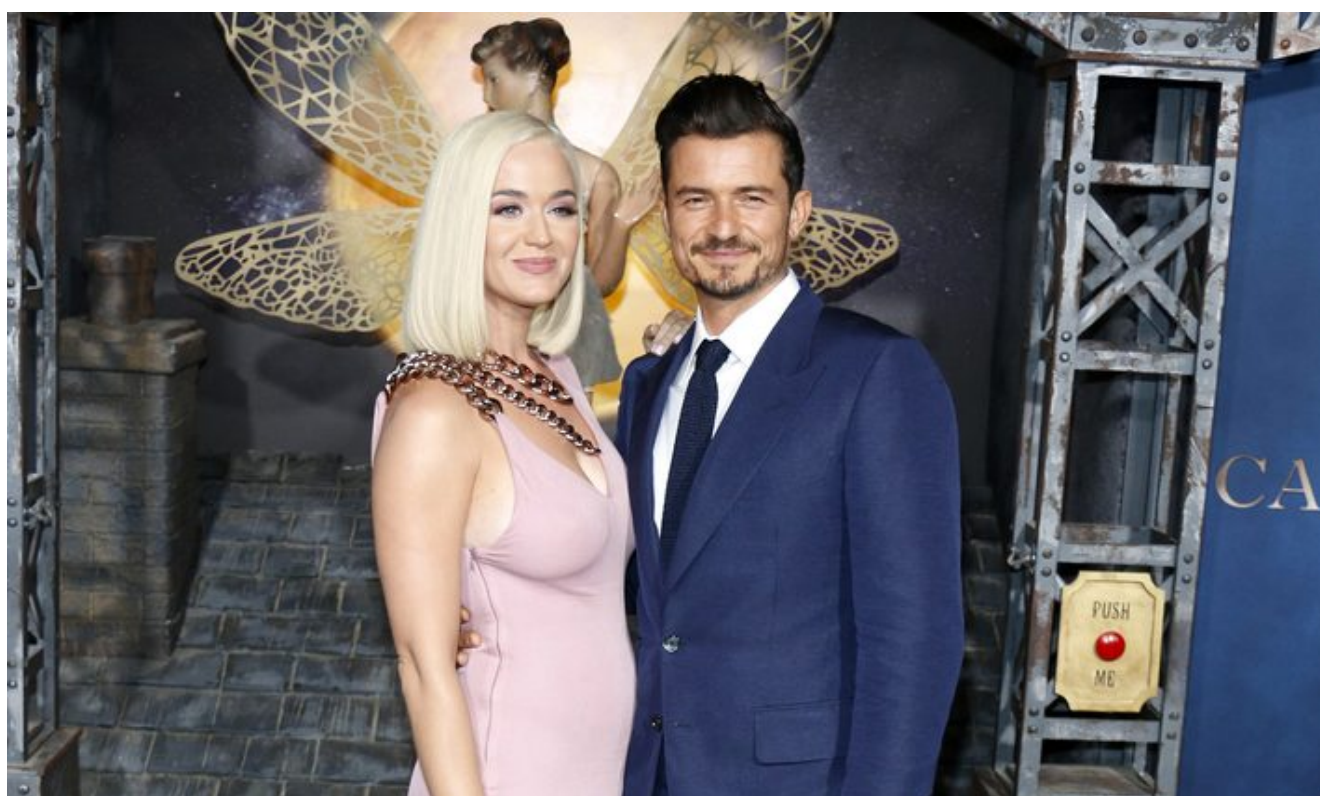
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4. Humanize yourself: Remember that you're a person and people

naturally have cellulite, wrinkles, hair, and acne. The real purpose behind the body care beauty trend is to treat yourself. Enjoy the feeling of hydrated, healthy skin, without getting caught up in the looks of things. Celebrate your body as a vessel to experience life in and reward it with healthy skin for doing it's job.

What's your skincare routine like? Share in the comments below!

Fitness Trend: Move Away from Your Dependence on Technology



By [Katie Sotack](#)

Admit it: technology has become an addiction. It's easy to get lost trying to grow your following on social media. You've maybe gotten so wrapped up in a game on your iPad you've forgotten to wash your work clothes for the next morning, too. Consumers are reclaiming [fitness](#) as a time to disconnect and recommit to [health](#). The gym, which had become flooded with big screens and Fitbits, has now become a place to find solitude.

As technology integrates further into our lives, how can we achieve mindfulness through this unplugged [fitness trend](#)?

Mindfulness is the act of bringing one's attention to the current moment. Psychologists recommend it as a way to deal with emotional distress and to live life to its fullest. The task has become increasingly more challenging as we've become more attuned to our screens and less invested in the physical space around us. Here's some [fitness advice](#) to help you unplug and lead a healthier life:

1. Go harder: To maximize a full workout, mindfulness is essential. The presence of a phone or other distraction limits the workout by dividing attention and providing a slower tempo for movement. It's suggested that songs with high BPM (beats per minute) increase the speed of a workout. Plus, with distraction comes bad form. Give your body the respect it deserves by focusing on structure and engaging muscle groups, ultimately disconnecting from life and experiencing a workout your health and the impact of the workout.

2. Breathing: 2019 has seen an increase in breath-focused fitness like yoga and swimming. A key component to mindfulness is meditation, which largely focuses on breathwork. Exercises that stress the importance of deep and measured breath will aid in focusing the mind. The 'breathe through the pain' mantra of yoga will bleed into everyday life. Even emotional

challenges will feel less stressful as you take measured breaths to remain calm. Plus, there's the added benefit of regular exercise, which leads to increased endorphins. By participating in an exercise that emphasizes breathing, a person will increase their mood and decrease their waistline simultaneously.

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3. Fatigue: Constant tiredness may be brought on by stress, chronic pain, or trouble sleeping. A mindful workout, which focuses on a strong mind-body connection, will alleviate all of the above. Psychologists use the connection to adjust lifestyles and attitudes. When a person is cognizant of their entire being, emotional wounds and physical pains begin to heal. This phenomenon happens by processing our emotions and therefore healing that which plagues us. A mindful workout is a great start to both emotional and physical health (and should exercise alone work for you, it's a lot cheaper than never-ending doctor's appointments).

Related Link: [Fitness Trend: 5 Ways Hot Yoga Melts Away Calories](#)

4. Alertness: A downside to our constant internet connection is that we as a species have become horribly unaware. People cross busy Manhattan streets without looking up from the movie on their phone. Friends' voices have become background noises to our texting. Taking an hour a day to workout unplugged reminds us that it is possible and can feel *amazing*. Ever heard of runner's high? The endorphins of a full-fledged mindful workout are off the charts. You'll feel superhuman, pushing your body and mind to the limits and not caring about the time spent away from your screen. Plus, a strong mind-body connection makes people more aware in everyday life. You'll begin to pick up on details your brain had been filtering out as well as upping your quick-witted banter skills.

How do you emphasize a mind-body connection? Share in the comments below!

Movie Review: 21 Bridges



By [Katie Sotack](#)

Chadwick Boseman and J.K. Simmons star in a new action thriller that'll have you perched straight in your seat. Boseman plays an NYPD cop who uncovers a conspiracy surrounding two cop killers. The [movie](#) takes place in the course of one night where Boseman's character becomes increasingly unsure of who to trust. As tensions rise and the

chase goes on, the city closes down all 21 routes of escape from Manhattan to prevent the killers from fleeing.

21 Bridges is a star soaked, action-packed thriller that'll leave you questioning who to trust and where to turn.

Should you see it: *Avengers: Endgame* directors had a hand in making this film and Chadwick Boseman stars. If you're a fan of the Marvel Cinematic Universe for its action scenes rather than its one-liner comedy and enjoy the shaky anticipation a good chase, check out this movie.

Who to take: This is a movie for the in-depth friend who can talk about anything and everything afterward at dinner.

Cupid's Advice:

Knowing who to trust is not a science, but an art. Try as psychologists might, we can't all be trained in the micro-twitches of a liar's facial movements. Instead, think of trust as a building exercise. Here are [relationship tips](#) on establishing and maintaining trust.

1. Intuition: Security to the stars and traumatized victims, Gavin de Becker famously exclaimed to the world "Trust your intuition!" in his self-help book *The Gift of Fear*. Often read in self-defense classes and by women seeking ways to minimize attacks, the book is ultimately about relationships (both long term and immediate). The most essential advice from every chapter is, "trust yourself first and foremost." Social niceties teach us to suppress our illogical worries, but your body and mind have intuitive reasons for that gut feeling. Next time you feel something 'off' in your relationship, speak up.

Related Link: [Movie Review: The Lion King](#)

2. Honesty: The number one way to establish trust is honest and open communication. This means intimacy and it can sound scary. Take the process one step at a time. The first few dates are not the time to confess that embarrassing time when you walked into a wall because you were nose-deep in your cell phone. Talk about your hopes and dreams to build gradual intimacy and add in the embarrassing or deeper feelings once trust has been established.

Related Link: [Celebrity Vacation: Jason Momoa & Lisa Bonet Explore Italy After Zoe Kravitz Wedding](#)

3. Keep True: A far more practical take on the establishment of trust is by staying true to your word. If you promise to do something, make sure you stick to it. Think of it from your partner or friend's perspective. Had they promised to pick you up at the airport but instead left you searching to find a cab, you'd feel cheated. Instances like this make a person seem unreliable and would encourage the receiving person not to trust the, with another task.

How do you experience trust in your relationships? Share in the comments below!

Parenting Tips: 5 Reasons to Take a Parenting Class





By [Katie Sotack](#)

Though not vocalized enough, parenting is a full-time job. Think of it as your career. Something you need to work at and prep for—whether that be through schooling or experience. Parenting classes offer both. Just like a career, no one expects a newbie to know everything in the beginning. Though once thought of as natural instinct, parenting is a cycle we've learned through observation plus trial and error. The [parenting trend](#) offers safe spaces to explore incorrect theories and learn without doing any term damage to the little ones (physical or psychological).

Classes offer [parenting tips](#) and tricks to raising a family, but what are the specific benefits of attending parenting classes?

Parenting classes offer a sense of community and the know-how to those who want to up their parenting game. Whether you're

expecting your first child or you're pregnant with your third, there's always room to learn. You can follow the expert parenting advice offered in these classes through level-based classes to begin your journey to more efficient parenting.

1. Judgment free zone: There's not any worse feeling as a parent than to worry you're being judged for your parenting style. Not only will a parenting class give you the skills you need to be an efficient mom or dad, but the class will be full of other parents who feel the same way you do, and you're less likely to be criticized. Never let someone's harsh judgments affect how you think you should bring up your kids, but in a class, you're more likely to find like-minded individuals who won't make you feel like an awful parent because you need some extra help.

Related Link: [Celebrity Parents: Former 'Bachelor' Arie Luyendyk Jr. Calls Wife Lauren the 'Hottest Momma'](#)

2. Support systems: Even with your partner and family support, raising a child can feel like a lonely job. Taking a parenting class can help you connect with other parents going through the same thing you're going through—whether it's supporting your child through a learning disability or coping through postpartum depression after your second child.

3. Firstborn jitters: Time to put it out there, having a baby is magical and wonderful, but it's terrifying. To new parents, it may feel like any wrong move could harm your new little angel. That's valid. If you've never had a child before you likely have no idea what you're doing. Attend a parenting class to master the basics and reassure yourself that your parenting skills are up to par.

4. The latest research: Parenting trends and topics are always cycling. It can be a challenge to stay up to date with the newest concerns and tactics to battle them. Taking classes may open your eyes to new information and challenge some instincts

that may secretly be harming your kid's self-esteem. For example, praising a child's intellect when they achieve may cause frustration and feelings of failure when they cannot immediately master something. Instead, praise their hard work.

Related Link: [Celebrity News: Nick Cannon Reacts to Ex Mariah Carey's Take on #BottleCapChallenge](#)

5. Aid academics: Studies have shown that engaged parents are one of the top factors to an academically successful child. Classes specifically designed to focus on academics will teach the right questions to ask your child and ways to become more involved in their life, like attending school functions and being more involved in homework.

How do you feel about taking a parenting class? Share in the comments below!

**Health Advice: Victoria's
Secret Angels' Pregnancy
Fitness**





By [Katie Sotack](#)

With each Victoria's Secret fashion show, we're brought a parade of beautiful bodies strutting down the runway with toned arms and killer legs. These Angels are no stranger to a fit lifestyle even while pregnant. Models like Gisele Bündchen and Behati Prinsloo don't miss a beat because of their baby bumps. The Victoria's Secret Angels are here to prove [fitness](#) is an achievable lifestyle no matter the circumstance.

Angels follow strict [health advice](#) to be runway ready with a baby on board. How can the average expecting mother use their [fitness tips](#) to stay toned?

Regardless of the situation, fitness requires dedication and an inner drive. Once you have that it's all about knowing where to start. Following the Victoria's Secret Angels'

routines and tricks will give your pregnancy a healthy boost. Here are the [health tips](#) for a pregnant [celebrity workout](#) and [diet](#).

1. Start before pregnancy: During a sit down with your doctor, they're likely to say it's bad form to lose weight while pregnant. Not to mention the time to try strenuous workouts belongs before pregnancy in order to avoid stressing your baby. Being fit while carrying is about maintaining rather than achieving. This requires some planning on your part. If a fit pregnancy is important to you, begin a routine before you start trying.

Related Link: [Product Review: Try Peloton and Be Your Best Self](#)

2. Angel's workout: The models follow a strict body sculpting routine. For the first six weeks of training exclusively engage in cardio like swimming, dancing, or running. In the following six weeks focus on interval workouts which involve building muscle. The trick to a lean muscle is keeping the weight low and the reps high. The ratio should be twenty minutes of cardio to 15-20 weight reps, alternating back and forth throughout the workout.

3. A colorful plate: Angel mummies don't count calories as restricting can affect milk production and thus the development of your baby. Rather, pre-, post-, and during pregnancy fitness is about making healthy choices. Your meals should be colorful. Pile on the bright veggies to match with a white protein like chicken or fish. Carbs are essential as well, just lower the portion size and keep it brown (as in whole wheat/grain).

Related Link: [Fitness Advice: How to Get Your Best Booty](#)

4. Post-pregnancy: To lose weight post-delivery, it's recommended to begin with leisurely walks. Anything harder than that should be preceded by medical clearance and be

relatively low impact. Move onto water aerobics for cardio before adding light weight lifting. Respect where your body is and know it won't spring back to its pre-pregnancy levels immediately.

5. It's their job: While working to emulate an Angel body during pregnancy it's important to realize your limitations. For Victoria's Secret models it's their literal job to sculpt and tone their body while making sure to eat right. But for the average person getting to the gym for hours and knowing exactly what to eat is challenging. Not to mention the pregnancy cravings and fatigue. Give yourself leeway to have an ice cream cone every once in a while.

How do you stay fit during pregnancy? Share in the comments below!

Food Tips: Jack Fruit & Other Ocean Inspired Flavors





By [Katie Sotack](#)

Summer may be over, but your ocean journey has just begun. Pacific [foods](#) are trending in 2019, meaning that the sand in your shorts has faded but the salt on your tongue lives on. Fruits like Jackfruit, a tropical Indian food reminiscent of the fig family, will be popularized in organic supermarkets such as Whole Foods. According to *TasteofHome.com* the juicy jackfruit isn't the only tropical flavor we can look forward to in our [food tips](#).

With ocean-inspired foods on the rise, how can we bring pacific food tips for a tropical summer palate to our cozy fall dinners?

When eaten, oceanic foods taste like an impossibly hot day ending in a juicy bite of fruit. Or a homey barbecue while the pool water dries off your tanned skin. The flavors are a

journey to a tropical paradise where relaxation meets comfort eating. With all this sensual indulgence from these foods, you might wonder how it can meet with the hearty meals of fall. Here is [food advice](#) for this [food trend](#).

1. Embrace the meats: Given you're a meat-eater, this is a quick way to satisfy the fall craving for hearty goodness with ocean-centric flavors. Filipino pork sausage, a popular pacific food, would be a perfect substitute for traditionally western meats like beef in a recipe. Switching out your regular meats to an ocean nation's foods will add a twist to any plate.

Related Link: [Food Trend: Millennial Flavors to Watch](#)

2. Seafood: There's nothing yummier than oven-baked salmon. With a splash of sea salt and a butter-based sauce, sea meats are a wonderful transition meal from summer to fall. Popular on pacific islands for its accessibility, seafood is filling, healthy, and spot on-trend. To fulfill the hearty fall hopes you may have for this dish, pair with a starchy carb like potatoes.

3. Don't forget the veggies: This food trend is not an excuse to ignore your fiber-filled friends on the plate. After you've got the base of your meal with oceanic meat, fill up on dark greens suggestive of the ocean. Kale, which became a popular fad in American about a decade ago, is the perfect add on that's also easy to find in your local market. If you're willing to do some hunting, get your hands on wild plants native to pacific regions. Try out a fiddlehead fern or cow parsnip.

Related Link: [Food Trend: Top 5 Reasons You Should Eat Imperfect Food](#)

4. Dessert: Last but certainly not least is the pacific desserts we've all been waiting for. Do not fill up on heavy cakes and pies. Rather take a tip from our ocean-living

friends, and end your meal with small berries and tropical fruits. Certain summertime fruits like plums, strawberries, and watermelon may be more difficult to find out of season. However, put a fall spin on your after-dinner layout with blueberries, cranberries, and pomegranate, which are easier to find in the fall.

How will you incorporate ocean foods into your fall recipes? Share in the comments below!

Celebrity Workout: Group Classes That'll Have You Sweating With Obsession





By [Katie Sotack](#)

Picture yourself slick with sweat, surrounded by your fitness family, working toward the hot summer body you've always wanted. These are the reasons [celebrities](#) crave group fitness classes. Participants are quick to become a family, pushing each other past their mental blocks and onto new physical planes. Plus classes are designed by professionals so you know your body is getting the best workout to target fat and build muscle. Next time you hit the gym, try out a fitness class for the best [celebrity body](#) workout.

Get excited to try your hand at the latest [fitness trend](#), group classes. But how do you know which [celebrity workout](#) is right for you?

Celebrities like Nina Dobrev and Ellen Pompeo are obsessed with their fitness classes. Ranging from slow, muscle-building yoga to fast-paced cardio like Zumba, there's a group class

for every future workout junkie. Here are the details on who does what and why you should try it:

1. The model workout: Ashley Graham, Karlie Kloss, and Hailey Bieber all get themselves into model shape through Dogpound. The workouts are seriously hardcore, think Crossfit levels. Instructors have participants throw hammers and sprint with resistance bands on, plus much more. If you're looking to build muscle, this is the workout to go with. The more muscle you have, the more fat you burn. So if you're looking to slim down, this workout could still benefit you.

Related Link: [Fitness Trend: Hire a Certified Professional](#)

2. Tracey Anderson Method: These classes are accessible anywhere, whether in person or on DVD. As long as you have an area to get physical you can get fit with Tracey. The workout consists of targeting small muscle groups to tone your overall body. Lena Dunham even credited the program for helping to ease her infamous anxiety. Other celebrity goers are Tracee Ellis Ross and [Victoria Beckham](#) (talking about a new way to bend it like Beckham here).

3. Soulcycle: This workout has reached pop culture fame through sweat-drenched cycling workouts and the hoard of celebrities who attend them. [Kelly Ripa](#), [Lea Michele](#), Michelle Obama, and many more make their way to Soulcycle very week. With 70 locations across the United States, it's as easy said as done. Plus, you can totally pretend you're [Ariana Grande](#) in the Side to Side music video while riding the bikes.

Related Link: [Fitness Trend: Mobile Exercise Apps](#)

4. Body by Simone: Dance your way to having [Chrissy Tiegen](#)'s tush and [Taylor Swift](#)'s mid-drift with this program. Designed by a classically trained ballet dancer, Simone offers a variety of workouts from fat-busting dance cardio to full-body tone up routines. The studios are only in NYC and LA but fear not, there's an eight-week transformation program available to

stream.

5. Gotham Gym: Based in New York City, trainer Rob Piela opened a gym dedicated to boxing fitness. Classes are forty-five minutes, with arm toning jabs, uppercuts, and cross punches. Add in jump roping for cardio and you'll be slimming down while toning up in no time. [Kendall Jenner](#) and Bella Hadid swear by this workout craze. Plus your confidence will soar knowing you can kick anyone's butt in a boxing match.

Do you think you'll try group fitness classes? Let us know in the comments below!

Celebrity News: 'Bachelorette' Hannah Brown Releases Intimate Details in Front of Peter's Mom!





By [Katie Sotack](#)

The infamous *Bachelorette* windmill sex scene between Hannah and Peter was one of the most talked about moments this season. But according to *UsMagazine.com*, Hannah fudged the details. When facing off with Luke Parker, [The Bachelorette](#) confessed to having sex with Peter twice at the mill, yet apparently it was four times! Hannah announced this proudly in front of the studio audience, which included Peter's family. Still, despite (or maybe because of) the scandalous details, Peter's family could not have looked prouder as the audience gave the pair a standing ovation.

In [celebrity news](#), Hannah Brown didn't hold any details back while talking to Peter on a recent episode of *The Bachelorette*. What

are some benefits to being open about intimacy?

Cupid's Advice:

In our Puritan-grown culture, it's not wildly accepted to talk about intimacy in public. However, American youth culture is shifting to see the perks in being open and honest about intimacy. Here's how talking about intimacy can benefit yourself and others:

1. Normalization: Talking about intimacy normalizes said acts of intimacy. America's sensationalized media presents idealistic versions of sex and love, which do not match up with reality. With this idealized standard we rarely see an accurate representation of our own intimacy. The girl and guy are perfect, never having bad sex or weird sex. Not to mention a lack non-heteronormative relationships depicting physical love. Talking about sex and the intimate acts surrounding it can ease the tension our culture feels around sexual 'imperfections' which fall short of idealistic standards.

Related Link: [Celebrity News: Ben Higgins Says 'Bachelorette' Hannah Brown's Sex Confessions Are 'Confusing'](#)

2. Ease the guilt: There's a famous *Sex In The City* episode where Miranda takes a lover who's so petrified of sex being a sin, that after every time they've been physical he *must* run to shower. Yeah, this was filmed in the '90s, but times haven't changed too much. *Bachelorette* Hannah Brown was thoroughly slut shamed by contestant Luke P. for enjoying sex with men she'd fallen in love with. By speaking out about about her experience at the windmill while in a supportive environment she was championed for something that had once penalized her.

Related Link: [Celebrity News: 'Bachelorette' Hannah Brown](#)

[Confronts Luke P. at 'Men Tell All'](#)

3. Better sex: As sexologist Lindsey Doe likes to point out sex and sexuality are never one size fits all. But that's the way our culture likes to think about it, so partner's have been conditioned to fall short of our unique needs. Being open about your likes, dislikes, and experiences will not only work like a handbook for better sex but help to foster emotional intimacy between you and your partner(s).

Do you feel comfortable talking about intimacy? Share your comments below!

New Celebrity Couple Shawn Mendes & Camila Cabello Kiss in Miami





By [Katie Sotack](#)

It looks like love is on the horizon for major PDA participants and new [celebrity couple](#), Camila Cabello and Shawn Mendes. According to *UsMagazine.com*, the two were spotted locking lips on the beach in Cabello's hometown, Miami. The "Senorita" singers have been rumored to be dating since early July, though Mendes feverishly denied the rumor. The pair have been good friends since their 2015 duet, "I Know What You Did Last Summer," and are still publicly stating such friendship after their respective breakups with model, Hailey Bieber and relationship expert, Matthew Hussey. However, since the denial, the two have been seen at numerous dinners and concerts, cuddled up to each other. Could a relationship announcement be next?

In [celebrity couple news](#), Shawn and Camila got hot and heavy in a pool

in Miami. What are some ways to show your affection for your partner in public?

Cupid's Advice:

Whether you take it nice and slow or get hot and heavy, on occasion we all get swept up in PDA. There's a style for all of us, be it hand holding to a hardcore make-out session. These are the ways to declare your partner yours in public:

1. Cuddle up: In order to bring in new customer, movie theaters have brought the experiences of home to movie goers. This comes with nifty new reclining seats whose arm rests lift up. This gives you free rein to enjoy snuggling up to your partner while watching the newest flick. Plus the dark area of a movie theater will have your PDA flying total under the radar. Of course, if your more brazen you can take a tip out of Camila and Shawn's playbook and cuddled up while sharing food at a restaurant.

Related Link: [Celebrity News: Camila Cabello Opens Up About Anxiety Struggles](#)

2. Hand holding: Vastly underrated and criticized for the potential of sweating palms, holding hand is the perfect amount of PDA. The tiny physical intimacy says to the world that you're in love, but your still your own person. It does so by connecting the partners, but not cutting them off from their surroundings like kissing would. Out of all forms of PDA, it's also the most likely to be tolerated by those around who are not very much in love with public affection.

Related Link: [Celebrity News: Leonardo DiCaprio Gets Serious With Camila Morrone](#)

3. Forehead kissing: This simple intimacy is easy to get away

with in public. Soft lips on the forehead is very much an act of care which won't produce an eye roll. It's also a gentle reminder to your partner that you're there for them whenever they need you. Pair with cuddling or holding hand as aforementioned will add a new layer to PDA which is still publicly acceptable.

How do you show PDA? Share in the comments below!

Travel Tips: Backpacking in Beautiful Vacation Spots



By [Katie Sotack](#)

Need a mental health break? Backpacking through the wilderness, Europe, or even a campsite nearby is an affordable way to explore outside of your usual day hiking. *Greenbelly* suggests it's best to decrease your pack's weight before [traveling](#). If you've decided to hike out with your living space, food, drink, and survival gear on your back, (check [GearWeAre](#) for more), make it ultralight.

Reward your thirst for adventure and your wallet by backpacking at the next beautiful vacation spot with our [travel tips](#) for lightweight, low stakes gear carting.

As far as low-cost ways to travel go, backpacking is brilliant and versatile. The packer can commit to a quest by themselves, take arms with a group of travelers, or go off on a [romantic getaway](#) with their lover, a tent, and the stars above to a beautiful vacation spot. Whatever way the packer decides to travel the number one rule is pack light.

1. Weigh out your gear: By weighing each item before it goes in the pack you'll be able to see if said item is worth its weight. Some things will naturally be heavier, but don't throw them away for that reason alone. Your jug of water? That'll take a toll on your shoulders, but you'd be worse off dehydrating out on the trail.

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2. Sharing is caring: After weighing and packing each item, weight all the trip's backpacks. If yours is too heavy, for

example, but someone else is willing to carry more, give it to them. Another tip for sharing essentials is that there doesn't need to be two of everything. Coordinate with your team to know who's bringing what. This will save the group from carrying more pocket knives than necessary. It may sound like a small, nearly weightless decision, but when you're walking all day with a ton on your back, you'll be grateful for the lessened weight.

3. Synthetic materials: When backpacking, both cotton and denim are a no go. Not only do they weigh more than synthetic materials, but they also retain water. Cotton absorbs water from the environment and your skin so those white socks will be soaking wet for a while once you accidentally step into the trail's puddle. Alternatively, synthetic materials that can be found in certain workout brands keep away sweat to keep you cool and dry.

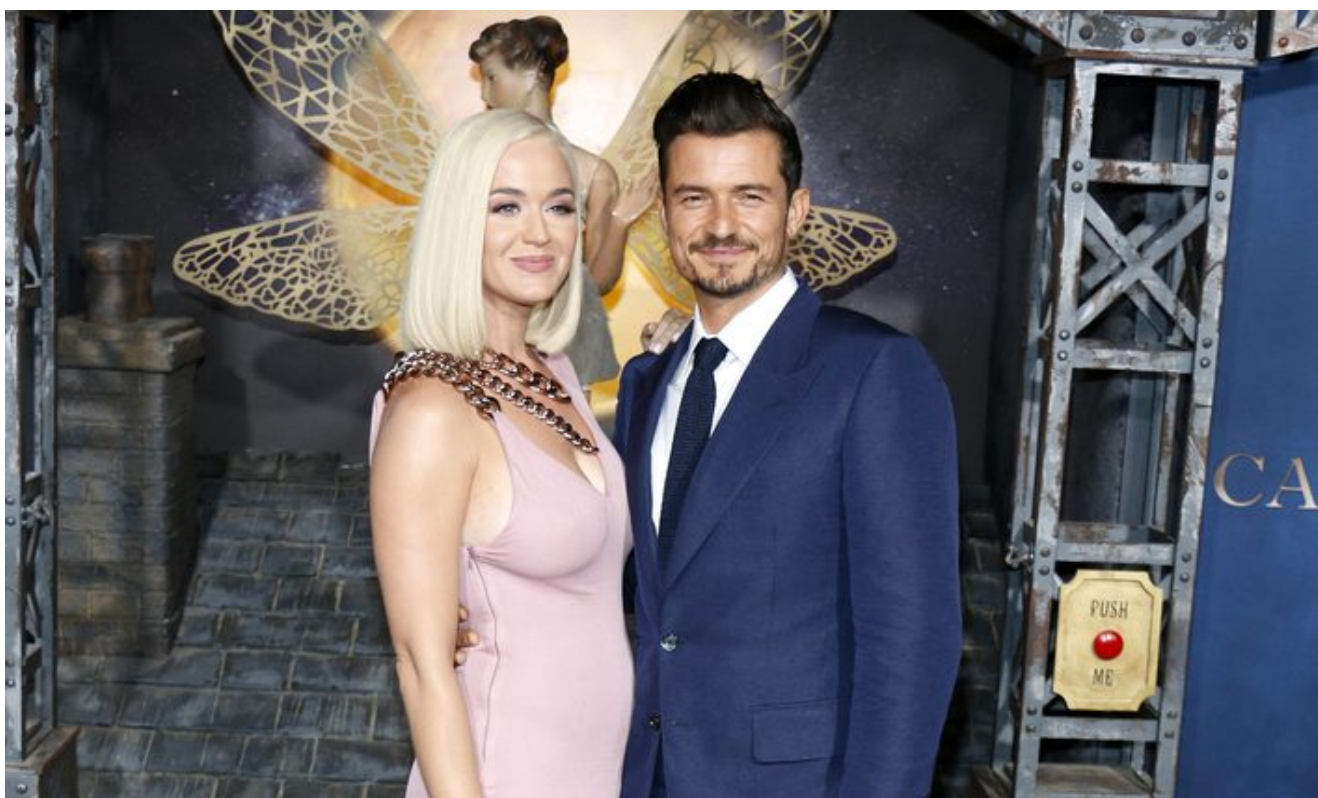
Related Link: [Vacation Destinations: Top 5 Beach Vacations](#)

4. Say goodbye to technology: It might be hard to step away from the internet, but disconnecting from the world wide web too many benefits to count. While the phone detox might take a day or two, the weight you'll save is worth it. Phones, GPS-s, iPods, and tablets require chargers and cases, all of which will add up. Putting down the tech, for now, will help you build your relationship with your travel companions, too!

5. Factor in the weight of your bag: We're talking about what you'll be carry *in* the bag, but the actual pack is just as important. This is the area to splurge. Buy a bag that's lightweight and has hip and shoulder straps. Speak to the workers at your local camping store, but be aware that backpacking bares weight on your hips. To alleviate pressure your pack should fit securely around your hips and arms with and without the weight in.

Where would you backpack? Share in the comments below!

Celebrity News: Jordyn Woods Parties with Khloe Kardashian's Ex James Harden



By [Katie Sotack](#)

It looks like more Kardashian exes are after Jordyn Woods! Model, Woods was seen partying at a Houston nightclub with NBA player James Harden, according to *People.com*. Celebrity exes [Khloe](#) and Harden ended things three years ago, but after Khloe's baby daddy Tristan Thompson made moves on Woods, the tensions between the superstar family and Jordyn over exes are high. Woods seems to be attracting all the same men as the

Kardashian sisters, as she was spotted with [Kim](#)'s ex Ray J as well. Though Woods claims she's as sorry and apologetic as she can be, Khloe maintains she never wants to see her again.

In [celebrity news](#), Jordyn Woods may be asking for more drama with Khloe Kardashian. What are some basic rules when it comes to friends' exes?

Cupid's Advice:

According to Khloe Kardashian, her friendship with Woods is totally over. Yet with feelings still webbed between the two and their exes, does girl code still apply? Here are the laws of the land when interacting with a friend's ex:

1. Not too friendly: Unless this ex was part of the friend group before your bestie started dating them, it's best to pull back from that budding friendship. Don't go around commenting on their Instagram posts and bar hopping with them. It's better to let your friend know they're your number one. This doesn't mean you have to hit the unfollow button or that you can't be social at parties. Just try not to be their closest confidant.

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2. Dating an ex?: You two really clicked and they might be, like, the love of your life. That doesn't make the situation as less tricky. Parse out if you *really* have feelings for this ex, that go beyond lust. Then if you're sure you need to be with them, go to your friend first. This doesn't mean you'll

be free and clear from any negative fall out, but your friend will respect that you didn't go behind their back.

Related Link: [Celebrity News: Camila Cabello Opens Up About Anxiety Struggles](#)

3. Take your friend's side: Even if you don't agree with their bitching they likely need to vent about the relationship. Don't use this time to point out that their ex wasn't all the bad. After the breakup let your friend blow off steam for the first few weeks. After that if they're still bitter, let them know it's not benefiting them to fret over the past.

How do you support your friend when you like their ex? Share in the comments below!

Celebrity Parents: Former 'Bachelor' Arie Luyendyk Jr. Calls Wife Lauren the 'Hottest Momma'





By [Katie Sotack](#)

Arie Luyendyk still has the hots for his final rose recipient and now wife, Lauren. The caption on a recent Instagram post of his wife in a swimsuit holding their eight week old baby read, “I love those cheeks. Proud of you @laurenluyendyk, hottest momma around #8weeks”. According to *EOnline.com* the [celebrity couple](#) are having a grand old time as parents. They can be seen hiking and eating out on social media where they document their trials and tribulations of new parenthood. As for the post, Lauren responded with a squeamish “Omg baby”, to which Arie let us know he couldn’t help himself with a simple “Sorrrrryyyyy”.

These [celebrity parents](#) are always supporting and uplifting each other. What are some ways to support your partner after she

gives birth?

Cupid's Advice:

Arie and Lauren are enjoying their time together as new parents, but Arie has been sure to let new dads know it's a vital job as well. "It will be hard, it will challenge your relationship. It will also be the best thing you'll have ever done together," the former [Bachelor](#) said. Take a [parenting tip](#) from Arie, and use these ways to be there for your partner after the birth of your child:

1. Take care of Mama: With the focus on the new life you've brought into the world, remembering the needs of the woman who's produced this baby can fall to the bottom of the list. But don't let it. Pregnancy and birth takes a huge toll on the body. Hormonal-wise, the baby package is likely a roller coaster that does not dissipate after postpartum. Take the time to check in with your partner emotionally and physically during the ordeal.

Related Link: [Parenting Tips: Taking Care of Yourself Helps You Take Care of Your Kids](#)

2. Get her a gift: I'm not talking flowers here, though even that gesture is nice. Instead think of the traumatic toll birth has taken on her body and get her something she *needs*. Try something like *MOMBOX*, a subscription service that delivers a box full of goodies for postpartum moms. They have boxes for vaginal birth and c-sections which come with things like transition panties, herbal bath salts, and nipple cream. If you're not into prepackaged gifts, try to put a basket together yourself. Use your knowledge of what relaxes your partner and what's currently paining her to create the perfect gift.

Related Link: [Celebrity Parenting: Find Out What Carrie](#)

[Underwood Is Doing Differently as a Second-Time Mom](#)

3. Give her alone time: Her entire life is revolved around your baby right now, but her mental health is important too. Once a week offer to watch the baby by yourself for a few hours so mom can do something for herself. Suggest taking a bubble bath or going out with friends/family. Anything to remind her that she is a person outside of your precious child and her needs deserve to be met too.

How did your partner/you give support to the new mom? Share in the comments below!

Beauty Trend: The Dangers of Skin Bleaching





By [Katie Sotack](#)

Every year thousands of women of color fall prey to the dangers of skin bleaching. Popular in countries with booming industries, like the Philippines, women, and [celebrities](#) spend stacks of cash to receive IV treatments known as the 'Cinderella Drip'. Yet not all skin lighteners are lucky enough to afford the IV, which whitens the skin from the inside out and has yet to be approved by the FDA. Many consumers purchase cheaper, over the counter beauty creams, containing poisonous chemicals like mercury. Long known to be toxic to humans since the hatters went mad from exposure, mercury is used in these products as a skin lightening agent that reduces the production of melanin, and all for the sake of a [beauty trend](#).

This dangerous [beauty](#) trend has some terrifying side effects. So

why do people continue to use the creams and what potential harm lies beneath?

Skin bleaching is a dangerous game. The FDA hasn't verified the products as safe and, for the most part, they are not in the United States. However, some cultures value fair-skinned individuals and can cause women of color to reach for these creams without remorse. Here are the facts behind skin lightening:

1. Translucent, easily bruised skin: The user's skin becomes almost translucent and the slightest touch can leave a bruise that takes ages to heal. A long-time user of skin lightening creams confessed these effects to the *New York Times* who sought out a specialist. Specializing in people of color's skin, the dermatologist they found in Brooklyn said that doctors in their practice saw cases like this at least once a week.

2. Elevated social standing: In countries like the Philippines skin lightening is sold as a way to elevate one's social standing. The fairer the skin the more well-off one appears. Historically, countries with higher uses of lightening creams and pills have perceived lighter skin as not only beautiful but powerful. This concept runs rapid in western societies as well where the treatment is popularized through the media. American sociologists produced studies which suggest the lighter skin tone a person has within their ethnic group, the more privilege they receive from society as a whole due to lighter skin people appearing to be of a higher class.

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3. Rashes: Many users have developed large red patches all

over their bodies from the cream. The result appears to be like lesions with crusty looking rings around the rash spots. This reaction is a sign of mercury poisoning from the lightening creams. Symptoms also include vision impairment, fetal development issues, pins and needles, and loss of cognitive functions.

Related Link: [Product Review: Beauty Essentials for Spring](#)

4. Understanding the reasoning: When addressing the issue you may be tempted to call a participant crazy for risking their health for beauty. However, keep in mind that every culture has individuals who perform dangerous tasks to achieve their society's ultimate beauty standards. In the 16th century Europe, women began wearing corsets which reduced oxygen intake and caused fainting. Today Iran leads the world in rhinoplasty with 200,000 Iranians a year undergoing this procedure which entails a nose splint, swelling, and eye bruises for weeks if all goes right. Similarly to skin lightening for women of color, we find white women and men in America sitting in beds of ultra-violet light likely to cause cancers for a glorious, status soaring tan. The warning: approach cultural [beauty tricks](#) and standards with empathy and care.

Related Link: [Beauty Trend: Shades of Gray](#)

5. Lighteners are imported and smuggled in: Most over the counter lightening creams and products should be banned for their excessively high levels of mercury. For example, in a *Refinery29* video, reporter Lexy Lebsack found that one small jar of skin lightening cream contained forty-two thousand times as much mercury as the legal limit in the Philippines. However, these products are still sold in corner stores every day to thousands of women looking to lighten their skin tone, not knowing the danger that lurks beneath the lid.

What is your take on skin lightening? Share in the comments

below

Celebrity Wedding: 'Vanderpump Rules' Stars Tom Schwartz & Katie Maloney Get Official Marriage License in Vegas 2 Years After Wedding



By [Katie Sotack](#)

Vanderpump Rules stars Katie Maloney and Tom Schwartz will be making their [celebrity wedding](#) official! Two years after their big wedding celebration, which was televised on their reality show, 'N Sync's Lance Bass revealed that the marriage did not have an official license. According to *EOnline.com*, the couple failed to properly fill out the required paperwork. Obtaining the license now suggests that Maloney and Schwartz will have a redo wedding any day now, though the plans are still hush-hush.

In [celebrity wedding news](#), it looks like Tom and Katie will be officially tying the knot, as it was recently revealed that they didn't file appropriate paperwork after their wedding two years ago. What are some must-do's before your wedding day?

Cupid's Advice:

Congrats, you're engaged! Among the excitement as you rush to the alter, planning every last detail can feel like a juggling act. Here are some must haves before you say 'I do'.

1. The License: Learn your lesson from Tom and Katie and *get a license*. This is perhaps the most essential piece to a successful wedding, considering it confirms the actual marriage. If you don't know where to start, call or visit your local county clerk's office. Remember that the license will take some time to be processed.

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2. Meet the officiant: Prior to the wedding, plan a meeting with your officiant. This will give you time to go over the ceremony and inform the officiant of your desires. The added benefit of meeting beforehand is that if your officiant is a regular at performing weddings (ie: priest, rabbi, officer of the court) they'll know the official documents you'll need to send in as well.

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3. Vendors: About two months before the wedding, touch base with your vendors again. Reaffirm that they will be at the agreed location at the correct time and presenting the correct menu. This is also a great time to get any questions you or they have answered.

What are your top wedding planning tips? Share in the comments below!