

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.

Related Link: [Travel Destinations: Visit the Great Smoky Mountains & Pigeon Forge](#)

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
'Bachelor'**

**Baby
Alums**

**News:
Arie**

Luyendyk Jr. & Lauren Burnham Soak Up Sun on Bermuda Babymoon



By

[Mara Miller](#)

In the latest [celebrity baby](#) news, [celebrity couple](#) Arie Luyendyk Jr. and Lauren Burnham traveled for a [romantic getaway](#) to Bermuda in the weeks leading up to the birth of their first child, according to *UsMagazine.com*. They shared pictures of their trip via their Instagram accounts. Luyendyk and Burnham met during season 22 of *The Bachelor*. Burnham is currently 30 weeks pregnant. They both seem so excited to become celebrity parents!

In celebrity baby news, Arie and

Lauren are enjoying the weeks they have left before becoming parents. What are some unique babymoon ideas?

Cupid's Advice:

For a lot of couples like Arie and Lauren, a babymoon is the last chance to have a romantic getaway before the baby comes. Cupid is an expert on this and came up with some ideas:

1. A nature-filled babymoon: There's just something about pregnancy that makes a mom-to-be feel connected to nature. Search for a local area where you can rent a cabin in the woods or take a road trip along the countryside. This is sure to give you both a chance to relax and enjoy the last few months you'll have together as a couple before the baby comes.

Related Link: [Celebrity Parents: Inside Kate Hudson's Co-Parenting with Exes Matt Bellamy & Chris Robinson](#)

2. A cruise: Be sure to check with your doctor, and some cruise lines have restrictions for passengers who are over 24 weeks pregnant. But the idea is to be pampered and enjoy your time with your partner before the baby comes, right? A cruise might be the perfect thing to do.

Related Link: [Celebrity Baby News: Shawn Johnson is Expecting a Year and a Half After Miscarriage](#)

3. Travel abroad: Again, you may want to check with your doctor before you fly while pregnant. Take that trip you've always wanted to France, or Bermuda, or Greece. It may be your last chance to travel abroad with your partner until the baby is older.

What are some unique ideas you have for a babymoon? Let us know in the comments below!

Date Idea: Embrace the Cold Weather



By

[Mara Miller](#)

With your flip flops in storage and warm weather a distant memory, it's easy to spend your weekends under a warm comforter, reading a book together or flipping through the channels for [date night](#). Although binge-watching *Orange Is the New Black* and ordering a pepperoni pizza can be great at times, your love life shouldn't cool down just because the temperature is declining. Instead, use this [weekend date idea](#) to take advantage of the season by embracing winter activities

that you can only enjoy once or twice a year.

Relationship Advice: Winter Activities for Your Next Date Idea

1. Try something new and go tubing: Whether you're a pro or haven't been on the mountain since you were a kid, it's one way to keep your pulse pumping with your partner. Most ski resorts offer this activity, and since you have the option to stay a few hours or an entire weekend, coasting down a hill just may turn into that surprising [romantic getaway](#) that you've been craving.

Related Link: [Enjoy the Snow from Indoors](#)

2. Create some fun in your own backyard: Get all bundled up, venture outside, and make snow angels or build snowmen with your cutie. Better yet, when your mate turns their back, you'll have the chance to start a snowball fight. A little activity and some healthy competition will keep your blood flowing even during the coldest of days. Being silly with your sweetheart is important, and playing in the snow is a great way to do it.

Related Link: [Warm Up With Winter Cocktails](#)

3. Warm up after your outdoor adventure: Heat up some good old-fashioned hot apple cider. If you're feeling frisky, spike it with some Fireball whiskey. A warm drink with the one you love is the perfect end to a day filled with fun winter activities!

How do you and your beau keep busy during the colder months? Tell us in the comments below!

Product Review: Beauty Products to Revitalize Your Sun-Kissed Skin



By

[Rachel Sparks](#)

Summer feels like deeply tanned skin and sand in *everything*. Summer also feels like tight skin, dry from endless afternoons basking outside. You want to repair your skin before seasons change, when cold air devoid of moisture is more likely to make you and your skin crack. Check out this [product review](#) for the best [beauty products](#) to bring the lively shine back into your skin!

Product Review: Beauty Products to Reinvigorate Your Skin!



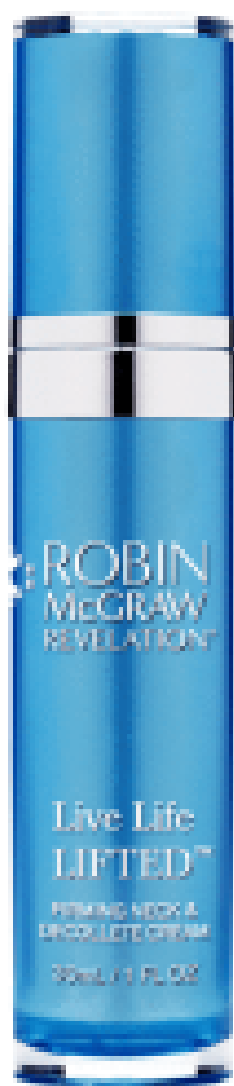
Robin McGraw Revelation. Photo courtesy of RobinMcGrawRevelation.com

[OMG! Is This Really Me? Instant Face Shaper, \\$34](#)

The best way to care for others, according to Revelations founder Robin McGraw, is to love yourself first. How better to love yourself than to invest in your face, the place you show the most emotion and the place you might feel the most insecure about. Made free of parabens, mineral oils, sulfates, or chemicals, this face shaper not only helps you look your

best, but feel your best, too. OMG! Is This Really Me? works by counteracting fine lines, wrinkles, and the sagging effects of gravity by saturating your skin with Omega-3 and an agent similar to Botox, known as Argireline. Added glow provides the youthful sheen you've been missing.

Related Link: [Product Review: Make a Splash this Summer with Snow Fox Skincare](#)



Robin McGraw Revelation. Photo courtesy of RobinMcGrawRevelation.com

[Live Life LIFTED, \\$42](#)

It's been awhile since you and your love have had a sultry [date night](#), so when you do go out you want to look as tantalizing

as possible. Don't be afraid to wear a plunging neckline. Your décolleté will look stunning when you use Live Life LIFTED. Designed without chemicals, parabens, sulfates, or mineral oils, this lifter erases crepey, sagging skin, wrinkles, and dark spots. The Dynamic Infusion Technology uses peptides and hyaluronic acid to delve deep into the skin and reinvigorate it. With Sunflower oil and Jojoba Esters, it sounds almost as delicious as you're going to look.

Related Link: [Beauty Trend: Why Korean Beauty Products Are So Popular](#)



Robin McGraw Revelation. Photo courtesy:
RobinMcGrawRevelation.com

[DOT YOUR EYES, \\$40](#)

You're out on your [romantic getaway](#), a weekend with just you

and your love, the soft sounds of nature outside the window to your all-inclusive resort. The late nights are showing under your eyes, but you want to look better leaving than when you arrived. Combining cutting-edge skincare science with botanical ingredients, this eye cream will revitalize your skin at the cellular level. A five peptide complex encourages collagen growth to tighten puffy and sagging skin and lighten those dark circles. As if glowing eyes didn't make you feel great, no Robin McGraw products are tested on animals, so you can have a clear face and a clear conscience.

If you are looking for new skincare products that will give you beautiful, hydrated skin without any chemicals or animal testing, then Robin McGraw Revelation is for you. Check out their [website](#), [Facebook](#), or [Twitter](#)!

Romantic Getaway: Destinations in South Africa





So, you've been to Bali, loved the Caribbean, and now you're searching for another exotic location to visit with your loved one. Why not tour South Africa? Enjoy breathtaking sunsets across African skies while you sip a crisp chardonnay on the balcony of your luxury hotel.

There are so many romantic destinations in South Africa, and it's challenging to fit them all in in one trip. Plan your trip over two weeks and visit these fantastic parts of the country.

Champagne Castle – The Drakensberg

The mountainous region stretches from the lower Free state all the way through to Kwa-Zulu Natal. Luxury hotels litter the mountain peaks offering spectacular views of the mountains. This area of South Africa becomes a magical wonderland in the wintertime, but bring a jacket because it gets chilly.

Chapmans Peak – Hout Bay

Nestled between Noordhoek and Hout Bay, Chapman's peak features a tolled cliff road that stretches between the two towns. The scenery takes your breath away as you drive along the Cliffside and stare down at the water over the Indian Ocean. Relax with your partner and enjoy the perfect place in South Africa to watch an ocean sunset.

The Wine Route – Western Cape

This stretch of lush coastline between Gaansbaai and Knysna is home to a wide variety of indigenous flora and fauna. It's spectacular in the springtime after the first rains soak the earth. This region also hosts some of the world's most beautiful wine farms and luxurious 5-star hotels.

Cape Point – Cape Town

At the tip of the African continent lies Cape Point Nature Reserve. This natural wonder offers lazy hikes in an Oceanside wilderness and the opportunity to see the wild side of South Africa with your partner. Keep any food out of site, or risk harassment from baboons.

The Golden Mile – Durban

South Africa's beach town and home to sand, surfing, and sunshine. Swim in the warm Indian Ocean and take a surfing lesson with your partner. Durban has a friendly beach vibe and local culture. Enjoy a "bunny chow" with your partner as you watch the waves break on the beachfront.

The Magaliesburg – Gauteng

The hills and valleys of the Magaliesburg are only a short drive from the hustle and bustle of Johannesburg. The region is home to "The Cradle of Humankind," where scientists discovered the oldest human fossils. Enjoy a hike in the hills and have a picnic at Hartebeespoort dam on your way home.

The Skeleton Coast – Namibia

The desolation of the desert dunes along the skeleton coast provides some of the most spectacular scenery in the world. Camp in a tent constructed around the skeleton of a beached whale and take a safari along the endless isolated beaches.

A Final Travel Tip

If you visit South Africa in the summer, expect hot days and warm nights throughout the country. Pack plenty of sunscreen and don't forget your visa applications, as well as [comprehensive travel insurance](#).

Product Review: Beautiful Jewelry By Chamilia That Will Definitely Make Him Notice You





By

Bre Gajewski

If you are looking to catch the twinkle in someone's eye or the overall sparkle on your next date, look no further. [Chamilia](#), a [Swarovski Company](#), has gorgeous jewelry that will definitely make him notice you.

Product Review: Find the perfect accessory for your next [date night](#) or [romantic getaway](#) from [Chamilia](#).

As a Swarovski Company, Chamilia has a commitment to excellence. Each piece is made from .925 sterling silver or 14 karat gold. Additionally, they all feature genuine Swarovski Crystals or Zirconia, or Italian Murano Glass.

The company will be releasing an extended stud earring program with 14 new styles on September 4, 2018. You can see the entire collection in the picture below.




CHAMILIA®
 live with all your heart
 A SWAROVSKI COMPANY

— 14 —

LITTLE
 WAYS
 to tell
 your story

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“We’re here to help a woman tell a story that’s hers alone through her jewelry,” said Kristin Coaker, Head of Merchandising and Brand Communications for Chamilia. “Stud earrings are an area of expansion right now due to increased demand in the category. We are seeing constellation piercings, in particular, as a growing trend. Chamilia stud earrings are collectible, affordable, and last a lifetime. The classic motifs in this collection are truly timeless, as are the materials the earrings are crafted in.”

In addition to this new line of earring studs, Chamilia sells hundred of other jaw-dropping designs. We personally love the

[Crystal Capped Hoop Earrings Polished](#) and the [Origins Linear Earring](#).



Crystal Capped Hoop Earrings Polished, \$65

These styles are stunning and could be worn for any special occasion, we can even envision them on our favorite actress as she wears them at her next [celebrity wedding](#) or [celebrity vacation](#).



Origns Linear Earring, \$100

Find Chamilia's jewelry on their [website](#) or in select stores using their [store finder](#).

For other reviews of must-have products, click [here](#).

Product Review: Summer Vacation Essentials for the Whole Family



By

[Rachel Sparks](#)

With gorgeous sunny days and cooling, sea-blown breezes, summer is the perfect time for [travel](#). Whether you're planning your annual family adventure or a [romantic getaway](#), read Cupid's [product review](#) below for your travel must-haves for the perfect, stress-free vacation.

Product Review: Summer Travel Must-Haves for a Stress-Free Vacation for the Whole Family

1. [Kwilt Shoebox Mini Photo Aggregator/Personal Cloud, \\$59](#)



Kwilt Shoebox Mini. Photo courtesy of kwiltshoebox.com

Similar to an external hard drive for your home computer, the Kwilt Shoebox is a storage device for all those family vacation photos you take on your phone. If you lose your phone or just run out of space, you never have to worry about losing artifacts of your memories. Portable and easy to charge, the Kwilt Shoebox has the versatility to attach to a TV or a free mobile app for multiple methods of viewing. With 512 megabytes of storage and the ability to attach to tandem external hard drives, the Shoebox has unlimited space without those extra charges for using the cloud.

Related Link: [Product Review: Travel in Style with These Glam Bags](#)

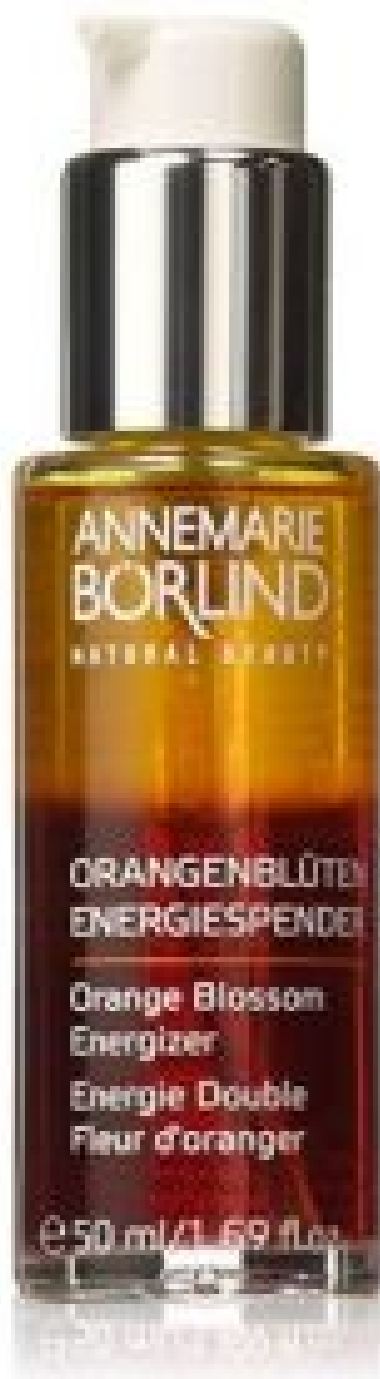
2. [BuddyPhones PLAY, \\$49.99](#)



BuddyPhones. Photo courtesy of buddyphones.com

BuddyPhones PLAY are the perfect travel accessory for your kids. Specially designed headphones with four safety sound levels to minimize hearing loss, parents don't have to worry about their kids during long car rides. The four travel modes fit every need: Toddler Mode, Kids Mode, Travel Mode, and Study Mode. The headband is made to withstand strong little hands so it won't snap when it's bent or pulled on. Made to fit tiny heads, the BuddyPhones PLAY are easy to adjust, with earmuffs made from hypoallergenic material to aid your child in every way. The BuddyCable sharing system allows BuddyPhones to be linked so that all your kids can watch and listen from the same device.

3. [Annemarie Borlind Orange Blossom Energizer, \\$38](#)



Orange Blossom Energizer. Photo:
Amazon.com

It doesn't matter if you're sitting on the beach tanning or getting whipped by the wind on roller coasters, your skin still pays the price. Summer vacations can do some damage, but this orange blossom energizer's formula uses ingredient to bring life back into your skin. The potent antioxidant orange blossom serum mixes with carrot oil, infused with vitamins B5,

C, and E to stimulate collagen production. Combine the Orange Blossom Energizer with Annemarie Borlind's other products for a glowing, fresh look.

Related Link: [Product Review: Make Relaxation a Reality While Traveling with Your Baby This Summer](#)

4. [Mixology, \\$7](#)



My Drink Bomb. Photo courtesy of mydrinkbomb.com

For your drinking fancies, My Drink Bomb has a delightful drink bomb for every palette. Just like bath bombs, drink bombs fizz into your drink for an extra explosion of flavor. Made from all natural ingredients, organic herbs, and the occasional 24K gold, these bombs are nonalcoholic and great for any person and any age. With low sugar, sugar-free, and gluten-free options, anybody can drop one of these drink bombs into a glass of water, soda, or alcohol for an extra fun punch.

Have your best summer vacation yet with these travel essentials!

For more product reviews from Cupid's Pulse, click [here](#).

Love & Libations: Celebrity Sips on Tequila Day



By

[Yolanda Shoshana](#)

There's no denying that tequila is one of the hottest spirits around right now; however, not all tequila is created equal. Some of it is cheap and fills you with nothing but regrets the next day. In fact, that may be the reason you're scared to get anywhere near this specific libation ever again. Do yourself a favor and revisit the spirit or take a different approach to it. While there is bad and ugly tequila, there is some really good juice that has hit the market. It's a spirit that men and women enjoy. It's been said that women who drink tequila are mysterious and sexy. On your next [date night](#), maybe pour a little tequila on the rocks to knock off their socks.

Read for More Tequila Tips from Relationship Expert Yolanda Shoshana!

Celebrities have been jumping on the tequila trend. You will find that the celebs who make the best stuff were tequila fans well before they got into the booze game. National Tequila Day is on July 24th, making it the perfect time to sip like the rich and famous.

Related Link: [Love & Libations: Date Ideas & Summer Loving with Rosé](#)

Most people know that Sean Combs has been the face for Cîroc Vodka, but some will be surprised that *DeLeón* Tequila is his baby. Combs is far more vested in the tequila company. The luxury spirit comes in a fancy bottle that would make a great addition to a home bar or the perfect gift for your tequila loving boo. There is a bottle of *DeLeón* that runs for around \$850, but there are affordable options to choose from. Think of this as a sip and chill tequila or the kind of libation to get you in the mood for foreplay and boudoir business.

Casamigos is probably the most famous celebrity tequila on the market. When George Clooney and Rande Gerber sold the company for \$1 billion dollars, everyone clutched their drinking glasses. Though they sold the company, Clooney and Gerber are still very much involved with the brand. I bet Clooney sips a little bit more of it since becoming the father to twins. The Casamigos Blanco would be great for whipping up a batch of margaritas for the girls and chatting about love, life, and the pursuit of happiness.

Related Link: [Love & Libations: The Negroni & Anthony Bourdain](#)

If you have been a fan of Mario Lopez since his Saved By The Bell Days, know that he has an adult beverage for you called Casa Mexico that he owns with partner Oscar De La Hoya. Lopez is so into the tequila that 120 bottles were served at his wedding. Take that as [relationship advice](#) from Lopez: the couple that shares tequila together just may stay together. Clearly Casa Mexico is good for sharing with loved ones.

Recently Dwayne “The Rock” Johnson announced that he would be starting his own tequila brand. Personally, I wish he would have gone with The Rock Rosé, but tequila it is. While his tequila isn’t out yet, he deserves an honorable mention. Mana will probably hit the shelves any minute; the Rock wastes no time when he brings it. The spirit will be called Mana Tequila. Mana means supernatural in Polynesian. It will be interesting to see how the spirit comes together. Given the name, it sounds like there will be an island flair to it. I imagine it will be good for when you and your partner can’t travel to the Polynesian triangle but want to feel like you’re on a [romantic getaway](#).

For more Love & Libations date ideas and celebrity couple predictions from Yolanda Shoshana, click [here](#).

Product Review: His & Her's Outfits for Date Night





By

[Rachel Sparks](#)

No date is complete without the perfect outfit. Whether you're planning a [romantic getaway](#) or a fancy [date night](#), these cashmere wardrobe staples will have you and your date rocking the latest [celebrity fashion](#).

Product Review: Cashmere Wardrobe Staples Perfect for Every Date

Related Link: [Product Review: Try New, Natural Beauty Products](#)

[Pure Cashmere Shawl, \\$99](#)



Pure Cashmere Shawl. Photo courtesy of cashmereboutique.com

What can make you feel more attractive than cashmere? Each shawl is made from 100% cashmere wool in three ply. Measuring 36" by 80", they're long yet delicate enough to be versatile for any outfit. Whether you want to wear this shawl with a classic little black dress or a rock-inspired pantsuit, the 29 available colors will meet every need. Buy one, or several, while they're on sale to have as thoughtful gifts or for fashionable nights out.

Related Link: [Product Review: Get Fit with Gaiam's New Versatile Spring Workout Attire!](#)

[Men's V-Neck Cashmere Sweater, \\$119](#)



Men's V-Neck Cashmere Sweater. Photo courtesy of cashmereboutique.com

Made from A-grade, 3 ply pure cashmere, there is nothing more luxurious for your man than this v-neck sweater. What better way to give a man self-confidence and make him feel appreciated than by giving him a sweater of such high-quality? Available in six colors, from a dapper black to a dusk blue, there is nothing sexier for a man to wear on a date than this v-neck.

For more product reviews from Cupid's Pulse, click [here.](#)

Product Review: Travel in Style with These Glam Bags!



By

[Rachel Sparks](#)

Cute and practical is on every traveler's wish list when it comes to bags. These totes will help every world adventurer fight the frazzled looks of long flights by carrying luggage in style. Whether you're going somewhere for a [romantic getaway](#), a family vacation, or a [date night](#) at the beach, these summer travel bags are must-haves.

Product Review: Summer Travel Bags for Stylish Vacations!

[Flightline Travel Tote, \\$45](#)



Flightline Travel Tote. Photo courtesy of flightlinetravelllc.com

The perfect clutch for your travel essentials, the Flightline Travel Tote has thought of your every need. With side pockets especially designed to hold your passport, legal ID's, and phone, you can easily access all of your essential documents while going through security; no extra time digging through your purse needed. A patent-pending o-ring designed zipper creates the unique ability to still open the clutch while it is placed inside a seat back pocket. The tote easily detaches from other Flightline bags to make trips to the bathroom quick, and all bags come with a small strap so that you can hang your tote anywhere. Though sleek in design, the tote is big enough to hold a small tablet, expanding as wide as a thick magazine. You can customize your tote in either classic black or a deep purple, both made of vegan leather.

[OMG Accessories Duffle, \\$58](#)



OMG Accessories Duffle. Photo courtesy of omgacceccssories.com

How better to pack for a girls' weekend or a romantic getaway than in a cute patterned duffel? Available in five bubbly patterns, these bags are a flirty addition to your travel wardrobe. Names like "Denim Foxy Roxy Weekender" and "Frenchie Louie Weekender" can match your mood. All bags are made of vegan leather with a webbed nylon adjustable strap and gold hardware. Measuring 9"x18", it's the ideal size for a couple days away. The patterns are what make the bag unique, and they come with the options of "Rainbow," "Kitty Kat," "Foxy Roxy," "Unicorn Gwen," or French bulldog "Louie."

Start this travel plans with a little inspiration from these summer travel bags!

For more product reviews from Cupid's Pulse, click [here](#).

Travel Advice: 10 Insider Tips for the Perfect Saint Barths Getaway



Whether you're planning your first vacation on Saint Barths or returning a second or third time to this idyllic Caribbean island, the eclectic, boutique family-owned [Les Ilets de la Plage](#) has just unveiled their top "10 Insider Tips" for the perfect Saint Barths getaway. Summer is an ideal time to take advantage of island savings and discounts and for those looking for a picturesque [romantic getaway](#) in Saint Barths without breaking the bank, Les Ilets de la Plage is the perfect hideaway for families, couples, friends and the solo traveler.

For those looking for an affordable way to vacation on the beautiful of St Barths, look no further than the intimate, family-owned beach resort of Les Ilets de la Plage. This

hidden gem offers 11 private villas with direct access to the white sand beach and azure sea. Secluded yet central, Les Ilets has been a well-kept secret for years, combining the privacy and serenity of a villa with a hotel concierge service at an affordable price for the perfect [celebrity vacation](#).

Looking for travel advice to make the most of your vacation in Saint Barths? Laurie Smith, the managing director of Les Ilets de la Plage, has compiled these helpful “10 Insider Tips” for the perfect Saint Barths getaway.

1. Why Saint Barths?: This remote Caribbean island has all the glamour of St. Tropez without all the pretentiousness that accompanies typical celebrity hotspots. It's totally down-to-earth and accessible to anyone who wants a relaxing beach escape. Don't be scared off by all the celebrity sightings—St. Barths is an utterly laid-back, hidden gem of an island, perfect for escaping the hustle and bustle of everyday life (that's probably why the celebrities like it so much!). It's got fabulous beaches, nearly perfect weather, and a steady parade of yachts and sailboats to entertain your eyes as you soak up the sun. Whatever you're looking for in your next beach holiday, you'll find it in St. Barths.

2. Fly into Saint Maarten for easy transportation to Saint Barths: Unless you can charter your own plane, there are no direct flights to the island. And if you were to fly into Remy de Haenen airport in St. Jean, be prepared for a bit of a thrill—the tiny runway (just 2,100 feet, the shortest in commercial aviation) is flanked by St. Jean Bay on one end and

mountains on the other. You can fly in from San Juan, Antigua, Puerto Rico, and Guadeloupe. You can fly from St. Maarten but there are fewer flights operating this year due to the hurricane. St. Maarten does have the most options, however. If you pass up the hair-raising flight, you can take a 45-minute ferry ride or any one of a number of private charter boats.

3. Take advantage of great deals during the summer months: One of the many surprising facts about St. Barths is that it's actually an amazing year-round destination. High season runs from December through April—and if you're planning to visit during peak months, you'll need to plan months and months in advance, and it will cost you twice as much as the off-season. The summer months, on the other hand, are quieter, less crowded, but still utterly beguiling—and you can get a deal on a villa with much less notice. If you're into last-minute getaways, you'll love summer in St. Barths.

4. All of the beaches are public, free and rarely crowded: While it's true you'll find the occasional Caribbean resort-style, hotel-studded beach on St. Barths, most of them are secluded, remote, and frequented by locals. And all of them have that gorgeous, powdery white sand that feels so wonderful between your toes. (Except Shell Beach... the clue is in the name!) The most popular beach is St. Jean Beach, conveniently located near waterfront restaurants and shops—and perfect for snorkeling. Flamands Beach is the place to surf and bodyboard, while Grand Cul-de-Sac has calm, shallow water, a win for families with small children.

Related Link: [Best East Coast Beaches for Summer 2018](#)

5. Low-key lunches are a true highlight of Saint Barths: One of the highlights of a St. Barths holiday is spending long, lazy, rosé-fueled lunches with your feet in the sand. Shellona on Shell Beach has a rustic deserted-island ambiance and comfy loungers clustered beneath palapas—a wonderful way to while away an afternoon. La Langouste on Flamands Beach has lovely

lobster (as you'd guess from the name)—choose your own from the tank and it's delivered perfectly grilled to your beachside table. It's located in the pool courtyard of Hôtel Baie des Anges—cool off with a dip between courses!

6. No need for fancy dress clothes: Despite its posh reputation, you really don't need to dress up when you visit most of the island's 80-odd restaurants. Leave your ties and jackets at home—casual resort wear is the norm in St. Barths. Of course, if you really want to dress to the nines, put on your swankiest kicks and head to Bonito St. Barth, the Latin-French fusion restaurant where the beautiful people go. The restaurant at Villa Marie has a distinctly romantic vibe, the perfect place to celebrate a special occasion.

7. There's no public transportation, so a rental car is a must: Taxis are easy to come by, but they can be expensive. Fares jump after 8 pm and you need to arrange taxis in advance if you need a ride after midnight. For most people, a rental car is essential, then you can come and go as you please. It is much better value to hire a rental car and it's easy to arrange one for yourself. If your concierge handles it for you, the agency can deliver it to your door—it really couldn't be simpler.

8. Travel medical insurance is a good idea: Modern health care is available on St. Barths, but the hospital is small and only offers basic care and limited emergency services. If you need medical care during your stay, you'll need to be evacuated to another island better equipped to handle emergencies—and that can cost tens of thousands of dollars. You'll likely never need travel medical insurance, but if you do, you'll be very glad you have it.

Related Link: [Not Feeling Up for Beaches? 5 Other Great Things to Do in Rio](#)

9. Les Ilets de la Plage is a great choice for travelers who

seek privacy, but also want the amenities of a resort hotel: There are plenty of posh hotels on the island, but if you chose St. Barths to escape to a bit of privacy and seclusion, you can't beat a private villa. Les Ilets has beach side and garden villas that offer the utmost in privacy with luxe accommodations and all the amenities you'd expect from a hotel. Our attractive one-, two-, and three-bedroom villas are perfect for a romantic couples' retreat, a girls' getaway, or a relaxing family holiday. In addition to gorgeous private beach access, there's a private pool with cabanas and sun deck. We also have full concierge services—fresh croissants delivered to your door each morning, lunch and dinner reservations, grocery shopping, even childcare is easily arranged for you. It's really the best of both worlds.

10: There is life away from the beach. No one would blame you if you never wanted to leave your comfortable spot next to the sea, soaking up sun, sippy fruity island drinks, and enjoying the incredible views. But if you do want a bit of activity and adventure to round out your day, there's plenty to do in St. Barths. The waters off St. Barths are ideal for snorkeling and scuba diving, and there are great spots for kitesurfing, bodyboarding, and all sorts of watersports. And if you like fishing, the Atlantic waters are filled with mahi mahi, bonito, wahoo, and marlin. Looking for a little retail therapy or some pampering? This is an island that draws the rich and famous—the shopping and spa services are world class.

About *Les Ilets de la Plage*: Les Ilets de la Plage is a quiet, understated resort with 11 villas that are simple, but elegantly decorated and very comfortable. All villas have full kitchen facilities, air conditioning in the bedrooms, satellite TV, Wi-Fi throughout, a daily maid service and a daily delivery of fresh breads and pastries right to the door. It's the best of both worlds – the privacy of your own villa with hotel services, concierge and facilities on hand. The beach cabana by the central pool has complimentary coffee and

tea available all morning. Guests love the little bit of community that the pool area offers, and guests often gather to sunbathe, chat, and even enjoy a cocktail or two in the evenings. Les Ilets is great for families too as some villas have multiple bedrooms and different configurations. The area itself is very quiet and while children will love the beach, there's also a huge variety of activities the resort offers. For more information, visit www.lesilets.com or email info@lesilets.com.

Best East Coast Beaches for Summer 2018



By

[Carly Horowitz](#)

The summer months are upon us, and that means it's beach time!

Whether you live on the East Coast and are looking to try out some fabulous beaches near you or you are planning to travel to the East Coast, we have narrowed down the best beaches that you should visit.

Ponder taking a swim at one of these [beautiful vacation spots](#) this summer!

1. The Hamptons, NY: Multiple towns make up the Hamptons on Long Island. To name a few, there is Westhampton Beach, East Hampton, Southhampton, Montauk, and Sag Harbor. You may have heard of the Hamptons from multiple celebrities taking vacations there. Not only is it a great vacation spot with shopping opportunities and yummy restaurants, but the beaches are amazing as well. The best beaches to visit in the Hamptons are Cupsogue Beach at the end of Dune Road, Rogers Beach in Westhampton Beach, Tiana Beach in East Quogue, Road F Beach in Southhampton, and Wilborg Beach in East Hampton. You can venture to the Hamptons for just one beach day or find a place to stay for a few days. The Hampton beaches make for the perfect destination to venture to with your honey for a [romantic getaway](#) or with your family.

2. Cape May, NJ: The vibe of Cape May is so nautical and historical and makes for such an enjoyable overall experience. You can visit Higbee Beach, Poverty Beach, or Sunset Beach. You would definitely enjoy visiting Cape May with your partner because you will both be able to enjoy the historical aspects of it, more so than children would. Spend the day at the beach and then have a wonderful [date night](#) at one of the cool restaurants nearby! Be sure to visit a winery while you are there as well.

Related Link: [Vacation Destinations: Where to See the Most](#)

[Beautiful Springs in the U.S.](#)

3. Block Island, RI: Block Island is such an amazing destination because similarly to the spots mentioned above, there is so much to do in addition to the spectacular beaches that are available. Check out Cow Cove near Settlers' rock, Baby Beach, Surf Beach, Mansion Beach, and definitely swing by the Mohegan Bluffs. Block Island presents 17 miles of beaches so there are a lot to choose from. Block Island also has some historical aspects to it. If you don't wish to spend the entire day at the beach in the sand, half way through the day look into renting bikes and bike across the beautiful island.

4. Martha's Vineyard, MA: Martha's Vineyard offers beaches like Lucy Vincent Beach, Menemsha Hills, Lighthouse Beach, Bend in the Road Beach, and many more. The only way to get here is either by boat or air so that makes the destination even more special. There are many lighthouses, beaches, and farmlands. It is located south of Cape Cod. Be sure to indulge in some seafood while you are visiting.

Related Link: [Vacation Destinations: 5 Places to Visit on the West Coast](#)

5. Kiawah Island, SC: If you are looking to venture to yet another island but more down south this time, definitely dip your toes in the water at Kiawah Island. The beach stretches for 10 miles and it is pristinely clean. Also, if you like to golf, spend two days here: one at the beach and one taking advantage of the wonderful golfing that this island has to offer.

The cool thing about these east coast beaches is that each of them present a different atmosphere. Venture to see which one is the best for you and try to travel to even more that are not mentioned. There is so much to explore!

Do you know of some other amazing east coast beaches? Comment below!

Impromptu Romantic Getaways For NYC Love Birds



By

[Jessica Gomez](#)

Sometimes we just need to get out of town with our other half, and pronto! Vacations take planning, but do all of them require tons of it? The answer is no. New York City is centrally located to many great romantic getaways that aren't very far away, have beautiful views, and will keep you in a love bubble during your stay.

Here are five beautiful vacation

spots awaiting you love birds, and they're just a romantic drive away:

Cove Haven in Lakeville, PA: This is a very romantic getaway for you and your partner to consider. It may even be one of the best couple vacation spots near you. There are various suites to choose from, all varying in size and amenities. Many have their own Jacuzzi, and some even have a pool in the room! The theme is love, so you'll see lots of red and hearts. Surround yourself with nature as well, as there's a beautiful view to take in with your other half. You also have the option for an all-inclusive stay if you'd like. Cove Haven is about a two and a half hour drive from New York City.

Related Link: [Vacation Destinations: Top 5 Getaway Spots on the East Coast](#)

Mohonk Mountain House in New Paltz, NY: About a two hour drive away from New York City, this place is a nice getaway for couples who wish to be in a castle and like to be nestled in a historic atmosphere. The resort is a national historic landmark, dating back to 1869. It is surrounded by 40,000 acres of pristine forest and has an award-winning spa! The food is also locally sourced. Get cozy with your lover by a fireplace, or by the lake and mountains.

Related Link: [5 Must-Visit Locations for Book Loving Couples](#)

Castle Hill Inn in Newport, RI: This is a nice getaway since it's by the water – there's a beach and a marina. In some rooms you can get a Jacuzzi, fireplace, kitchen, and a deck with a water view. This is also a historic place, but it has been upgraded to meet our modern needs. It is about a three and a half hour ride from New York City.

Related Link: [5 Places Your Favorite Stars Go On Their Celebrity Vacations](#)

Mount Merino Manor Bed & Breakfast in Hudson, NY: About a two and a half hour drive from NYC, this nice country retreat with luxurious rooms is ready for you. Embrace your surroundings; you'll love the mountain views and fresh air. There are many rooms to choose from. Choose rooms with either a queen or king sized bed and with walk-in spa showers or antique soaking tubs. This place will have you and your partner feeling relaxed and rejuvenated. Let yourselves get wrapped up in the warmth of love and carried away over the hills.

Related Link: [Top 5 Cost-Efficient Tropical Vacation Destinations](#)

Fifteen Beacon Hotel in Boston, MA: Stay at this luxurious hotel in the heart of downtown Boston! Each room provides a free bottle of champagne – yum! Indulge in elegance and glamour while you stay here. Plus, the hotel is environmentally conscious due to their green policies and use of eco-friendly products. They put a lot of attention to detail into what they offer as well, so you can get the most out of your stay.

Which one of these places are you New Yorkers dying to go to? Comment below!

**No Celebrity Baby Here!
'Vanderpump Rules' Stars
Brittany & Jax Have Pregnancy**

Scare



By

[Carly Horowitz](#)

In [latest celebrity news](#), last night's episode of *Vanderpump Rules* took us down an emotional journey including funding struggles with Lala Kent's new album, James Kennedy's drunkenness, Billie Lee's transgender difficulties, and of course Brittany Cartwright and Jax Taylor's pregnancy scare. While on a [romantic getaway](#) in Las Vegas with some other friends, [celebrity couple](#) Cartwright and Taylor thought they might have created a baby! The results ended up being negative.

There won't be a [celebrity baby](#) for Brittany and Jax. What are some

ways to deal with a pregnancy scare?

Cupid's Advice:

Getting pregnant is a wonderful blessing. Although sometimes, you may not be ready for a baby at this certain time in your life, and that's okay. Even though children are a gift, it may be stressful if you don't feel prepared to receive this gift just quite yet. Here are some ways to deal with a pregnancy scare:

1. Breathe: Just breathe. It is overwhelming to think you may be carrying a baby when you are not quite ready to do so yet. It is all okay though, I promise. Take a deep breath and realize that whatever is meant to be, will be. Everything happens for a reason and you can deal with whatever comes your way!

Related Link: [Celebrity Divorce: 'Vanderpump Rules' Star Lala Kent's Married Boyfriend Is Officially Divorced](#)

2. Be aware of your symptoms: There are multiple symptoms that can indicate if you are pregnant...these symptoms also coincide with PMS symptoms, so sometimes, it is very difficult to tell what is actually occurring inside your body. Just be aware of how you are feeling and the changes you are going through. When you are ready, see a doctor.

Related Link: [Celebrity Break-Up: 'Vanderpump Rules' Star Sheana Marie & Robert Valletta 'Kind of Broke Up'](#)

3. Plan: Make a plan for the possibility of if you are pregnant. At this point, it is worth it to ponder about how you will handle this situation if it turns out to be true. Will you keep the baby? Put it up for adoption? There are many options. Thoroughly think this through and rejoice that you get

to go through this exciting life experience.

What are some other ways to deal with a pregnancy scare?
Comment below!

Travel Tips: How to Prep for Travel During Allergy Season



By

[Carly Horowitz](#)

Allergy season is upon us! If you suffer from allergies, you know the struggle of leaving your house and having to worry about your throat beginning to itch, your eyes rapidly watering, and your nose dripping with each step you take. No one wants their vacation time to be halted just because of allergies. Luckily, we have power over allergies and are going

to combat them! You don't have to reschedule your [romantic getaway](#) just because allergies are in the air.

Don't let allergies terminate your trip! Here are some travel tips during allergy season:

1. Refill any prescription medications: If you take medication for your allergies, make sure you are stocked up for your trip- as you may not be able to retrieve them during [travel](#). Pick up any over-the-counter medications you may need before hand. Additionally, be sure to keep these medications in a bag that you will have handy during your travels. Don't pack them away in your suitcase that will be stored away on the plane. Make sure you have easy access so that when you need it, you can get it.

2. Get immunizations: When you are planning to travel, you should check with your doctor if they recommend getting any vaccinations before departing to that specific region. Also, consult with them about any travel restrictions they may foresee regarding traveling during allergy season.

Related Link: [Vacation Destinations: Top 5 Getaway Spots on the East Coast](#)

3. Pack wipes and tissues: The necessities! Be sure to pack a bunch of disinfectant wipes and facial tissues for your travels. You don't want to be stuck with a runny nose on the train with no tissues available. You also want to be able to wipe down any surfaces that you may be near for a long period of time with a disinfectant wipe just to be safe.

4. Drink a lot of water: With all of the excitement of traveling, the idea of continuously hydrating may slip your mind. Pack water bottles or purchase some any change you get.

Staying hydrated is very important during allergy season and just in general!

Related Link: [Vacation Destinations: 5 Places to Visit on the West Coast](#)

5. Check the pollen report: Be aware of the area you are traveling to and stay up to date on the weather and pollen report of that area. Additionally, if you are embarking on a road trip, try to refrain from driving with your windows open. Pack saline nasal spray too! That stuff does wonders.

6. Stay clean: Wash your hands, body, and hair any chance you can get while traveling in order to wash away any pollen that could get stuck on you. Stay safe and healthy this allergy season!

How do you combat allergies? Comment below!

Romantic Getaway: Justin Bieber & Selena Gomez Sneak Away to Laguna Beach





By

[Carly Horowitz](#)

This past weekend, [Justin Bieber](#) and [Selena Gomez](#) ventured on a much needed [romantic getaway](#) to Laguna Beach, California. According to [EOnline.com](#), the [celebrity couple](#) stayed at the Montage Hotel in a low-key fashion. In [latest celebrity news](#), Bieber and Gomez “took a walk on the path in front of the resort that overlooks the ocean. It was a cloudy day, [so] they didn’t spend too much time outside.” Multiple fans spotted the couple and reported their findings. Hopefully Bieber and Gomez enjoyed their quick romantic getaway!

A mini romantic getaway is just what the doctor ordered. What are some ways to keep the spark alive in your relationship?

Cupid’s Advice:

A nice getaway, even if it is just for a day, is always beneficial to help keep your relationship fun and exciting. If you don’t have the time or money for a romantic getaway, there

are still many options of things to do in your relationship that will help keep your fiery love alive:

1. Relive activities from the beginning: How did you and your partner meet? At a bowling alley, in high school, at a bar? Wherever it is, take a day to go back to this place or even just discuss with your partner how amazing it felt to fall in love with them for the first time. Reminding yourself of the reasons you fell in love with your partner in the first place will definitely help to add kindling to the fire.

Related Link: [Celebrity Getaway: Scott Disick & Sofia Richie Enjoy PDA on Mexican Vacation](#)

2. Surprise each other: Come home from work with a package of your partner's favorite candy! Do little surprising things that will help to remind your partner how much you care for them. You can even do something as simple as leaving a small, sweet note for them on their desk or in their jacket pocket. What a nice surprise!

Related Link: [Celebrity News: Prince Harry & Meghan Markle End African Vacation with Romantic Trip to Victoria Falls](#)

3. Keep yourself in check: When you are in a relationship, sometimes it is easy to let yourself go a little bit. Although, try to refrain from that for both the well-being of yourself and your partner. By keeping yourself looking good and healthy, this will transfer into you having a good and healthy attitude about your relationship.

What are some other ways to keep the spark alive in your relationship? Comment below!

Date Idea: Hometown Hotel



By Jessica Conigliaro and [Carly Horowitz](#)

Plan an exciting “stay-cation” with your partner, and spend the weekend in a hotel right down the block. Going on vacation is usually extremely costly. But luckily, it doesn’t have to be. If you’re looking for a few inexpensive nights of relaxation, simply stay in your hometown. Even though you’re not traveling too far, this still serves as a [romantic getaway](#) because it is always beneficial to spend some time with your boo out of the house.

Enjoy a romantic and quick [date idea](#) while saving some bucks!

Order scrumptious room service and spend some peaceful time together without worrying about any responsibilities. Cuddle

up in bed and rent a movie- maybe watch something that you both missed when it was in theaters. Don't forget the popcorn! A little escape from reality is just what the two of you need to prepare for yet another work week.

Related Link: [Date Idea: Indulge In a Night of Laughter](#)

Be sure to plan a couple's spa day in order to make it really feel like you are vacationing together. Get a soothing massage or relax in the sauna with your partner. While you're at it, spoil yourself and get a facial too. You will get both be in the vacation spirit before you know it!

Additionally, use this time to bond with your partner by going to the gym together. A "stay-cation" is the perfect opportunity to reset your workout routine – you have a free gym at your disposal! Jump on side-by-side treadmills or head to a local hiking trail. If the hotel offers yoga classes, give that a shot too! Yoga is an amazing activity that helps you get in touch with your inner self. You'll both relax, work up a sweat, and feel great about yourselves.

Related Link: [Date Idea: Take a Trip Down Memory Lane](#)

Go down to the hotel restaurant one night for a romantic dinner. Treat yourselves and order the most expensive thing on the menu. Sip on some fancy cocktails while you wait for your meal. Be sure to save room for dessert too! Get a brownie sundae and let your sweetheart feed you delicious scoops of ice cream and hot fudge. What a perfect way to end a perfect weekend.

Related Link: [Relationship Advice: Author Dave Kerpen Talks 11 People Skills and Dating Tips](#)

Tell us about a "stay-cation" that you've enjoyed with your partner!

Hiking & Camping Travel Destinations that Make for a Great Date Idea



By

[Carly Horowitz](#)

Albert Einstein once said, “Look deep into nature, and then you will understand everything better.” Participating in activities out in nature improves your overall well-being and mental state. Nothing compares to the deep breaths of fresh air when you are hiking through the mountains or camping in the woods. Hiking and camping are both amazing mind and body workouts. Why not add your heart into the mix as well? Plan a splendid date nature and your partner. Cupid has narrowed down the seven best hiking and camping [travel destinations](#) that

make for a great date idea!

These seven hiking and camping travel destinations in the United States are perfect for a [romantic getaway](#) and make for great date ideas!

1. Mohonk Preserve (New York): The Mohonk Preserve is a great place to hike because they have multiple trail options ranging from easy to difficult. Cupid's personal favorite is the Lemon Squeeze Hike, although it takes a good amount of physical fitness to complete. But then again, it could be a "mind over matter" task. This place is perfect for a romantic getaway, because there is a beautiful resort right on the preserve called the Mohonk Mountain House. Plan a weekend and stay at the beautiful Mohonk Mountain House in the Hudson Valley with your partner! You can spend your days hiking, doing water sports in the lake, and just enjoying nature.

2. Glacier National Park (Montana): This is a fabulous place for both hiking and camping. You can secure a campsite in advance at any of these locations: Fish Creek Reservations, St. Mary Reservations, Apgar Group Site Reservations, or Many Glacier. This destination will really help you and your partner get in touch with nature as you may come across some bears! Be on the lookout, and enjoy all of the wonderful things that nature has to offer.

Related Link: [Fitness Tips: 5 Couple Exercises That Are Worth the Sweat](#)

3. Grand Canyon (Arizona): If you have not traveled to the Grand Canyon yet, it is definitely worth it. Travel with your

partner to admire the beauty of the red rock together. The best time to hike along the Grand Canyon is around sunrise or sunset. The history of the Grand Canyon is very interesting as well! Feed both your mind and body with knowledge and exercise as you and your boo take the trip..

4. Arches National Park (Utah): Arches National Park exhibits beautiful naturally formed sandstone arches that are great to take pictures with your partner for an Instagram opportunity! This is a very cool hiking spot. You can camp there as well, although camping space is limited. Remember to bring a backpack filled with water and snacks for the hike!

Related Link: [Date Idea: Get Close with Nature](#)

5. Olympic National Park (Washington): Have you ever put up a suspended tree tent? It's a tent that is almost like a hammock because it is positioned in the air tied to two trees. Olympic is the perfect place to do so and check it off your bucket list! This area offers more than just typical hiking; it has three completely different ecosystems, including a rainforest! Amazing.

6. Badlands National Park (South Dakota): This landscape offers dramatic scenery of rock formations. You and your partner can come across fossils as you hike through the variety of trails – Door Trail, Saddle Pass Trail, Castle Trail, Cliff Shelf Trail, Fossil Exhibit Trail, and more!

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

7. Hot Springs National Park (Arkansas): Camping doesn't always necessarily have to be combined with hiking. This camping experience offers a natural spa treatment for you and your partner. The waterfront atmosphere makes for a romantic natural experience! Anywhere you decide to travel will be amazing as you are experiencing nature with someone who means a lot to you, and not much can top that!

Which hiking or camping destination do you want to travel to for a date? Comment below!

Food Trend: Meal Ideas On the Go



By

[Carly Horowitz](#)

You slowly arise from your slumber as you hear your alarm going off at 6:45 A.M... only 15 minutes until you have to be out the door! Luckily, you have already prepared your to-go meals for the day the night before so that you don't have to take time preparing anything AND you don't have to waste money by buying food from somewhere else. Also, you made sure that what you prepared is healthy and yummy. What a perfect start to your morning- getting to sleep in a little later while

still being prepared for your day. Living the life. Oh wait, did that actually happen to you this morning? If it didn't, don't worry- it can!

Below are some great meal ideas on the go!

Cupid is here to help with multiple healthy yet delicious [food trend](#) meal ideas to prepare for busy on the go people like you. If you save time by prepping your meals to go, you can have more time for a [date night](#) or a [romantic getaway](#)!

1. Hand pies: Hand pies are really just amazing. You can pack these babies in a container and have some for lunch or dinner on the go! There are also endless possibilities of how you can prepare them- buffalo chicken hand pies, paleo chili, mushroom gorgonzola and caramelized onion... is your mouth watering too? All you have to do is cook and prepare whatever you would like to fill the hand pie with, roll out some dough and separate it into however many hand pies you would like to make, drop some filling into the dough pieces, fold them over, egg wash, and bake until they are golden brown.

Related Link: [Celebrity Chef Recipes: Meal-Planning Made Delicious](#)

2. Fresh salads: A salad may sound a little boring for a fun meal on the go idea, but if you know the right way to spice it up with some fun ingredients, a salad in a tuber-ware is a perfect thing to munch on to keep you energetic throughout the day. Here are some cool things that you can add to your salad of arugula, spinach, romaine, or whatever other base you choose. Feel free to mix and match these fun salad add in's: lean turkey, grilled chicken, tuna, hard boiled eggs, bell peppers, avocado, smoked cheese, farro, toasted almonds, watermelon, pomegranate seeds, grape tomatoes, cucumbers,

sunflower seeds, olives, quinoa, edamame, kidney beans, any type of berry, or anything else you can think of that might go nicely together in a salad! There are so many options.

3. Overnight oats: You didn't think we forgot about breakfast, did you? Overnight oats is a really cool to-go breakfast idea. If you have a jar of something that only has a few scoops left in it, like peanut butter, almond butter, jam, etc.- simply fill it with oats, some yogurt, milk, chia seeds, frozen berries, and then in the morning as you rush out the door, you can grab the jar and you will have a yummy healthy mixture to munch on.

Related Link: [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

4. Muffins: Bake some delectable muffins the night before for an easy and yummy breakfast or for a snack to have around lunch time! If you are looking for something healthy to munch on, try baking some paleo morning glory muffins! If not, it is always a good idea to whip up some traditional chocolate chip or blueberry muffins. Yum!

5. Sophisticated Sandwiches: Sandwiches are always a go-to idea for packing meals on the go. You can prepare your traditional ham and cheese sandwich on whole wheat bread if you would like- or you can make a more interesting sandwich that will serve more as a meal. Some ideas are: Spicy orange and sesame chicken sandwich, smoked gouda and apple butter, egg salad with avocado, roast pork and pickled cucumber, smoked salmon, and more!

Related Link: [Celebrity Diet: Get A Red-Carpet Ready Body and a Healthy Mind By Eating These Super Foods](#)

6. Kabobs: Kabobs are such a good portable meal because you eat it off of a stick! How convenient. Expand your horizons- cook up some kabobs with steak and potatoes, honey-lime lamb and melon, Caribbean shrimp, mustardy grilled corn and

sausage, ginger tuna, five-spice beef, etc. You can prep these kabobs on the grill the night before, and refrigerate them so that you can take them on your journey in the morning. It would be very convenient if you had access to a microwave to heat up the kabob's wherever you are- but if not, they will still be yummy chilled.

What meal ideas on the go do you have? Comment below!

Beauty Tips: How to Combat Frizz During Spring Showers



By

Carly Horowitz

April showers bring May flowers, but what do they also bring? FRIZZ. We all know that most people don't enjoy it when their

hair starts to get frizzy in the humid spring air. In addition to humidity, frizz can also be caused by lack of hydration in the hair. Luckily, there are multiple [beauty tips](#) and tricks that can be used to minimize frizziness. Whether you have planned a [date night](#), [romantic getaway](#) or are just running errands around your town, your frizzy hair can be combated after experimenting which routines work best for your hair type.

Check out some of Cupid's special beauty tips on how to combat frizz during this time of year!

1. Use a hydrating mask: Dehydration is a main cause of frizzy hair- especially for people with curly hair. If you use a hydrating mask on your hair once a week, or once every two weeks, it will minimize the dryness that can occur in your hair. Maybe have a get together with your friends and each of you can try a different hydrating face mask and see which one works best! Do keep in mind that hydrating masks effect different hair types in a variety of ways. Once you figure out which works best for you and your unique hair type, you will be set.

2. Condition, condition, condition: Conditioner also helps to hydrate your hair. It is even better if you find a conditioner with specific hydrating products in it like glycerin, coconut oil, and shea butter. This will make your hair nice and silky!

Related Link: [Beauty Advice: The 5 Best Beauty Tips from Celebrities](#)

3. Minimize blow-drying: The direct hot air from a blow dryer has the ability to dehydrate your hair even more. Try to minimize your usage of a hair dryer as much as you can.

Although, it is okay if you use one towards the end of the air drying process just to help style your hair. Make sure you use some type of heat protector on your hair before exposing it to the blow dryer so that you prevent further damage to your hair- which also can cause frizz.

4. Brush your hair more: We are born with exactly everything that our bodies need to thrive. Our hair is already abundant with natural oils that can be easily dispersed by brushing your hair more often, or washing your hair less often. No need to break the bank on expensive products for your hair when you are already blessed with natural products!

Related Link: [Get a Knockout Look with This One-Two Punch in Hairstyles](#)

5. Get sulfate-free shampoo: In addition to purchasing a sulfate-free shampoo which will help to decrease frizziness, also look for one with glycerin in it as well, as mentioned earlier that this helps to hydrate your hair. Special tip: the higher listed the product is on the 'Ingredients List' on a shampoo or conditioner bottle, the more abundant that ingredient is in the bottle.

6. Try natural remedies: If you want to try something different, certain natural remedies have been proven to help tame frizzy hair. To name one, the acidity in apple cider vinegar can minimize frizz if you run some of that through your hair diluted with water after you do your routine shampooing. Rinse it off with cold water after about 30 seconds, then continue with your conditioning routine. Have fun experimenting with other natural remedies as well like an avocado and olive oil mask, raw egg and olive oil treatment, carbonated water rinse, etc.

Related Link: [Beauty Advice: DIY Hair Treatments for Pool Hair](#)

7. If all else fails, a bun is the way to go: By throwing your hair into a bun, it can ease frizz in itself. Or if you're

going for the messy bun look, the frizz that is already there can add to your look! Yes, many people want their hair to look chic and frizz-free, but we should also embrace the beauty of our naturally occurring hair.

Battling frizz is a true struggle for certain hair types. These tips are sure to do the trick, but always remember that however your hair decides to fall today, it is naturally and beautifully you!

Have a secret frizz-free trick you want to share? Comment below!

Celebrity Style: Distressed Denim Looks



By

[Karley Kemble](#)

Denim is the best because it is *never* off-trend. Seriously. Whether you dress them up or dress them down, they are effortlessly versatile! With so many different colors, washes, and styles, there are endless ways to rock your jeans, denim jackets, or chic chambrays. One denim style that is always in style is distressed denim, probably because it manages to look both edgy and laid-back. Perfect for a casual [date night](#) or to pack in your bag for a [romantic getaway](#), you can never go wrong with a pair of distressed denim jeans.

If you're looking for new ways to wear your distressed denim, you need these [celebrity style](#) tips! Cupid promises you'll turn heads.

1. Long cardigan: When paired with a long cardigan, distressed jeans look super casual, but amazingly cute and put-together! Throw on a tucked in tee shirt and slip on a pair of ankle booties. [Sofia Vergara](#) has been seen sporting this combo, and it's honestly the perfect daytime outfit for Sunday brunch with the girls, or doing some retail therapy!

Related Link: [These Celebrity-Approved Denim Shorts Are the Cutting-Edge Fashion Trend for Summer](#)

2. Off-the-shoulder top: A super girly look to wear with distressed denim is with a sexy off-the-shoulder top. Style your hair in a sleek top knot and dainty necklace for some sophisticated glam. A pair of strappy sandals works well with this look. If you need some style inspo, look to [Hilary Duff](#) or [Kelly Rowland](#) – they've both mastered this warm and beachy look!

Related Link: [Fashion Advice: 'Wow' the Crowd with Color](#)

3. Sporty zip-up: Zendaya is always style goals, so it's no surprise she manages to wear her distressed denim well! She's been seen wearing her jeans with track style zip-up and tennis shoes, which is casual, sporty, and stylish! Best of all, this outfit is super comfortable, so you can wear it all day without wishing you had a backup outfit to change into!

Related Link: [Fashion Trend: Fashion Goes Digitally Modern Savvy](#)

4. Crop top: Show some more skin and pair those ripped jeans with a cute crop top! Crop tops work well with distressed jeans because they are versatile too! You can wear your crop top alone or wear it with something over – like a flannel, anorak jacket, or sweater. No matter how you dress it up (or dress it down), you'll have a unique look each time! If you need ideas, peep Gigi Hadid knows exactly how to rock her crop tops with denim!

5. Moto jacket: Leather/moto jackets are a staple for anybody's wardrobe. When worn with distressed denim, you're sure to look like a baddie. Olivia Palermo knows what we're talking about – this style is a favorite of hers. Pair your jacket with some edgy hoops and a ponytail to look even more edgy!

What's your favorite way to wear distressed denim? Share with us in the comments below!

Travel Destinations: Top 5

U.S. Spots for Spring Flowers



By

[Rachel Sparks](#)

Spring is an exciting time of revival and rebirth. Our New Year's resolutions are underway and our workout routines are finally showing results. We can shed those chunky knit sweaters and go on road trips with the windows down. It's a time to discover our own personal beauty, but it's also a time when nature's beauty rivals anything we can create ourselves. These [travel destinations](#) make for a perfect [romantic getaway](#) or a [date night](#)!

These top 5 places in the U.S. should be at the top of your travel destinations list to see colorful

buds this spring!

1. Washington, DC.: Have you ever heard of DC.'s Cherry Blossom Festival? If you haven't, this needs to be added to your US travel bucket list. The U.S.'s version of the traditional Japanese cherry blossom festival is a valiant rival. Starting as early as March 15, though traditionally early April, the district transforms into a pastel pink wonderland. The best places to see the blossoms: the shoreline of the East Potomac Park near the Tidal Basin. Beware, millions of tourists come to see this amazing sight.

Related Link: [Vacation Destinations: Top 5 Getaway Spots on the East Coast](#)

2. Mount Rainier National Park, WA: With it's plunging valleys and stark white-topped mountains, any bloom looks mystical against this dramatic backdrop. The entire national park ranges thousands of acres, but the two best places to see blooms are Sunrise and Paradise visitor centers for majestic meadows of dancing blooms. The park has trails specific to wildflower hunts. Can't wait to get started? The national park has a Flickr group dedicated to their wildflowers.

3. Brooklyn Botanic Gardens, Brooklyn, NY: Spanning 52-acres both indoor and outdoor, this massive botanic garden is rated one of the top five botanic gardens in the U.S. Seasonal exhibitions feature global wildlife, such as their Out of Africa special this year. What makes them special: their cherry blossoms are part of a traditionally staged Japanese garden. Walk over bridges and past soaring pagodas to feel like you've stepped into another world. In addition to cherry blossoms, magnolia's creamy petals and lilac's varying soft shades show a wide variety of the beauty of nature. At \$15 a ticket, it's a cheap weekend [date idea](#)!

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

4. Dallas, TX: Get to Texas before the heat hits. Dallas hosts a six week long flower festival featuring tulips, daffodils, Dutch Irish, and hyacinth. Globally themed in 2018, the Dallas Arboretum will focus on a different country each week and include festivities specific to each culture along with its normal floral-themed festivities.

5. The Biltmore, Asheville, NC: Never heard of this gem? You're not alone. The Biltmore is the largest manor in the United States, owned and operated by the Vanderbilt family. In its prime, it took over 600 people to keep the manor fully operational. Even during winter when the gardens are nothing but dried twigs, the estate is worth visiting. If you come in spring, the gardens in full colorful bloom. With a fully functional farm, an inn, multiple five-star restaurants, it's well worth a weekend trip.

Where do you dream of visiting in the U.S. for spring flowers? Share you travel dreams below!

Popular Restaurants: The Best Bars in NYC





By

[Rachel Sparks](#)

New York City is the hub of every new exciting cultural event that could happen. Fashion experts thrive in the city that never sleeps. Entrepreneurs galore reside in its piercing towers. Best of all: the boozy hotspots are perfect for a [weekend date night](#). New York City has five of the thirteen three-Michelin star restaurants in the United States, making it the mainstay for any foodie. What better way to follow up the ultimate dinner than with a trip to the best bars in NYC?

Check out these top five bars to discover for your next NYC [romantic getaway](#)!

1. 7B: Sometimes called Horseshoe Bar or Vasac's, or U, this grungy bar is located on the corner of Avenue B and East Seventh Street. It's namesake, the horseshoe shaped bar in the center, has often been featured in movies like *Godfather II*, *Jessica Jones*, and *Rent*. It's one of the last remaining relics of East Village. It's grunge, it's metal, it's history.

Related Link: [Popular Restaurants: The Best Bakeries in NYC](#)

2. Angel's Share: If you're looking for wicked concoctions hidden behind an unmarked door, this is your spot. The hidden Japanese cocktail lounge is tucked into the back of restaurant

Village Yokochō in East Village, a tip of the hat to old-fashioned speakeasies. This lounge has been around for twenty five years and excels at flashy drinks. Check out their Smoke Gets in Your Eyes, a bourbon-based cocktail that's delivered cloaked in smoke from burning cinnamon and cloves.

3. Barcade: Bar meets arcade in this craft brew brilliance. The business model of a large selection of craft brews paired with an even larger selection of retro arcade games has made this adult version of your favorite high-school hangout an extremely successful empire that's expanded across the Northeast. The original, founded right in NYC, feels like you're hanging out in someone's garage, the perfect escape from the hustling of city goers.

Related Link: [Famous Restaurants: Hottest Happy Hours in NYC](#)

4. King Cole Bar: If you're feeling like stepping out in [celebrity style](#), King Cole Bar is the spot to be. Located in the St. Regis Hotel, it's the penultimate of luxury, one that many of us can only afford on the rare occasion. A cocktail starts at \$24 and to even get in requires "proper attire." It's worth a visit; this swanky bar is the original creator of the Bloody Mary and has six different versions on the menu. Bonus: the nuts are free.

5. PDT: Short for Please Don't Tell, PDT is the epitome of a speakeasy. Entered only through a phone booth inside a hot dog joint on St. Mark's Place. We recommend reservations as lines start forming at three pm every day. You can have cheesy tater tots or waffle fries snuggled in foil delivered right to the bar, paired with inventive remakes of Old Fashioneds or Sazeracs.

What do you look for in your favorite bars? Share your NYC bar-hopping secrets below!

Vacation Destinations: Romantic Staycations for a Mid-Week Valentine's Day



By

[Rachel Sparks](#)

Those of us who are currently in a relationship want to have the most romantic date night with our loved one for Valentine's Day. From year to year, V-Day is on the weekend 43% of the time, leaving a whopping 57% chance that the romantic [date night](#) you were planning falls on a weekday night, killing the mood. So you may not be able to go out or have a [romantic getaway](#), but these mid-week staycation [date ideas](#) are sure to keep the romance alive for your Valentine's Day celebrations.

Try these vacation destinations in your hometown for a romantic Valentine's Day staycation!

1. Sunset cruise: Okay, this only works if you're near water. Even a river or lake will do! Most cities host sunset cruises with dinner included. It'll cost about as much as a romantic dinner out at the three-star restaurant you've been eyeing, with the added bonus of beautiful scenery.

Related Link: [Relationship Advice: Plan a City Scavenger Hunt](#)

2. Hot air balloon: The good news is that anywhere with clear air is likely to have a hot air balloon ride available! If you and your partner are feeling daring, enjoying V-Day dinner in a basket for two, literally, is incredibly romantic. If either of you is scared of heights, get ready for full-blown snuggles. Our suggestion: bring a bottle of wine or two to calm the nerves (if you're 21 and up!). Even the bravest of people will have a hard time grasping the idea that only a balloon is keeping you separated from the ground.

3. Disposable camera: Smartphones have made us take photography for granted. It's a lot more fun to grab a Polaroid or disposable camera and have a goofy photo shoot around town. Because you won't be able to delete any pictures taken, it'll be challenging to pose yourselves just right. Plus, the anticipation of seeing the photos developed will keep you excited and help you relive the fun of your date!

Related Link: [Weekend Date Idea: Play All Day](#)

4. DIY spa escape: Make it a true staycation, and turn your home into an all-inclusive spa resort. Small touches in your bathroom, like white lines and pops of wood, recreate that spa environment. Don't forget to include candles, scents, luscious

pillows, and soft music. Take turns giving each other a full body massage, mani-pedis, and masks. Even if your S.O. seems a bit apprehensive about the spoilage, tell them how rewarding it feels to be pampered, and how much you want to express your love.

5. Thrift shop photo shoot: For a goofy and light-hearted date night, go to your local thrift shop and pick out outfits for each other. Put on a photo shoot, and end the night with a picnic or a home-cooked meal.

How have you kept the romance of Valentine's Day alive when it falls mid-week, staycation style? Share your date ideas below!