Beyonce and Jay-Z Enjoy a Date Night in NYC

By Jennifer Ross

Taking timeout from their hectic schedules, Beyonce and Jay-Z had a date night on Sunday in Upper Manhattan, according to *UsMagazine.com*. Located right on the banks of the East River in the Inwood neighborhood, the parents of eight-month-old Blue Ivy enjoyed the evening at La Marina, a new restaurant and lounge with a luxury beach atmosphere. Beyonce, 31, and Jay-Z, 42, were celebrating the launch of Jay's cognac brand, D'usse. As true to her form, Beyonce was beautifully dressed in a leopard-print Roberto Cavalli dress while Jay-Z had a laid back but well put together look.

What are some ways to keep the spark alive in a long-term relationship?

Cupid's Advice:

As another relationship anniversary passes you by, life can make it challenging to keep the sparks alive and thriving. Should you find yourself without any ideas how to rekindle the flame, here are a few tips to assist you along the way:

1. Reconnect with each other: While ongoing communication is key to any relationship, in this case, I am referring to the physical senses. Taking five to ten minutes every day to cuddle with your partner actually can strengthen the connection between you two. The goal here is to simply hold each other; whether you decide to speak or not is up to your mood.

2. Laugh at it: As you two continue on in your day-to-day challenges, it can be difficult to leave those stressful moments out of your relationship. Why not find ways to laugh about them together? Laughing is thought to relieve tension within your body and lift your spirit, not to mention bring you two closer together.

3. Dress up: Spending that extra time to perfect your appearance not only makes you feel good about yourself, but it also shows your partner that you care to look good for them. It will also give them the urge to dress up for you as well. Whether you go out to dinner or stay in, dress up for your partner…and for yourself.

How do you keep the spark alive in your relationship? Share your ideas below.