## Celebrity Couple News: Bindi Irwin Shares Sweet Valentine's Day Photo with Chandler Powell





By <u>Ma</u>

## <u>llory McDonald</u>

In recent <u>celebrity couple news</u>, Bindi Irwin shared some romance in the form of a Valentine's Day photo with her boyfriend Chandler Powell. According to <u>UsMagazine.com</u>, "The 18-year-old Aussie took to Instagram to share an image of her snuggling up to her longtime beau, 20, with a beautiful backdrop of mountains and lakes in her home country." The photo was captioned, "Valentine's Day. A day to celebrate love and happiness. (And an excuse to give endless amounts of hugs!)," she wrote. "This picture captures my forever

Valentine @chandlerpowell, in gorgeous #Australia." These two couldn't seem more in love and happy to be together this Valentine's Day!

## This celebrity couple got into the Valentine's Day spirit! What are some ways to celebrate your love on a daily basis instead of just VDay?

## Cupid's Advice:

Valentine's Day is a great opportunity to show your significant other how much they mean to me, but here are some other ways to do this on a daily basis:

1. I love you: If you are at the place in your relationship that you are in love, remind them at least once a day of your feelings by saying these three magical words.

Related Link: Celebrity Couple: Bindi Irwin & BF Chandler Powell Get Away to Hawaii

2. Compliments: Something that you and your partner can do to improve your relationship and show your appreciation is by giving each other compliments daily about the things you like.

Related Link: Make The People In Your Life Feel Special This Valentine's Day With An Edible Arrangement

3. No phones: When you and your partner are spending time together either at dinner while watching TV, or any alone time, try to put the phones away. It will allow you to focus on each other and really appreciate being together.

How do you make your significant other feel special daily? Comment below!

## Product Review: Get Comfortable and Confident With Slim-Sation





This

post was sponsored by Slim-Sation.

## By Taylor Barbato

Our society constantly tries to balance comfort while staying fashionable. <u>Fashion trends</u> are changing faster than ever with today's social media, where we experience the pressure to an even higher standard of how to be fashionable. Whether it is through youtube videos, Pinterest or Instagram models our newsfeed are continuously updating as our confidence may be

weakening. With Spring around the corner we hope to see trends that are more consistent and comfortable. Many of these shortlived trends tend to be extremely uncomfortable. So where does one cross the line between comfort and fashionable?

## Slim-Sation has no line and builds your confidence!

Slim-Sation focuses on creating trendy pants while using a flexible tummy control panel to give you a slimming look without feeling uncomfortable and constricted. The clothing line offers both formal and casual pants, anything from shorts, leggings, capris and jeans. The way the pants contour your waist, accentuate your hips and slim down your tummy gives off the feeling of being 10 pounds lighter.

Related Link: If You're Looking to Have a Good Time Don't Be Uncomfortable!

## Women's Long Leggings \_

Leggings are always pretty easy to wear but leggings by Slim Sation include a contoured waistband for all day comfort. Wear them to work, around the house and even for a date night. The sophisticated color allows you to mix and match with any item in your closet. The Women's Long Leggings is a reasonable price of \$66, are washable, has a 28" inseam and is made out of cotton and spandex, the perfect combination of comfortable and confident.

Related Link: Rock the "Dress-Over-Pants" Fashion Trend This
Fall With Celebrity Stylist Alexa Taylor

## **Boyfriend Jeans**

Rock Slim Sation's boyfriend jeans while feeling comfortable and relaxed. The jeans have a contoured waistband and the

perfect cuff detailing with stationary roll styling. Wear them around the house, running last minute errands and even to lunch with the girls. Only \$64 dollars for a pair of comfortable yet fashionable jeans you can wear all year long.

Don't let fashion limit you this spring! With these awesome pants, you can feel confident and not worry about how many holiday cookies you ate last season. Explore Slim-Stations innovative slimming technology to make you look and feel fabulous!

## Product Review: Don't Let Your Roots Get The Best Of You With Cover Your Gray





This

post was sponsored by Cover Your Gray.

## By Mallory McDonald

We have the perfect beauty trick to avoid spending large amounts of money at the salon every few weeks. Gray hair can come in fast and furious, and sometimes it may seem like it is impossible to cover up or get rid of. Now, you can cover up your gray hair efficiently at a low cost with the Cover Your Gray products. Covering up gray hair has never been so easy, as it offers a wide array of product application options in addition to brow and dry shampoo color solutions. Cover Your Gray wants to work with you to keep your hair healthy, youthful and strong. Get ready to wave goodbye to your gray!

## Gray hair won't be able to hold you back anymore! You can kick it to the curb with <a href="Cover Your Gray">Cover Your Gray</a> products!



This aerosol spray, which is only \$10, is a solution that helps boost volume while providing the quick color refresh you need before your next salon visit. For those nights out on the town that you just can't make it to the salon before, this is perfect to make sure your hair looks flawless. This easily washes out with shampoo and lasts all day. From getting up to go to work, to dinner and a night out, your grays will be far away.

Related Link: Tips: 5 Hair Trends for 2017

Fill-In Power



One of the hardest things to handle is thinning hair, especially if you have tried multiple treatments and shampoos that just aren't working. The Cover Your Gray Fill-In-Power is a tinted solution with complex natural botanicals that fills

in hair and is working to help promote hair growth and prevent further hair loss. Fill-In-Powder is available in 4 color shades, is rain proof, sweat proof and blends seamlessly so no one can tell you have it on. For only \$12, you never have to feel like your scalp is all people are noticing! It is never too late to budget your hair cost with these awesome products!

Related Link: <u>Product Review: The Perfect Products To Start</u>
Your New Year Off Right

One less thing to worry about with your daily beauty routine is those pesky gray hairs thanks to Cover Your Gray!

# Product Review: Get Your Fitness Wear By Naja, a Socially Conscious Lingerie Brand





This

post was sponsored by Naja

## By Mallory McDonald

With so many changes happening in our society, Naja has decided to make a stand. They are the first women-owned lingerie company to take an outright stand for women, the environment and women's reproductive rights with an exclusive product launch of The Active(ist) sports bra. Naja encourages women to be an active(ist) for women, for the environment and for yourself. The product launched coinciding with the inauguration on January 20th. Naja.co officially launched in 2014 and was quickly named "one of 5 top brands to watch" by The Lingerie Journal and said to be "chang[ing] the underwear industry through its innovation, attention to detail, and serious heart" by The Huffington Post. Their elegant, fashion-forward designs, quality eco-friendly fabrics, and fine details such as beautifully lined interiors and hidden inspirational quotes quickly captivated the attention of the fashion industry.

## Feel inspired & empowered when working out in Naja.co Active(ist) Sports bra!

### The Bra



The Active(ist) sports bra is made by single mothers, out of upcycled, recycled, and digitally printed fabric. Selling for \$20 or \$19 which covers the cost of the bra, employing marginalized women in its making and enforcing eco-friendly practices in apparel. The extra \$1 funds Planned Parenthood with a charitable donation. Planned Parenthood provides primary and preventative care to women, men, and youth in need of reproductive health care and sex education.

Related Link: Fitness Trend: Why Aqua Cycling May Be For You

### The Environment

The environment matters to us as much as it matters to you. Naja makes every effort to reduce their environmental footprint. That's why Naja's prints are digitally printed and not dyed, saving precious water and ensuring that no waste or toxins go back into our oceans. Naja uses upcycled and recycled fabrics made from recycled plastic bottles and our factory is ISO 14001 certified.

**Related Link:** Fitness Advice: Which Boutique Fitness Studio Is Right For You?

## Stay Fit

It can be hard with a vigorous schedule to keep in shape and feel good. In <u>celebrity news</u>, there are constantly new <u>fitness</u> routines and diets that claim to work. Visit <u>Naja.co</u> for some ideas on which fitness boutique is right for you. By finding the perfect routine for your body type, eating a balanced diet and feeling beautiful in your Naja fitness apparel, staying fit will never be easier!

Take the world by storm by getting fit and helping a cause that is important to you!

## Let Your Partner Be Your Inspiration To Getting & Staying Fit





This

post was sponsored by Altar'd.

## By Mallory McDonald

When you are in a relationship with someone, it can be easy to let yourself go and pack on some extra pounds. But, this is the worst thing you can do for not only your relationship but also for yourself. You aren't the only one who is guilty of doing this when getting comfortable in your relationship. Z <u>Living Network</u> has a new original television series, <u>Altar'd</u>, which features real life stories blending fitness, health, love, and relationships. The worst time not to feel your best is when your wedding day is approaching and you still haven't lost the weight you planned on. Altar'd features real life soon-to-be-married couples who are separated for 90 days as they each complete their individual wedding weight loss transformation, guided by the hosts and fitness experts, Chris Marhefka and Erin Stutland. Their journeys are both inspiring and emotional as they get ready to reveal themselves to each other on their wedding day.

## Watch <u>Altar'd</u> with your spouse to motivate each other to get into shape & stay in shape for yourself & your relationship!

In an episode airing on Valentine's Day, February 14th, a young couple Natifah and Reggie work hard to battle their previous bad habits. Their unhealthy eating habits have begun to cause tension within their relationship. With a history of high-blood pressure and diabetes in both of their families, they both feel that this challenge will greatly improve their relationship and have a massive impact on their overall quality of life. Instead of going out with your loved one this Valentine's Day, stay in and watch Altar'd, and begin to make the changes in your own relationship. This way, next Valentine's Day you and your partner can look back on this show, your decision to make a change, and celebrate your success!

Here are some <u>dating tips</u> on why you and your partner should work together like the couples in *Altar'd* to get fit & stay in shape:

1. Accountability: When you work out on your own it can be hard to keep yourself accountable. If you work out and make healthy meals with your significant other it keeps you both accountable.

Related Link: Fitness Advice: Which Boutique Fitness Studio Is Right For You?

2. Support system: Your significant other is supposed to be your support system in all aspects of your life, so why not your health? Use each other to not only get in shape but also build the strength in your relationship by leaning on each other.

Related Link: <u>Make Your Love Soar On Date Night With Aerial</u> Classes In NYC

3. Strengthing communication: Working out together and motivating each other can only be done through communication. So not only will you be getting in shape for yourself and your relationship, but you will also be strengthing the key to a good relationship, communication.

Tune into *Altar'd* on Tuesday's at 8 p.m. ET/PT on Z Living Network to inspire you and your partner to live a new and healthy lifestyle together!

# Make The People In Your Life Feel Special This Valentine's Day With An Edible Arrangement





This

post was sponsored by Edible Arrangment

## By Mallory McDonald

Valentine's Day is right around the corner, and deciding what to get the people closest to you can be difficult. Whether it is your significant other, your friend, family member or coworker, finding something they will really appreciate, but that won't break the bank isn't out of reach. You may be sick of giving the same gifts for Valentine's Day year after year — the flowers, chocolates, teddy bears and jewelry can seem repetitive and unoriginal. This year, you may be celebrating the holiday the night before, on Valentine's Day or over the weekend, which can make it challenging to decide on a gift that works for everyone's timing and plans. Well, look no further! We have the perfect gift to accommodate everyone's schedules and that can make anyone feel special this Valentine's Day.

## Don't let Valentine's Day shopping

## scare you. This year, gift your loved ones with a customized <a href="Edible">Edible</a> <a href="Arrangment">Arrangment</a>!

## Significant Other

The number one person you want to impress on Valentine's Day is your significant other. Every year, this day comes around and expectations of the perfect romantic day are set high. Gifting your significant other with an Edible Arrangement is not only unique, but is something that will make your partner realize how special they are to you. The bouquets are overflowing with vibrantly colored delicious fruits, and every time your partner goes to bite into another piece, it is you that they will be thinking about. Especially if you are shopping for your boyfriend, it can be extremely hard to find Valentine's gifts for a guy. Edible Arrangements are the perfect romantic Valentine's Day gift idea for both boyfriends and girlfriends!

### **Parents**

With every holiday, gifting something to your parents can be challenging. However, on such a romantic day, it can be hard to decide what to get your parents. A simple card normally works, but to really thank them for all they have done for you, an edible arrangement the a perfect way of showing your appreciation. Parents love the healthier option, and you can handcraft the note that comes with the arrangement to shower them with gratitude and appreciation. Who wouldn't want chocolate covered strawberries and a bouquet full of delicious fruit?

### **Friends**

Your friends are the people who stand by you no matter what and support you through the good and the bad times. To thank

them or to support some of your single friends out there, gift them with an Edible Arrangement with an added bonus. This year, you can add extra indulgence to your gift with the New Edible® Signature Chocolate Box. Featuring recipes designed by master chocolatier Jacques Torres, these premium melt-in-your-mouth chocolates are available in six incredible flavors: hazelnut crunch, caramel, raspberry, orange, pineapple and passion fruit. These chocolates truly melt in your mouth and have such a rich flavor that will make anyone thankful to call you a friend!

### Co-Workers

Sometimes, it can be easy to forget about gifting your coworkers, especially on a holiday like Valentine's Day that is centered around love. But, these are the people you spend a large portion of your time with and who can make your life a real joy or a real struggle. If you have one particular coworker who really makes your life better, send them an Edible Arrangement and make their holiday that much better. Or, if you work in an office, you can always get an Edible Arrangement to put in the break room to let those people you are around every day know you appreciate them and the work they do. Nothing can get you through a work day better than a sugar rush, especially when the sugar is from fresh fruits that are so juicy and full of flavor you can't resist, but go back for more!

Not only are Edible Arrangements the perfect Valentines Day gift, but they are also the perfect treat for you and your girlfriends to sit on the couch together for a *Bachelor* viewing party! Don't wait until the last minute to buy your Edible Arrangement! Visit ediblearrangements.com and order yours today! But, if you happen to forget and are scrambling to get your loved ones a gift, they do offer same day delivery!

Celebrate this weekend and save BIG! Order now for pickup or

delivery through Monday, Feb. 13 for \$10 off when you spend \$39+. Use code: SAVE3966.

# Celebrity News: Joe Jonas 'Likes' Pic of Ex Demi Lovato with On-Again Boyfriend Guilherme 'Bomba' Vasconcelos





By <u>Ma</u>

## llory McDonald

In recent <u>celebrity news</u>, Joe Jonas has given his approval to <u>celebrity ex</u> Demi Lovato's on-again boyfriend Guilherme

'Bomba' Vasconcelos. <u>UsMagazine.com</u> reported that Joe 'liked' a pic of Lovato with Vasconcelos on Instagram. Joe and Demi co-starred in the Disney Channel movie <u>Camp Rock</u> and later dated for a few months. Lovato has recently been in a lot of <u>celebrity relationships</u>, but there seems to be something special between her and Vasconcelos that makes them keep coming back to one another. They both have had relationships in between being with each other and seem to always find their way back to one another. Hopefully this time, it works out for good!

This celebrity news proves there's no animosity between these exes! What are some ways to revert back to friendship with your ex post break-up?

## Cupid's Advice:

Some relationships may not be meant for the long haul, but that doesn't mean a friendship can't still be saved:

1. Keep a distance: Keeping a distance means staying away from this person forever, but after the break-up give yourself some space to get over the relationship to save the friendship.

Related Link: <u>Celebrity Couple Reunited</u>: <u>Demi Lovato is Back</u>
<u>Together with Guilherme Vasconcelos</u>

2. Mutual breakup: Mutual breakups can be the best breakups to turn into a friendship. You both knew you couldn't make the relationship work but be there to support each other through life.

Related Link: New Celebrity Couple? Demi Lovato Allegedly

## Hooking Up with UFC Fighter Luke Rockhold

**3. Open communication:** When you want to reach out to your ex and suggest being friends again make sure you are clear with your intentions and make sure that they feel the same way.

How did you remain friends with your ex? Comment below!

## New Celebrity Couple Jennifer Lopez & Drake Enjoy Another Date Night Together





By <u>Ma</u>

New <u>celebrity couple Jennifer Lopez</u> and Drake are continuing to spice up their new relationship! <u>EOnline.com</u> reported that the two have enjoyed another <u>date night</u> together despite originally reports that the two were not getting serious. A source told <u>E! News</u> exclusively Wednesday that the two "are not seeing anyone else but each other. Drake is in it all the way," the source added. "J.Lo is peddling slower, but still really enjoys his fun and loving company." Lopez has two <u>celebrity kids</u> and many are wondering if that is going to be a problem for the future of their relationship. But according to this source, "He is not fazed by her having kids. He loves kids and is sweet with them."

## This new celebrity couple seems to be getting more serious. How do you know when it's time to make your relationship more serious?

## Cupid's Advice:

Taking a relationship from having no pressure and all fun to one that is more serious and future driving is a scary thing. Use this <u>relationship advice</u> to make that decision easier:

1. Insecurity: One reason to make the relationship more serious is if the fun just isn't enough for you anymore. If you have been with that person for a good amount of time this could be the right next step.

Related Link: New Celebrity Couple: Source Says Jennifer Lopez is 'Having Fun' With Drake

2. Constant communication: When you and your partner are constantly together or constantly finding ways to talk to each other, this is a good sign your ready for a more serious relationship.

Related Link: Celebrity Couple Drake & Rihanna Call It Quits

3. Mutually ready: If either you or your partner are constantly talking about the next step or thinking about the future and you both like what you see, make it more serious!

When did you make your relationship more serious? Comment below!

## Product Review: The Perfect Products To Start Your New Year Off Right





This

post was sponsored by Over EZ, Giorgio Beverly Hills, Hair La

Vie and Survivor Eyes.

## By Mallory McDonald

New Year's Eve is the perfect time to say goodbye to your old habits and make peace with the year that has passed. Once midnight hits, it is time to begin a brand new adventure. To make this new year your best yet by feeling your best and looking your best, we have some products that will do just that. Whether you need something to help recover from a fun night out or are looking for a new you to sparkle this new year, we have the perfect products to reinvent yourself for 2017.

## With the New Year already started, these four products are the perfect way to make sure 2017 is your best year yet!

### Over EZ

New Year's Eve is one of the most fun and over the top nights of the year. Most of the time this includes drinking. If you are starting to have trouble bouncing back from a long night of too many sugary drinks, Over EZ is the answer you have been looking for. It is an all-natural supplement that reduces hangover symptoms, such as headaches, nausea and vomiting. Just one Over EZ has to be taken during alcohol consumption, and the ingredients, including a mixture of vitamins and herbs, work together to flush out the toxins from the body, resulting in a better morning after, without affecting the effects of alcohol. 12 capsules cost \$60, and for that amount you can go out for 3 months and never have to worry about feeling it the next morning!



## Giorgio Beverly Hills Glam

Something that can be a real change in your everyday routine is the fragrance you choose to wear. Whether it is your everyday fragrance or you want something new and different for a date night out, Giorgio Beverly Hill's fragrance line came out with their newest perfume targeted to make you feel confident, sophisticated and stylish. Celebrity Julianne Hough is this brand's spokesperson and could not love this new scent more! The fragrance has an undeniably bold combination of white florals infused with sensuous amber and sandalwood. With bright, sparkling notes, the scent embodies the instantly recognizable glitz and glamour of California's most famous fashion street. Spice up your scent for \$72, and feel like a new person!



## Hair La Vie

Something that can be one of the most difficult things to change is your hair. New hair styles can make or break your appearance, and choosing the right thing to do may seem impossible. But instead of trying a bold new cut or a vibrant new color, fall back in love with your natural hair using Hair

La Vie. Hair La Vie's Moroccan repair serum is \$35 per bottle and is an all-natural hydration system that protects against damage and frizz, while creating instant shine. The serum's unique combination of hair loss fighting ingredients is perfect for those weak, damaged, brittle strands and split ends. Let this be the year your hair doesn't need a trip to the salon to look amazing!



## **SurvivorEyes**

One of the latest <u>beauty trends</u> everyone is still talking about has to do with eyebrows! Having nicely defined and stenciled eyebrows is very important in achieving a perfect overall beauty look! If you have never been good at styling your own eyebrows and need a tool that can help make you feel like a professional, the SurvivorEyes Brow Style Stencil Kit is exactly the product you have been looking for. This particular product was the recent creation of a breast cancer survivor who was inspired to help women struggling with hair loss to look and feel fabulous. The kit is only \$14.95 and comes with 10 eyebrow stencils in unique brow shapes, dual-sided cosmetic applicator brush, instructions for application and stencils and a drawstring pouch for convenient storage. Don't let your eyebrows get the best of you this year!



Reinvent all the best parts of you this year with these products so you can look and feel your absolute best!

## Celebrity News: Kourtney Kardashian & Justin Bieber Hang at Club After Fling





By <u>Ma</u>

## <u>llory McDonald</u>

Kourtney Kardashian and Justin Bieber are once again the latest <u>celebrity news</u>. <u>UsMagazine.com</u> found out that the two were hanging out again at a club. A source shared, "Bieber was with group of friends - including former One Directioner Liam Payne — at the live music venue for about two hours. The Keeping Up With the Kardashians star arrived second and stayed for only about 15 minutes." However, that was not the end of the pair's night, as they later met up at around 2 a.m. "They were just there as friends, with friends and it was not romantic," the source tells Us." "Every time Kourtney and Justin are together they're extremely flirtatious. They text each other all the time." It seems like these two may not be headed for a <u>celebrity relationship</u>, but they can't seem to stay away either!

## In celebrity news, it looks like these two have no hard feelings

## after their fling. What are some ways to recover quickly after a fling gone bad?

## Cupid's Advice:

Flings are meant to be just that, a fling. Here is how you can recover when a fling has gone wrong:

1. Remember it was a fling: The point of a fling is for it to be short term and something that eventually ends. So when it goes wrong try and remember it was never meant to work.

Related Link: Celebrity Couple News: Kourtney Kardashian is Hooking Up with Sexy Model Younes Bendjima

2. Part ways: Trying to remain friends with a fling that didn't work can prove to be tricky, try to make a clean break when it ends.

Related Link: Find Out What's Going On with Former Celebrity
Couple Kourtney Kardashian & Scott Disick

**3. Stay amicable:** While you don't want to remain friends with your failed fling, there shouldn't be an animosity towards each other and staying on amicable terms would be best for everyone.

What did you do when your fling went wrong? Comment below!

# Celebrity News: 'Bachelor' Villain Corinne Temps Nick Viall with Surprises on Latest Episode





By <u>Ma</u>

## <u>llory McDonald</u>

In recent <u>celebrity news</u>, *The Bachelor* is back, and this year on Nick Viall's season, the villain of the season is stirring up a lot of drama! According to <u>UsMagazine.com</u>, Corrine Olympios "showed up to the cocktail party in a trenchcoat and nothing else before asking Viall, 36, to lick whipped cream off her body." While that wasn't seen by the other contestants, later on in the episode, a few of the other contestants saw "Viall jumping around in Olympios' inflatable bouncy house one too many times and called him out: Is *he* here

for the right reasons?" So while some of his other relationships are progressing on the show, it seems the villain of this season is really making some of the girls question his motives.

In celebrity news, *The Bachelor* just got more drama-filled, thanks to Corinne! What are some ways to know if you're in lust or love?

## Cupid's Advice:

Finding the difference between lust and love can be very difficult, especially when the two blur so easily. Use this <u>dating advice</u> to differ between love and lust:

1. Emotional connection: A good way to determine if you are in lust and not love is to ask yourself if you enjoy talking with them and spending time outside the bedroom. Learn if there is an emotional connection.

Related Link: <u>Celebrity News: 'Bachelor' Nick Viall Meets a</u>
Past Hook-Up on First Night

**2. Take away lust:** By taking away any sexual activities with that person you can find out if there is more to it then just attraction.

Related Link: <u>Celebrity News: Jenn Saviano Reacts to Getting</u>
<u>Dumped By New 'Bachelor' Nick Viall</u>

**3. Strong conversations:** If you are not having long and thoughtful conversations with the person you think you are in love with, odds are you are just lusting at them.

How did you differentiate between love and lust? Comment below!

## Celebrity Wedding: 'Fargo' Co-Stars Kirsten Dunst & Jesse Plemons Are Engaged





By Ma

## <u>llory McDonald</u>

A <u>celebrity wedding</u> is in the air for *Fargo* co-stars Kirsten Dunst & Jesse Plemons. According to a source for <u>UsMagazine.com</u>, the two are celebrating their <u>celebrity</u> <u>engagement</u>. The two met on the set of *Fargo* and they actually

played a married couple in the real show! The two really respected each other and Plemons had this to say about Dunst, "It was a gift. I loved Kirsten's work for a long time, and I was really excited once I'd met her, and she's a great person. We're both actors that just ... have fun with the material." While both were in previous relationships, this is the first marriage for both!

## There's another celebrity wedding in the works! What are some ways to know you're ready to get engaged?

## Cupid's Advice:

Getting engaged is a very exciting thing, especially when you are with the right person! Here are some ways to know you are ready:

1. Comfort zone: If your significant other or partner is the safest person to be around and they are your comfort zone, getting engaged is probably a good idea.

Related Link: <u>Kirsten Dunst's New Relationship with Garrett</u>
<u>Hedlund Heats Up</u>

2. Understanding: Something that is sometimes overlooked in a relationship behind honesty and communication is understanding. Being understanding of your partners and their flaws is the key to a successful marriage.

Related Link: <u>Celebrity Wedding: Blac Chyna & Rob Kardashian</u>
<u>Set A Wedding Date</u>

**3. 100** % **sure:** The only way you should get engaged is if you and your partner are both ready to make that step. If you could say "I Do" the very next day, the ring is ready for you!

## New Celebrity Couple: Why Selena Gomez & The Weeknd Went Public With Their Relationship So Soon





By <u>Ma</u>

## <u>llory McDonald</u>

A new <u>celebrity couple</u> is starting to form and with it has come a lot of controversies! <u>EOnline.com</u> reported that <u>Selena</u> <u>Gomez</u> and The Weeknd are in a new relationship despite both of

them having recent <u>celebrity exes</u>. "At first, Selena and Abel wanted to keep their relationship a secret," a source said. "But they've decided they really don't care if everyone knows about them." A second source added, "Selena was focusing on getting herself back together and Abel was just getting out of a relationship, plus putting out his new album. Abel and Bella also were on and off towards the end of their relationship, so getting into something brand new was not what Abel was looking for." Apparently, the Weeknd has always thought Gomez was extremely talented and beautiful, so it isn't a complete surprise to see the two of them together!

## This new celebrity couple isn't holding back! What are some reasons to go public with your new relationship right away?

## Cupid's Advice:

Making a relationship public right away may seem like a bad idea but it can be good for the right reasons:

1. Exclusive relationship: If you and your partner are in a committed and exclusive relationship, it could be a good way to decide to take things public.

Related Link: Why Celebrity Exes Justin Bieber & Selena Gomez Can't Ouit Each Other

2. Strong communication: In a new relationship, everything can seem pretty simple but it won't always stay like that especially if you go public. So make sure you and your partner have a strong base before taking things publics.

Related Link: Celebrity Couple Bella Hadid & The Weeknd Call It Quits After Almost Two Years

3. Make a statement: Going public so soon in a new relationship can be a good way of making a statement that despite it being new, you are serious about developing the relationship further.

When did you decide to take your relationship public? Comment below!

## Fitness Advice: Which Boutique Fitness Studio Is Right for You?





2016 has come and gone, and one thing is for sure, <u>fitness</u> is still in! The difficult part is deciding what kind of exercise is right for you, what works for your body and what doesn't, can be difficult to figure out. We have some <u>fitness</u> advice for you: throw out your old 2016 gym membership and do what all the <u>celebrities</u> are doing by joining a boutique fitness studio! While these boutiques are smaller in scale compared to the bigger gyms, they are much more personalized and it is easier to find which studio is exactly right for you. Depending on what has worked for you in the past, these boutique fitness studios are designed to attract certain people's workout preferences.

## Here are some of the major fitness boutiques that are taking over the fitness world and how to pick which one you should join!

### Bar Method

Bar method is a fitness boutique that specializes in using a ballet barre for building resistance and working with some of the larger muscles. This routine focuses on building muscle mainly in your legs and your abdominal region. While to some this may not be appealing, if you already have a good cardio workout, and are looking for something to tone muscles this could be your perfect fit. Also, if you have always been flexible, or have done dance as a child but didn't stick with it, this could be a way to do something you once loved while staying in shape!



Photo: Barmethod.com

Related Link: Fitness Trend: Why Aqua Cycling May Be For You

### **Orangetheory Fitness**

Orangetheory fitness is not for the lighthearted when it comes to working out. If you are looking for a cardio-intensive workout that is going to push you to your breaking point. Each member must pass through five zones of interval training. Some of these interval training include working out on treadmills, rowing and weights. The after burn of this workout is intense, but if you want fast results and are looking to dedicating yourself to a powerful fitness program, Orangetheory is the place to go!



Orangetheory Studio. Photo: Pinterest.com

### CrossFit

One of the more popular boutique fitness chains is CrossFit. This fitness plan focuses on functional workouts which include but are not limited to burpees, ab exercises and weights

throughout the routine. If you are the type of person who cannot stand doing the same routine over and over again and find yourself not working out because you get bored, CrossFit may be your new fitness home. The routines are constantly varied and you won't ever be doing the same two things. However, it is extremely fast passed with a lot of reps, but they work hard with where you are at physically to make sure you are doing what is best for you body type. CrossFit is known to have very serious members, so if you are looking to join a fitness family this is the right place for you.



Photo: Crossfitaether.com

Related Link: Make Your Love Soar On Date Night With Aerial

Classes in NYC

## SoulCycle

If you cannot stand a treadmill or an elliptical but can't find the right cardio workout to shed some calories, SoulCycle is definitely a good option. SoulCycle's aim is to bring some fun into working out which for most people isn't a very fun activity. It is high power indoor cycling and has recently added hand weights and choreography to work on toning your arm and core muscles. The music is very loud and very upbeat to get you set in a good rhythm while your instructor pushes you to your limits! The community within SoulCycle is very strong and if you want to find a good group of friends to workout with you SoulCycle is calling your name!



SoulCycle Studio. Photo:
SoulCycle.com

Make sure before joining any fitness boutique to consult the instructors and the studio on your personal body type, what you want to gain and payment plans!

# Secret Celebrity Wedding? Rumors Circulate That Adele & Simon Konecki Are Married





By <u>Ma</u>

llory McDonald

In recent <u>celebrity news</u>, a secret <u>celebrity wedding</u> rumor is

sparking everyone's attention! After <u>celebrity couple</u> Adele and Simon Konecki were spotted in Los Angeles wearing wedding bands, everyone started wondering if the two had secretly eloped. <u>UsMagazine.com</u> learned that when asked about rumors that the couple had secretly married over Christmas, "Adele's rep declined to comment." During the "Hello" singer's final sold-out show of her North American tour in Phoenix this past November, she announced to the crowd that she's "off to have a baby." "Give it up for me — I did it!" she added while celebrating the end of her tour. "I'll see you on the other side. In a couple years, I'll be back [to the States]. You won't be able to get rid of me."

# If this celebrity wedding happened, it was done in secret. What are some benefits to a secret wedding?

## Cupid's Advice:

Planning a wedding is an exciting time for everyone, but the pressures can be overwhelming and sometimes being in the spotlight can add more stress. These are some ways a secret wedding can be more beneficial:

1. In the public eye: If you are constantly in the public eye, and you want your wedding to be the one thing that is intimate a private, a secret wedding is a perfect option.

Related Link: <u>Celebrity Baby News: Adele Presents Mini Oscar</u> to Her 'Best Son'

2. Stress factors: If planning a wedding becomes too stressful and is causing more harm than good, a secret wedding could be a good way to eliminate some of the stress.

Related Link: Adele and Boyfriend Flaunt PDA at Lady Gaga

### Concert

**3. Intimacy:** Having a secret wedding can be the perfect way to keep the ceremony and your wedding day the most intimate between you and your partner.

Why did you choose to have a secret wedding? Comment below!

# New Celebrity Couple: Source Says Jennifer Lopez Is 'Having Fun' With Drake





By <u>Ma</u>

New <u>celebrity couple Jennifer Lopez</u> and Drake aren't as everyone thinks. serious a s Α told <u>EOnline.com</u> exclusively that Lopez is "having fun" with Drake, but it isn't that serious. "This budding romance is 100 percent legit, and not a professional ploy to promote any type of business like many are assuming." While the new couple is enjoying each others' company, the source added that the two aren't in a rush to make things too serious. "I think she and Casper will get back together," the source adds, confirming that although J.Lo and her <u>celebrity ex</u> are no longer speaking as frequently as they once were, the lines of communication are still open. While Drake and J.Lo may not be taking things seriously, they are certainly open about their new relationship on social media!

# It seems this new celebrity couple is legit! What are some ways to keep from getting too serious too fast?

# Cupid's Advice:

A new relationship is fun, exciting and refreshing, especially when coming off a past relationship that didn't work. Use this <a href="dating advice">dating advice</a> to keep your new fling from moving too fast:

1. Slow & steady: Try not to move too fast in the relationship by always spending time with each other. If you are always together with this new person it could be hard to keep things from getting serious fast.

Related Link: New Celebrity Couple? Jennifer Lopez & Drake Fuel Romance Rumors in New Snapshot

2. Communicate: Talk to your new significant other about wanting to take things slow and not rushing into anything

serious. This way you both can be on the same page and not have any expectations.

Related Link: <u>Celebrity Exes: Jennifer Lopez Disses Ex</u> <u>Boyfriends, Sayings She's Not a 'Looks Girl'</u>

**3. Keep it casual:** Try not to discuss things in this new relationship that are really deep and personal. Just enjoy one another's company on fun date nights and don't worry about the future!

How did you keep your relationship from getting serious fast? Comment below!

# New Celebrity Couple? Jennifer Lopez & Drake Fuel Romance Rumors in New Snapshot





By <u>Ma</u>

## llory McDonald

Everyone is wondering if a new celebrity couple is forming Jennifer Lopez and Drake! According between to *UsMagazine.com*, their social media posts are definitely heating up, and while the two have not confirmed a relationship, things are definitely looking cozy! Drake's celebrity ex Rihanna definitely is not happy with the pair's closeness, and over the weekend, Rihanna unfollowed Lopez from Instagram. Previously, the two spoke very highly of one another. Lopez said, "I'm a huge Rihanna fan....and I feel like she's such a girl's girl, which I love because I'm a girl's girl and she seems very sweet." In turn, Rihanna gifted Lopez a pair of \$4,000 boots from her collaboration with Manolo Blahnik. The handwritten note to the mom-of-two read: "To the baddest. Because I know you're gonna wear them better than me." Looks like Drake and Lopez may just be the real deal!

# There could be another celebrity couple to contend with! What are

# some ways to have fun with your relationship announcement to friends and family?

## Cupid's Advice:

Once you have decided between you and your significant other that you are officially together, it can be fun announcing it to your family and friends. Here are some fun ways to share the news:

1. Casually: Sometimes you and your partner may not want to create a big scene. It could be fun to share the news by keeping it casual as if it isn't a big deal, that way your friends and family can make it special!

Related Link: Celebrity Couple Drake & Rihanna Call It Quits

2. Revealing party: While it doesn't necessarily need to be a big party, having your friends and family over with nice drinks and food to reveal your new relationship is fun for everyone.

Related Link: <u>Celebrity Exes Jennifer Lopez and Casper Smart</u>
<u>Caught Kissing</u>

**3. Social media:** Now social media runs everything, why not use it as your platform for your relationship just like all the celebrities? Announcing it on social media can surprise everyone and assure you and your partner that you aren't forgetting to tell anyone!

How did you announce your relationship to your friends and family? Share your experiences below.

# Celebrity Wedding: 'The Bachelorette' Alum Jillian Harris Is Engaged to Justin Pasutto





By Ma

# llory McDonald

Former Bachelorette\_alum has found her knight in shining armor! <u>UsMagazine.com</u> has confirmed that Jillian Harris is celebrating her <u>celebrity engagement</u> to longtime boyfriend, Justin Pasutto. Harris shared the news on Instagram, "Well THAT was SOME Christmas morning!!!!! OH MY GOD my heart cannot handle this much LOVE! @slipperygoose you've made me the

#ISimplyAskedForOneThingForChristmas." In the photo, a new engagement ring can be seen on Harris' hand as she plays with baby Leo. Following the first post, she continued to add photos sharing her joy and engagement with all of her followers. Her love life wasn't always easy after multiple celebrity relationships from the Bachelor shows, however, all of that is over and we couldn't be happier for her!

# There's another celebrity wedding on its way now that Jillian Harris is engaged! What are some ways to encourage your partner to propose?

### Cupid's Advice:

When you are ready for an engagement, but you aren't sure if your partner is getting the hint use these <u>dating tips</u>:

1. Be clear: While you shouldn't come right out and demand an engagement, it is important that your relationship is an open one communication wise so you should share with them that when they are ready you think the relationship is ready for that.

\_Related Link: <u>'Bachelorette' Alum Jillian Harris Welcomes</u>
Celebrity Baby Boy

2. Wedding planning: A good way to encourage an engagement is to begin discussing the details of your wedding. What kind of drinks or food they would want or who would or wouldn't be invited on the guest list.

Related Link: 'Bachelorette' Alum Desiree Hartsock Gives Birth
To Celebrity Baby Boy

3. Drop little hints: Sometimes our partners can be oblivious

to what we are looking for. If you don't want to flat out tell them you are ready for an engagement you can start leaving hints around the house like wedding magazines or ring brochures to plant a seed.

What ways did you hint to your partner that you were ready for an engagement? Comment below!

# Celebrity Couple Irina Shayk & Bradley Cooper Pick Out Baby Names





Celebrity couple Irina Shayk and Bradley Cooper are preparing for their celebrity baby! A source told EOnline.com, "Irina and Cooper know the sex of their child and are currently in the process of narrowing down the list of names for the baby. Irina and Bradley are so excited to be parents," a source told E! News exclusively. "They have already picked a few names they like. They know the sex but are still deciding between some names." The two also seem to already be planning baby number two! "Bradley and Irina love each other so much and this is not gonna be the only kid—there will be a few more after this one," the source said, adding, "Both families are very happy." Everyone is wondering when the couple will have a celebrity engagement, but according to their friends, that would be very under the radar!

This celebrity couple have come up with some baby names for their celebrity baby-to-be! What are some things to consider when you're naming your child?

# Cupid's Advice:

Picking a name for a baby is extremely important and there are always so many names to consider. Use these tips to help pick the perfect name for your little one:

1. Family tie: If you are really struggling to pick a name for your baby and want it to be meaningful, look through you and your partners family tree to get some inspiration!

Related Link: <u>Celebrity Baby: Bradley Cooper Run Post</u> <u>Girlfriend's Pregnancy Reveal</u>

2. Wait until birth: Sometimes it can be hard to pick a name

before you actually see the baby. If there is nothing popping out at you, wait until the baby is born and see what name really suits him or her.

Related Link: <u>Celebrity Couple Bradley Cooper & Irina Shayk</u> Have Discussed Marriage

3. Work with your partner: Deciding a name can be very important sometimes to one partner more than the other but, you should try to pick a name that you both will love!

How did you decide to name your baby? Share your experiences below.

# Celebrity Couple News: Kourtney Kardashian is Hooking Up with Sexy Model Younes Bendjima





By <u>Ma</u>

## llory McDonald

In recent <u>celebrity couple news</u>, Kourtney Kardashian may be on the verge of a new fling. According to <u>UsMagazine.com</u>, Kourtney has been seeing model Younes Bendjima for a little while now. The pair were most recently spotted on Friday, December 16, outside the SLS hotel in Beverly Hills. "Kourtney contacted him on Friday afternoon and asked him if he wanted to meet up," an insider told *Us.* Despite Kourtney's <u>celebrity ex</u> Scott Disick trying to mend their relationship, she is enjoying having a little fun with Bendjima. While many in her inner circle felt like Kourtney and Scott would eventually end up together, it seems she is enjoying a new young flame!

These two may not be a celebrity couple yet, but things are heating up between them! What are some ways to know you're ready for the label

# that comes along with a relationship?

## Cupid's Advice:

Just because you start seeing someone new, doesn't mean the new relationship is ready for a label. Use this <u>relationship</u> <u>advice</u> to help make that decision:

1. Exclusive: When you start seeing someone new and you both decide it is time to start seeing other people, this can be a good indicator that the relationship is ready for a label.

Related Link: Find Out What's Going On with Former Celebrity
Couple Kourtney Kardashian & Scott Disick

2. Gone public: Once you and your partner have decided to take the relationship public, it may also be time to put a label on the relationship so that there is no confusion.

Related Link: Celebrity News: Scott Disick Admits to Making 'Decisions That Weren't Great' About Kourtney Kardashian

**3. Fully involved:** When you first start seeing someone, you don't always involve them in all the aspects of your life. Once that person has become involved completely in your daily life a label should come easy.

When did you decide to finally label your relationship?

# Top Restaurants in NYC for

# **Holiday Decor**





By <u>Ma</u>

## llory McDonald

Going to New York during the holiday season is something that you will never forget. The entire city is filled with lights and holiday decorations that are to die for. But it isn't just the city that gets in the holiday spirit, the restaurants are all in fill swing too! So while you are in New York seeing the Broadway plays, shopping and sightseeing, you don't want to miss out on these popular restaurants known for their holiday spirit!

# Rosemary's, Rolfs & Blue Water Grill are the perfect places to

# enjoy a delicious meal under twinkling Christmas lights & ornate decorations!

## Rosemary's

Rosemary's is an Italian restaurant located in Greenwich Village. The restaurant serves all three meals, breakfast, lunch and dinner and is known to be one of the best spots in NYC for date night. You and your partner this holiday season can enjoy a nice romantic dinner and feel the holiday magic come alive. You can see the massive Christmas tree that sits atop Rosemary's from three blocks away. The dining room also has some tasteful holiday lighting, and another, smaller tree. Their menu is all under thirty dollars and is perfect for sharing a meal!



## <u>Rolfs</u>

Located in the center of Manhatten, Rolfs features german and french cuisine and is especially known to be popular during the month of December. While the food is talked about year round, the decorations during Christmas time are over the top and are known nationwide. Their Christmas decorations are extreme, large and overwhelmingly beautiful. While their entrees are in the high twenties to mid-thirties, you are

paying for not only their high-quality food but the atmosphere and ambiance as well!



Rolfs ornate Christmas Decorations fill the entire dining area!

### Blue Water Grill

If you are looking for seafood during the holiday season, Blue Water Grill located on 31 Union Square West is the place for you. With a unique seafood menu, Blue Water Grill attracts all kinds of people and they are open from brunch to dinner. With their meals are higher in price normally in the thirties, the reviews and critiques say it is well worth it! While their decor is subtle, during the winter months they cover their dining areas with twinkling lights that make the place sparkle!



Main Dining Area at Blue Water Grill

Before the holiday season is over, be sure to check out these restaurants in NYC that are not only festive but delicious!

# New Celebrity Couple Prince Harry & Meghan Markle Photographed Together on London Date





By Ma

## llory McDonald

New <u>celebrity couple</u> Prince Harry and Meghan Markle have completely gone public! The couple was caught in their first

photograph together on Wednesday, December 14th as they enjoyed a <u>date night</u> together. The two saw a show at the Gielgud Theatre in London's West End. A source shared with <u>UsMagazine.com</u>, "The low-key pair saw a performance of The Curious Incident of the Dog in the Night-Time at the theater." The two couldn't look more happy together in the photos that were taken and seem completely smitten. "Harry and Meghan weren't going to see each other until the vacation, but they really wanted to see each other," an insider told <u>Us</u>. "Meghan had an overwhelming few days in Toronto — cameras wherever she went, feeling like she was being followed. ... This is all very surreal to her. She feels safe with Harry."

# This new celebrity couple is finally going public with their romance. What are some unique first date ideas?

## Cupid's Advice:

Date's can get rather boring when you continue doing the same thing. Use these <u>date night tips</u> to ensure a fun and exciting time:

1. Adrenaline rush: Unless your partner is completely afraid of anything involving adrenaline, finding a place to go cliff diving or rock climbing, or even a trip to the amusement park can be a fun and exciting date.

Related Link: <u>Celebrity News: Meghan Markle Rocks Personalized</u>
<u>Necklace for Prince Harry</u>

2. Spontaneous trip: Instead of planning out an entire date together, get in the car and drive until you both want to stop. This way the date is a surprise to both you and is a guaranteed good story!

Related Link: Celebrity Couple Prince Harry & Meghan Markle: Secret Toronto Visit

**3. Festivals:** In almost every major city, there are tons of different festivals ranging from chocolate to beer. Check your area for upcoming festivals and events and plan an exciting date!

What is your favorite type of date? Comment below?

# New Celebrity Couple Amber Rose & Val Chmerkovskiy Step Out Holding Hands





## llory McDonald

A new <u>celebrity couple</u> could be forming and we couldn't be happier! Amber Rose and Val Chmerkovisky have stepped out together holding hands looking happier than ever. A source shared with <u>UsMagazine</u> that they were initially, "just friends, but it's recently turned into more and they have been hooking up." A source close to Val, meanwhile, denies the romance and says, "They are just friends." Despite the gossip, Chmerkovisky is trying to remain cool. "I can't control what people think," the asked about Rose. "I live my life and I try to live it, you know, the way I want to live it." However, the recent sitings and social media flirting have people wondering if it could be developing into more despite his denials.

# This new celebrity couple isn't shy about going public. What are some ways to know you're ready to go public with your new relationship?

# Cupid's Pulse:

When you have to make a decision to go public in a relationship, you have to be sure that you are ready. Use this <u>relationship advice</u> to help make that decision:

1. Exclusive: A good sign that your relationship is ready to go public is when you are exclusive. It can be hard to explain to the public if you are seeing someone who is still seeing other people.

Related Link: <u>Celebrity News: Amber Rose Pays Tribute to Ex</u> <u>Wiz Khalifa on Father's Day</u>

2. On the same page: Both you and your significant other have

to be ready to take it public. If both of you are ready to take that step in the relationship then do it!

Related Link: <u>Is Wiz Khalifa Bashing Celebrity Ex Amber Rose</u> in New Song?

**3. United front:** When taking a relationship public it is important that you and your partner can provide a united front to the world. If you both are not able to feel the same and speak on the relationship the same it may not be time to go public.

When did you decide to go public in your relationship?

# Celebrity Wedding: Blac Chyna & Rob Kardashian Set a Wedding Date





By <u>Ma</u>

## llory McDonald

A <u>celebrity wedding</u> is on the way for <u>celebrity couple</u> Blac Chyna and Rob Kardashian! Chyna's business attorney Walter Mosley has confirmed the date to UsMagazine.com! "They're getting married! [And] there's a date," Mosley told Us, though he added that he was "not at liberty" to disclose the exact wedding date. A source added, "They are planning on getting married next summer but haven't planned anything else. They want to work it out with E! for another season of the show first." Currently, Chyna and Rob are in a legal battle with Kourtney, Kim and Khloe over Chyna and Rob's celebrity babies last name being Kardashian. Kardashians stated that the sisters' brands would "suffer irreparable injury to their reputation and goodwill if the opposed mark is allowed to register." However, they are hoping to keep a strong relationship with Chyna as they do love her, but they also have to protect the interest of their brand.

# This celebrity wedding is finally

# on the books! What are some ways to determine the best time for you to tie the knot?

## Cupid's Advice:

Making the decision to tie the knot is one of the biggest steps in a relationship. With these tips you can feel confident that you and your partner made the right decision:

1. Clear communication: The key to every good relationship is communication. When both you and your partner feel that you can communicate with one another openly and honestly marriage may be the perfect step.

Related Link: Celebrity News: Kris Jenner Describes
"Beautiful" Birth of Rob Kardashian & Blac Chyna's Daughter

2. Mutual decision: It is crucial when deciding to get married that both you and your partner feel that it is the right decision. When both of you clearly want to make that step then you will know it is time.

Related Link: <u>Celebrity News: Rob Kardashian Vows to 'Snap Back' Into Shape with Blac Chyna After Birth of Baby</u>

**3. Strong bond:** It may sound cliche but you want to make sure that you and your partner have a strong bond and connection that can withhold anything. Before entering marriage make sure you know this person will stand by your side no matter what.

When did you know it was time to tie the knot? Comment below!