

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.

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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.

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Tell us about a “stay-cation” that you’ve enjoyed with your partner!

Celebrity News: Gisele Bundchen Consoles Husband Tom Brady After 2018 Super Bowl Loss



By [Carly Horowitz](#)

In [latest celebrity news](#), Gisele Bundchen comforted her husband [Tom Brady](#), quarterback for the New England Patriots, after his team lost to the Philadelphia Eagles in the 2018 Super Bowl. Although many Patriots fans were distraught, Bundchen maintained a positive attitude as she posted a picture of herself hugging Brady on Instagram with the caption: "Congratulations Eagles for winning the Super bowl, what a game that was! Congratulations Patriots for giving your best and to my love, we are incredibly proud of you because we are able to see every day all the commitment, sacrifice and hard work that you have devoted to become the best in what you do. We love you!" According to [EOnline.com](#), even though the Eagles won the game 41-33, Brady set a record! He now has the most passing yards ever in a Super Bowl game and in any postseason game.

In this celebrity news, Gisele is there for Tom in the good times and the bad. What are some ways to console your partner after a disappointment?

Cupid's Advice:

When your partner is going through a loss or disappointment, it is part of your relationship duty to help them get through this tough time together. Empathy is key when it comes to relationships. Cupid has some ideas on how to help give solace to your partner:

- 1. Be present:** This may seem obvious, but sometimes people have the tendency to flee when bad circumstances arise. Be there for your partner, and listen to everything that they have to say. Instead of trying to change how they are feeling,

simply listen and be there for them. Let them vent, and give them copious amounts of love.

Related Link: [Our 10 Favorite Celebrity Couple Athletes](#)

2. Distract them: Once you have given your partner time to let out how they are feeling, make efforts to try and shift the energy. Even though you probably can't take away their disappointment or sadness completely, you do have the capabilities to alter their mind onto something else for the time being. Think of some things you can do that would be special for your partner: cook their favorite dinner, watch their favorite movie together, or go out for a fun [date night](#).

Related Link: [10 Valentine's Day Date Ideas Inspired by Celebrity Couples](#)

3. Be okay with space: Everyone copes differently. If your partner is the type of person who needs time to themselves in order to get over a disappointment, let them have that. Try not to bombard them while trying to help when they just need some space to themselves. Sometimes it is hard to tell if your partner truly wants space or if they do want you to comfort them. Really try to listen to your partner and get a feel for what they need.

Also, never underestimate the power of hugs!

How have you consoled your partner after a disappointment? Comment below!

Celebrity Break-Up: Sarah

Silverman Announces Split from Michael Sheen On His Birthday



By [Carly Horowitz](#)

According to [UsMagazine.com](#), Sarah Silverman announced her [celebrity break-up](#) from Michael Sheen on his birthday without realizing the unfortunate timing. Comedian Silverman was able to make light of the situation as she took to Twitter to reveal what she did: "The joke here is I just realized I posted our breakup tweet on his actual birthday and I can't believe what a dick I am," she wrote. "Can u believe it?? He said I wasn't THOUGHTFUL. Jerk... Anyway, Happy Birthday, Michael..." This former [celebrity couple](#) dated for almost four years.

After four years, Sarah and Michael experienced a celebrity break-up. What are some ways to know it's time to give up on a long-term relationship?

Cupid's Advice:

Sometimes you can get so secure in a long-term relationship that it just seems easier to stay with your partner because it is comfortable. But even relationships that have lasted long may be due for a split. How do you know when? Cupid is here with some advice on how to know if your relationship may be ready for a change:

1. You only communicate when you have to: If you are in a long-term relationship, it may seem as if you already know so much about your partner. You may lose that curiosity that was fluttering in the beginning of your relationship. Therefore, you only talk to them when necessary. If you realize this is happening, you can work to change it, but if it feels too forced, that's when you know.

Related Link: [Celebrity Break-Up: Lena Dunham & Jack Antonoff Split After 5 Years Together](#)

2. Time with each other is scarce: In relation to the point mentioned above, sometimes you can get so close to your partner that you stop going out of your way to make time for cute dates and just special time together in general. Again, you can work to change this, but you need to make sure that your partner is in on it, too. Be open and communicative, and make the effort if you feel as if your relationship is worth saving.

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3. You're just not happy: It is painful when you really do love your partner but you are just not happy in your relationship anymore. It takes maturity to realize this. If you discern that you are simply not happy anymore, bring it up to your partner and see if they are on board for making changes in your relationship. Although, sometimes the best change of all is to take time for yourself and realize your true capabilities outside of this long-term relationship.

How do you know when it's time to end a long-term relationship? Comment below!

Fashion Trend: Spring Fashion 2018





By [Carly Horowitz](#)

Spring: a time of new beginnings and fresh fashion looks. As beautiful flowers bloom and grow, so can your wardrobe with the latest spring 2018 [fashion trends](#)! Dressing yourself is a fun exercise of self-expression. It is so exciting to let your true colors shine through by wearing outfits that make you feel happy and unique.

Check out the latest spring fashion trends, and choose to adopt the looks that fit your style!

1. Sheer: Sheer is a perfect fabric to layer with other clothing items for an appealing look. Any type of see-through material is in style right now, as long as there is a solid clothing piece underneath. Just layer a cute sheer top over another top that isn't sheer for a spunky spring look. You can even layer a sheer top over a trendy dress. Or purchase a sheer skirt and sport that over your favorite pair of shorts.

2. Denim on denim: Pair different denim styles together – dark indigo, stonewash, light wash, etc. The classic denim jacket has always been a popular spring style, but now it's acceptable to pair that denim jacket with jeans plus even another denim accessory like a hat or bag!

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3. Metric shapes: This season, geometry is back in session! Spice up your wardrobe by adding in a top with triangles, squares, and circles on it. Modern polka dot styles are really in. Don't limit your metric shapes interest to just clothing pieces- you can't go wrong with a statement bag that has bright colored shapes on it. Not sure what to wear on your next [date night](#)? Seek out a dress with metric shapes on it!

4. Trench coats: For those slightly chilly spring days, throw on a fashionable trench coat. These coats are able to be paired nicely with relatively almost any outfit. There are many different colors and styles of fashionable trench coats as well. With the unpredictable spring weather, sometimes it is difficult to decide what jacket is suitable for the day. Trench coats offer the perfect amount of warmth for a typical spring day.

Related Link: Fashion: [Celebrity Style Shoes for Affordable Prices](#)

6. Really bright colors: I mean really really bright colors- yellow, orange, pink. What better way to embrace the bright spring colors that nature has to offer than wearing these colors as well! This bright color fashion trend is also collaborating with the gingham print fashion trend. Gingham print is typically worn as just black and white but now designers are adding bright colors into the print.

Related Link: [Fashion Advice: Choose the Perfect Date Night Dress](#)

Which of these trends do you want to try out this Spring?
Comment below!

Celebrity Couple News: Jennifer Lopez Gushes Over Alex Rodriguez



By [Carly Horowitz](#)

In [celebrity couple news](#), [Jennifer Lopez](#) recently made it crystal clear that she is very happy in her relationship with Alex Rodriguez. According to [EOnline.com](#), Lopez said, "He's so

supportive.” Rumors are swirling that this [celebrity couple](#) may be pondering the idea of a [celebrity wedding](#) soon. When asked if the engagement rumors have truth to them, Rodriguez replied, “Jennifer’s amazing. It’s nice, it’s nice. You’re gonna make me blush now! Now I’m sweating. No, she’s an amazing girl.”

In celebrity couple news, rumors are swirling that J. Lo and A-Rod may be hearing wedding bells soon! What are some ways to know your relationship is ready for marriage?

Cupid’s Advice:

Marriage is a big step to take, but when you’re with the right person, it is so easy and natural. Cupid is here with some ways to know if you are ready to tie the knot:

1. If their snoring is music to your ears: If you find that you admire the annoying or even gross things that your partner does, that is definitely a sign that you will be able to spend a lifetime with them.

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2. You’re good at compromising: You will clean the dishes if they take out the garbage. If you and your partner have an honest relationship where you can discuss things openly and make sure that both of your needs are taken into consideration, then that is a good sign as well.

Related Link: [Celebrity Couple Miley Cyrus & Liam Hemsworth ‘Have Zero Plans’ for a Wedding](#)

3. You fantasize about life after you get married: Yes all of us love to picture how amazing our magical wedding day will be, but if thinking about what comes after that makes you just as happy, then it is safe to say that your relationship is ready for marriage. Thinking about buying a house, starting a family, and growing old together should make your heart flutter.

What are some other ways to know if your relationship is ready for marriage? Comment below!

Celebrity Break-Ups: Charlie Puth Says Selena Gomez Romance Messed Him Up





By [Carly Horowitz](#)

In [latest celebrity news](#), Charlie Puth reveals that his short relationship with [Selena Gomez](#) had a significant impact on him. According to [UsMagazine.com](#), Puth explains that his [celebrity break-up](#) with Gomez fuels the energy behind his song “We Don’t Talk Anymore.” Puth further elaborates, “You gather up a bunch of emotion with the life shovel, throw it in the life bucket, mix it up. And she evoked such good emotion on that song, it was a pleasure working with her. That’s why I’m always happy to sing it, even though it came from a dark point in my life.”

Even celebrity break-ups leave a lasting effect on their victims. What are some ways to cope with a recent break-up?

Cupid’s Advice:

Time can't measure the amount of feelings you may have for someone in a relationship. Also, you may carry the effects from a break-up for years to come. Luckily, Cupid has some advice on how to cope with a recent break-up so that you can respectfully accept what happened and become better from it:

1. Change up your workout regimen: When you exert energy from working out, endorphins are released in your brain. This helps to fight stress and heighten your happiness level. Take this post break-up time to better yourself and your body. Go to the gym with your friends and do some fun workout routines together! Remember to not overwork yourself though. Do just enough so that you feel happy and healthy.

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2. Write it out or talk it out: When emotions are bottled up inside of you continuing to boil and you don't let them spill out, it can be very detrimental to your overall well-being. It is healthy to get out how you are feeling. Identify your feelings in order to get past them. If you don't feel comfortable talking to anyone in your life about your personal post break-up feelings, start a journal. Write down your thoughts and feelings. Let it all out- so then you have more room in your heart to let love in.

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3. Go outside: Fresh air has the power to boost your mood and self-esteem. This is a simple way to clear your head post break-up. It is easy to stay in your bed all day and sulk about what is going on your life. Make an effort to try to get outside at least once a day for a few hours. Smile and realize that this world is so beautiful!

How have you coped with a recent break-up? Comment below!

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.

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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!

Why Celebrity Exes Kourtney Kardashian & Scott Disick Are Happier Than Ever



By [Carly Horowitz](#)

After continuous break-up drama, [EOnline.com](#) reveals that [celebrity exes Kourtney Kardashian](#) and [Scott Disick](#) are very

happy with their new normal. Kardashian and Disick have figured out how to successfully co-parent their three children while still very much enjoying their personal lives. Both celebrity exes have seemingly moved on relationship-wisely as Kardashian dates Younes Bendjima and Disick has his arm around Sofia Richie. Kardashian and Disick schedule time to spend both as an entire family together, and individually with their children. In [latest celebrity news](#), Disick is still part of the Kardashian family, as he also spends time with [Khloe Kardashian](#) and [Kris Jenner](#).

These celebrity exes are proving they can be successful at co-parenting. What are some tips for successful co-parenting?

Cupid's Advice:

It is important to maintain a happy and healthy relationship with your ex as you co-parent your children. It may be hard at first to put your personal feelings aside, so Cupid has some advice:

1. Practice empathy: Try to put yourself in both the shoes of your children and of your ex-partner. It is beneficial to try and understand how they feel in order to act accordingly and make the best of the situation at hand.

Related Link: [Parenting Tips: Co-Parenting During the Holidays](#)

2. Put your children's well-being first: Even if for some reason you are in an argument with your ex, keep in mind that your children don't want their family outing rescheduled because their parents can't get along. Take a deep breath, and make sure you don't brush off your children's feelings.

Related Link: [Parenting tips: 5 Tips for Co-Parenting](#)

3. Make a clear schedule: Take time to organize the availability you have for family time – just time with your kids, and personal time. It's all about balance!

How do you successfully co-parent your children? Comment below!

Celebrity News: Jenny McCarthy Says 'Bachelor' Arie Luyendyk Jr. Is a 'Snooze Fest'





By [Carly Horowitz](#)

According to [UsMagazine.com](#), Jenny McCarthy and Donnie Wahlberg are pretty big fans of [The Bachelor](#). Although, this season they seem to be bored with Arie Luyendyk Jr. In fact, this [celebrity couple](#) calls him a “snooze fest”. In [latest celebrity news](#), McCarthy is craving some drama as she states on the Grammys red carpet in NYC on January 28, “I’m missing some emotionally disturbed ones.” Though we all thrive on reality TV drama, it seems as if this *Bachelor* star is truly here to find his future bride, and who can criticize that?

In this celebrity news, even Jenny McCarthy thinks this season’s *Bachelor* is a little on the boring side. What are some unique ways to go about finding

someone to date?

Cupid's Advice:

There are multiple platforms that can be used to find your soulmate nowadays. It is so easy to connect with others on the internet, but Cupid is here with some unique ways to go about finding someone to date in person:

1. Get involved in a hobby that gets you interacting with others: If someone had the same idea as you to sign up for the cooking class at your local YMCA, then clearly you guys have something in common that you can bond over. Look into fun activities and events to attend in your community, and get yourself out there to meet new people!

Related Link: [Date Idea: Be Daring on Your Date](#)

2. Host a "White Elephant" party for single friends: Everyone who is invited must bring along at least one other single friend. You can even send out cute invitations. You can make this party however you want, whether it's an elegant brunch, a crazy night party, or a casual hangout. The more the merrier!

Related Link: [Date Idea: Plan a Party](#)

3. Stop looking at your phone: This is probably the most unique piece of advice, since it is the most unheard nowadays! It's okay, we're all guilty of it. When you're walking down the street, be present. Look around, enjoy your surroundings, and notice the people that you walk by. If you're looking down at your phone, you may miss meeting a wonderful person.

Have more unique ways to find a date? Comment below!

Celebrity Marriage: 'The Bachelor' Star Catherine Giudici Reflects on 4-Year Marriage to Sean Lowe



By [Carly Horowitz](#)

[The Bachelor](#) stars Catherine Giudici and [Sean Lowe](#) celebrate the four year anniversary of their [celebrity marriage](#) today! Giudici shares some secrets to [EOnline.com](#) about maintaining a great marriage over time: "I think I have learned better patience when it comes to our marriage and that rage is kind of a waste of time. I've been slower to anger when I remember how much Sean loves me and better at explaining how I feel. At least I hope!" Giudici goes on to exclaim that Lowe is the

“best thing that has happened” to her. Best of luck in the future for this celebrity couple!

This *Bachelor* celebrity marriage is still going strong! What are some ways to continuously work on your marriage?

Cupid's Advice:

Marriage is a lifelong commitment that takes effort. It is a beautiful thing to be able to go through life with your best friend by your side. You want to ensure that your partner still feels the love that you have in your heart for them as you continue in your marriage. Cupid has some ideas on how to continuously work on your marriage:

1. Give complements to your partner and to yourself: Take time to give honest complements to your partner when you feel as they deserve the recognition. Don't be shy to tell your partner that you really did appreciate the simple action that they did of pulling out your chair for you at the dinner table and let them know how much you admire their kind soul. In addition, don't forget to complement yourself on how caring you are in your relationship! It may sound silly but look in the mirror and complement yourself on the efforts you have made in your marriage.

Related Link: [Celebrity News: How Jessica Biel & Justin Timberlake Keep Their Marriage Strong](#)

2. Take time to look into each other's eyes: Umm... what? Yes-licensed marriage and family therapy experts have proven that looking into your partners eyes strengthens emotional intimacy that may be lost otherwise. Take time to remind yourself of

the overwhelming love that you have to give to your partner.

Related Link: [Marriage Advice: How to Keep the Spark Alive After Having Kids](#)

3. Keep the curiosity: Treat your partner as if you have just met- don't hesitate to ask questions about their day, or about their past, or just about them in general. There is always more exciting things to learn about your soulmate- it's not like the journey just stops when you get married, it is really just the beginning.

How do you continuously work on your marriage? Comment below!

Celebrity Break-Ups: Jennifer Meyer Says Tobey Maguire Is the 'Greatest Ex-Husband'





By [Carly Horowitz](#)

In [latest celebrity news](#), Jennifer Meyer classifies her [celebrity ex](#) Tobey Maguire as her “best friend”. According to [UsMagazine.com](#), this [celebrity break-up](#) worked out as well as can be expected, as the couple really put their children first. After being together for nine years and having two children together, daughter Ruby, 11, and son Otis, 9, Meyer and Maguire have seemingly cracked the code to healthy celebrity break-ups.

This celebrity break-up didn't leave any hard feelings. What are some ways to build a friendship with your ex after a break-up?

Cupid's Advice:

It takes a good amount of maturity and open-mindedness to be able to co-exist with your ex in a healthy manner without any

hard feelings. It's so important to make it work for your kids, and getting along helps with the process. Even if you don't share children together, it is still possible to build a friendship with your ex after a break-up. Cupid has some advice:

1. Don't doubt the break-up: If you are going to commit to being friends with your ex, then that is exactly what you have to do. Get it through your mind that this is no longer a person that you look at in a romantic way. They are your friend. With that said, you both may need some mourning time before you begin to form a friendship. Allow that time for yourselves before forcing things. Once you do venture down the path of friendship, try not to get so close that you begin to doubt that you broke-up in the first place. If it is meant to be, it will be, and you can make that judgement call along the way. That being said, try to stick to just being friends again at first.

Related Link: [Celebrity Break-Up? Nina Dobrev & Glen Powell Taking Time Apart Amid Busy Schedules](#)

2. Accept the new relationship: Don't go into the friendship with your ex with the same expectations that you had when you were in a relationship with them. It is going to be different. You won't spend as much time together and the way you interact is going to be altered. Don't get hung up on the past and long for that relationship. Rather, embrace this new pleasant friendship that you have formed.

Related Link: [Celebrity Break-Up: Jennifer Hudson's Ex David Otunga Will Fight for Primary Custody of Their Son Post-Split](#)

3. Go into it with a positive attitude: This is the key for everything. If you keep your mind focused on the fact that you are excited to have this healthy new friendship with your ex, then that is what will occur. If you litter your mind with doubt that this won't work out or you feed into the

disapproving thoughts of others, you will become consumed with looking for a reason to make it not work. Stay positive!

How have you made efforts to build a friendship with your ex? 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.

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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!

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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!

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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!

Royal Celebrity Wedding: Princess Eugenie Is Engaged to Longtime Boyfriend Jack Brooksbank



By [Carly Horowitz](#)

In [latest celebrity news](#), we got a glimpse of Princess Eugenie's dazzling royal [celebrity wedding](#) engagement ring. Jack Brooksbank proposed to Princess Eugenie earlier this month in Nicaragua. They had an official engagement photoshoot yesterday morning, according to [Eonline.com](#). Both the parents of Princess Eugenie and of Brooksbank seem to be overjoyed with the upcoming royal celebrity wedding. Best wishes to this [celebrity couple](#) in their future ahead.

There's another royal celebrity wedding in the works! How do you know when you're ready to marry your partner?

Cupid's Advice:

Marriage isn't to be taken lightly, so you want to make sure you're really ready to make the commitment. Cupid has some advice:

1. You make long-term plans together: If you and your significant other have discussed long-term subjects like how many children you want to have, and your plans are similar, then that is a good sign that this person may be a good life partner for you.

Related Link: [Relationship Advice: What Makes a Marriage Strong?](#)

2. Your friends and family like your partner: It is always beneficial if your friends and family think highly of your partner. Your friends and family are the people who know you best and if they think that this person is right for you, then they probably are. Although, don't get too hung up if one of your friends or family members does not particularly like your future spouse- some people just don't get along. If you love your partner and trust them, you don't need every single person's approval.

Related Link: [Celebrity Wedding: Gwyneth Paltrow & Brad Falchuk Confirm Engagement](#)

3. You can't imagine your life without them: Yes, you should be able to conduct your life independently if anything were to happen with your partner in the future, but it's not a bad

thing if you truly wish to spend the rest of your life with a certain someone. It is a marvelous thing if someone has made such a positive impact on your life that you don't even want to think about life without them. Overall, when you are ready to marry your partner, your heart will know.

**When did you know that you we're ready to marry your partner?
Comment below!**

Celebrity News: Miranda Lambert Throws Shade at Celebrity Ex Blake Shelton With Key Lyric Change





By [Carly Horowitz](#)

[Celebrity news](#) reveals that Miranda Lambert still has some things to say in regards to her [celebrity ex Blake Shelton](#). According to [UsMagazine.com](#), during the opening night of her Livin' Like Hippies tour, Lambert deliberately changed the lyrics in her song "Little Red Wagon" from "I live in Oklahoma" to "I got the hell out of Oklahoma". We can infer that she did this because Oklahoma was where Lambert lived with her celebrity ex Shelton. Lambert is now in a [celebrity relationship](#) with musician Anderson East. Luckily, they seem to be happy with each other.

In this celebrity news, Miranda Lambert is moving on, even in her lyrics. What are some steps you can take to move on from your ex?

Cupid's Advice:

Moving on from your ex can be tough, especially because they used to be such a big part of your life. For some people, it's hard to get over that quickly. If you are one of those people, Cupid has some tips that can help you to move on from your ex:

1. Cut off contact: First and foremost, make sure that you have cut off all contact from your ex. Delete their number so you don't have the urge to text them. Don't spend time longingly stalking their Instagram page. It makes it so much harder to get over your ex if you're still in contact with them, because the whole point of trying to get over them means you are trying to get them out of your mind.

Related Link: [Celebrity Break-Up: Jack Antonoff Has Moved On After Split from Lena Dunham](#)

2. Make peace: Accept what happened. Truly accept it. Even if the relationship ended badly, try to be happy about the good experiences that you got from it. Be thankful that you had this time with this person. Then, accept that this chapter of your life is over and there are more amazing pages to turn in your book that will surprise you with further happiness and love.

Related Link: [Celebrity Break-Up: 'Bachelor in Paradise' Star Amanda Stanton Opens Up About Her Split from Robby Hayes](#)

3. Love yourself more: The perfect time to better yourself is when you are going through a break-up. Realize that you are amazing and begin to enjoy the time that you get to spend with yourself. Self-forgiveness is also very important to embrace during the time of a break-up. Relationships help us to uncover aspects of ourselves that we may not have shown before. Take time to examine some great personal achievements from this time. Maybe you got past your trust issues, or maybe you fell in love for the first time. Praise yourself for the accomplishments you made and don't forget to love yourself more than you ever loved your ex.

Have more tips on how to move on from an ex? Comment below!

Celebrity News: Justin Bieber's Mom Defends Him Amid Selena Gomez Romance



By [Carly Horowitz](#)

In [latest celebrity news](#), [Selena Gomez](#)'s mom is not too fond of [Justin Bieber](#). [Celebrity couple](#) Gomez and Bieber have been stirring on and off [celebrity gossip](#) for a couple years now. Right now in latest celebrity news, they seem to be on.

According to EOnline.com, Bieber's mom posted an Instagram with a caption that praised how proud she is of her son and how beautifully he is maturing. With all of this talk of Gomez's mom not approving of Bieber, Bieber's mom had to show the world that no one is perfect so we need to have patience with one another.

This celebrity news has us clapping. What are some ways to get support when your partner's parents don't approve of you?

Cupid's Advice:

The only realistic expectations you should have should not be for anyone other than yourself. It is upsetting though if your partner's parents don't approve of you and your relationship. Don't worry- Cupid is here to help with some tips on how to put your best self forward to potentially make a better impression with your partner's parents:

1. Find out activities they like: Talk to your significant other and find out some things that their parents are into. Maybe boating, cooking, going on walks, etc. Then, reach out to them to do one of their favorite activities with them. This will seem like less of a "kiss-up" move since you're not buying them anything, you are just simply creating a comfortable situation for them to truly get to know your amazing self!

Related Link: [Dating Advice: 7 Reasons to Get in Good with Your Partner's Family](#)

2. Be blunt if they are: If your partner's parents really make it clear that they are not a fan of you, be blunt and ask them sincerely what you can do in order to gain their trust.

Communication is key. Ask and then make efforts to do what they feel is necessary as long as it is reasonable and does not interfere with changing who you truly are.

Related Link: [Celebrity News: Selena Gomez Breaks Silence on Split from The Weeknd & Reunion with Justin Bieber](#)

3. Show them how much you love their child: If they can't get past who you are, and it is a struggle for you to see the good qualities in your partner's parents as well, there is a genuine force that cannot be denied- the love that you have for your partner. Instead of trying to boost your self-image, make it clear how much you love and care for your partner. Their parents cannot be too upset with the fact that their child is getting the love and care that they deserve.

Have more advice on how to make a better impression with your partner's parents? Comment below!

Celebrity Baby: Kim Kardashian Explains Why She Hired Surrogate for Baby No. 3





By [Carly Horowitz](#)

We have the inside scoop about why [celebrity couple Kanye West](#) and [Kim Kardashian](#) decided it would be the best idea for their third [celebrity baby](#) to be carried by a surrogate. According to [UsMagazine.com](#), the [latest celebrity news](#) reveals that doctors told Kardashian that it was not safe for her or her celebrity baby's health if she were to carry it on her own due to Preeclampsia and placenta accreta. Kardashian also goes on to explain that technically, the term "gestational carrier" should be used since they implanted her own fertilized egg into the carrier. Kardashian disclosed that it was hard for her to not be able to carry her own child.

Kim Kardashian hired a surrogate for her third celebrity baby. What are some non-traditional ways to welcome a child into your home?

Cupid's Advice:

Thankfully, nowadays there are alternate options to have a child even if you have fertility issues or simply want to expand your family in a different way. Cupid has some insight on some non-traditional ways to welcome a child into your home:

1. Adoption: Adoption is a very common way to gain a new wonderful member to your family. It is a great situation because you get to raise a child while he or she is gaining a new permanent loving home. Remember to always be as welcoming and friendly as you can when taking a new child into your home.

Related Link: [Guiliana Rancic and Husband Continue IVF to Have Baby](#)

2. Foster child: Foster care is another way to welcome a child into your home, even if it's short-term. This is a great way to create a strong relationship with a child who may not be used to the love and care that you are able to give them. Foster care can also turn into adoption later on in some cases.

Related Link: [Hugh Jackman On Wife's Miscarriages, The Joys Of Adoption](#)

3. Being the care-giver for a relative or close friend's child: Sometimes individuals aren't capable of taking care of a child at a certain point in their life, but they still want the child near and to be in familiar hands. This situation may present itself to you, and it can be a great way to help raise a child. Overall, family is defined by those who love you for your truest self- blood related or not.

Want to share your experience of a non-traditional way of welcoming a child into your home? Comment below!

Celebrity Baby News: Kim Kardashian & Kanye West Celebrate Birth of Celebrity Baby Daughter



By [Carly Horowitz](#)

Another Kardashian [celebrity baby](#) is in the world! [Celebrity baby news](#) reveals that [Kim Kardashian](#) and [Kanye West](#) are celebrating the birth of their third child. According to [People.com](#), their baby daughter arrived on Monday, Jan. 15, at 12:47 a.m. and she weighed in at 7 lbs., 6 oz. Kim Kardashian

exclaims that everyone is overjoyed with the [latest celebrity news](#). The *Keeping Up with the Kardashians* stars hired a surrogate to help bring their third celebrity baby into this wonderful world.

This celebrity baby news is very happy for the Kardashian clan. What are some ways to celebrate the arrival of your baby?

Cupid's Advice:

A new life coming into the world is a big thing to celebrate. It is crazy to think that your little baby is going to grow up and experience life through their unique set of eyes. Cupid has some cool ideas on how to celebrate this amazing occurrence:

1. Take photos: The arrival of a new baby is a very hectic yet joyous time. Designate someone to take authentic pictures throughout the process so that you can look back on them later in life and even show the child pictures of what was going on during their birth.

Related Link: ['Bachelor in Paradise' Stars Carly Waddell & Evan Bass Celebrate Celebrity Baby Shower](#)

2. Plant a tree: I know you may be thinking...um, what? But what better way to celebrate the arrival of one life by planting another life in the baby's honor? When the baby grows older, you can show them their tree and it will be symbolic to watch both your baby and your baby's tree grow together. This also creates an intimate connection with nature to human life.

Related Link: [Celebrity Baby News: Billy Joel & Wife Alexis Welcome Second Child Together](#)

3. A birthday cake: Of course! How did we not think of that? Many people forget to have a birthday cake on the day of the actual birth. The mother especially will surely want to indulge in some yummy cake to celebrate the arrival of their new child.

Know some unique ways to celebrate the arrival of your baby? Comment below!

Celebrity Wedding: Michelle Williams Is Engaged to Andrew Youmans





By [Carly Horowitz](#)

It's official! [Latest celebrity news](#) reveals that even though Michelle Williams has made great efforts to keep her [celebrity relationships](#) and life in general on the down-low since the death of the father to her daughter, Heath Ledger, multiple sources have confirmed that Michelle Williams is engaged to Andrew Youmans. According to [UsMagazine.com](#), Williams has been sporting a heart-shaped diamond ring over the past two months, but has brushed off speculation. Now, this [celebrity wedding](#) has been confirmed. We have another celebrity wedding to look forward to!

Michelle Williams has kept her upcoming celebrity wedding news under wraps. What are some reasons to keep your relationship on the

down-low?

Cupid's Advice:

Relationships are usually between two individuals. It gets complicated sometimes when other people try to interfere. Sometimes it's beneficial, but other times it's better to just keep your business between you and your significant other. Cupid has some reasons why you could be keeping your relationship on the down-low:

1. Not everyone will be happy for you: The public may judge as people are getting into relationships very soon after the end of a previous relationship. As long as you are happy with your partner, that is all that matters and you don't owe reasoning to anyone else.

Related Link: [Celebrity Wedding: Kellan Lutz Confirms Engagement to Girlfriend Brittany Gonzales](#)

2. Less people will interfere: Sometimes you just need time for yourself. By keeping your relationship on the down-low, you can minimize unwanted opinions about how you are conducting your life. Guidance is great, but true personal growth comes from making your own mistakes from decisions within.

Related Link: [Katie Holmes Wears Disguise to Secretly Meet Celebrity Love Jamie Foxx](#)

3. The breakup is easier: When getting into a relationship after previous tragic events in life, it is sometimes harder to keep a steady relationship. Instead of having multiple people trying to keep up with your status, it is easier to just do your own thing and if relationships end, less gossip will arise because many people won't know about it in the first place.

Have some more reasons to keep your relationship on the down-low? Comment below!

'Bachelor in Paradise' Stars Carly Waddell & Evan Bass Celebrate Celebrity Baby Shower



By [Carly Horowitz](#)

In [latest celebrity news](#), *Bachelor in Paradise* stars Carly Waddell and Evan Bass celebrated the upcoming birth of their

[celebrity baby](#) Isabella Evelyn Bass on the weekend of January 13, according to [EOnline.com](#). According to many social media posts, it looks like this [celebrity couple](#) had a blast celebrating with their friends and family. [The Bachelor](#) stars Julia Kinney, Kaitlyn Bristowe, and Jade Tolbert were in attendance. Celebrity couple Carly and Evan are getting right into starting their family since they were wed this summer in June 2017. Best wishes to these *Bachelor in Paradise* stars with their celebrity baby.

There's a new [celebrity baby](#) ready to enter the world! What are some unique ways to personalize your baby shower?

Cupid's Advice:

Planning a baby shower is a very joyous time. In order to make the day more memorable, unique ways to personalize your baby shower would be beneficial:

1. Plan a unique theme: Everyone has different interests. Dig deep to figure out what theme would best suite the mother-to-be. Be creative! Is she into music?- Rock-and-roll theme. Has she always been a lover of the sea?- Anchors aweigh theme.

Related Link: [Celebrity Baby Shower: Former 'Bachelorette' Ali Fedotowsky Wears Floral Dress to Baby Shower](#)

2. Personalized baby shower favors: Practical favors that guests will actually use are the best. You want your guests to use your baby shower favor in the future and be reminded of the joyful unique gathering that occurred that day. The favors can relate to your theme as well. Think- wine glasses with personalized writing on them, printed mason jars, glass coasters, etc.

Related Link: [Famous Couple Nick Lachey and Vanessa Minnillo Celebrate Second Celebrity Baby Shower](#)

3. Games!: Adults need to get into the spirit of a young child while celebrating the upcoming birth of a newborn. What better way to do so than channeling their inner kid and playing some fun party games! There are many popular baby shower games that are already established and you can look into them to see which games seem as if they will best fit the mother-to-be. If you are creative enough to make up a new unique baby shower game, do so! Get those creative child-like juices flowing.

Have input on how you made your baby shower special and unique? Comment below!