

# Celebrity Interview: Hollywood's Most Sought-After Hair Colorist Michael Canale Talks Tips for At-Home Hair Care and His New Hair Line



By [Hope Ankney](#)

Michael Canale is an American hairstylist, colorist, and the creator of Canale Hair Care Products. Yet, he's mainly famous for being the most sought-after hair specialist in Hollywood.

Being a part of the entertainment industry for years, his hands have worked magic on the likes of Reese Witherspoon,

Jennifer Aniston, and Kate Hudson. In fact, Canalé is responsible for “The Rachel” look on Aniston that dominated the widely successful, early 2000s sitcom *Friends*. But, he’s recently decided to branch out and start his own line of hair care products to further help others outside of his grasp. On top of that, he has spoken out about the importance of self-care and how to maintain your color during this time of quarantine.

**In our exclusive celebrity interview, we chat Michael on his rise in the industry, advice over safe hair coloring tips, tricks to try at home, and his new hair line Canalé.**

**How did all of this start for you? Was there a specific moment you remember that caused you to want to become a hair colorist?**

I was a biology minor and have always been on the chemical side of the industry. Early in my career, the colorist where I worked did not show up to the salon. The makeup artist asked me if I wanted to learn how to color hair with him. So, he taught me how to identify the right color for each type of complexion. He also showed me 3 techniques that I have expanded over time, making my own numerous techniques while retaining those 3 main concepts.

**You’ve worked with very well-known clientele over the years. Jennifer Aniston... Kate Hudson... Are there any stories you can tell us about your favorite experiences with some of them?**

I am a colorist, and I work by myself. It was amazing to see

Jennifer blow-dry her own hair as well as any stylist! Heidi Klum was the only person that ever made me blush just by her looking at me. I am honored to work with a lot of my actresses, trusting me to color their hair during their pregnancies, like Kate Hudson!

**You've been voted 14 years in a row by *Allure Magazine* as being the "best of the best" and even received praise from *Vogue*. You have such a prolific career. What advice do you have for young children or even young stylists who want to get into the field?**

Learn from the best, work with the best, and never let them down. Make the master stylist proud. Remember to keep the health of the hair, use what the client naturally has to achieve – what they desire. Work with their natural base color and their hair consistency to enhance their overall look.

**With the state of the world right now and everyone being at home due to quarantine, what are some at-home hair coloring tips for our audience?**

Between seeing your colorist and seeing them again, do not do anything that will ruin your hair. While quarantined, you can use concealers like spray and powders that cover grey. This lasts until you wash it out. Another option is demi or semi-permanent. Demi will last up to 2 weeks while semi can last up to 6 weeks when using the right hair products. Both will keep your hair color intact while waiting to see your hairdresser again. If you choose to dye your hair, remember hairlines grab darker, so try to stay lighter around the hairline. You will have to purchase 2 different boxes of color. For example, if you are doing your base medium brown use light brown around your hairline. Also for brunettes, try a color bath with the remainder of the hair color! Use a base color, you can add water and shampoo to the remaining color in the bottle and lather it into the ends of the hair to refresh it for the last 5 minutes of the process.

**From your perspective, what are the hair color trends at the moment?**

Roots are in! Try to preserve or prolong your hair color. I recommend using a color and shine-boosting gloss. All of my New SIGNATURE GLOSSES, can really refresh and enhance color for both highlights and base colors. The SUNKISSED GOLD for warmer skin tones and COOL BLUE for cooler skin tones will brighten up your blonde while MIDNIGHT BLUE cools down any brassy tones on blondes or brunettes. They last up to 2 weeks, the results are amazing! I am currently providing samples to my clients in my Canalé At Home Personalized Color Kits. The glosses will be made available in June for the Summer and can currently be pre-ordered on my website [www.colorbycanale.com](http://www.colorbycanale.com).

**Self-care in any way can be something that makes someone feel great about how they look or feel inside. How important do you feel it is to practice self-care on your hair while being isolated during this pandemic?**

Take care of yourself and your hair! Get up in the morning, take a shower, wash, and style your hair. Use boar bristles, not metal for your brushes, and avoid hot tools. Add oils to your conditioner. My new REPAIRING Hair Oil restores natural luster, hydrates, and deeply conditions dry, damaged, and color-treated hair. Just add 3-5 drops of oil to a tablespoon of Canalé SOFTEN or SOFTEN PLUS Conditioner for a deep conditioning treatment. I am also providing these samples to my clients in my Canalé At Home Personalized Color Kits. They will be made available in June and can currently be pre-ordered on my website [www.colorbycanale.com](http://www.colorbycanale.com).



Michael Canalé. Photo:  
Courtesy Anderson Group  
Public Relations

**Can you tell us a little bit more about your product line, Canalé?**

People would come to me and ask, “How can I keep my hair looking fresh until I see you again?” So, I created a product line that is proven to maintain and restore the integrity of treated hair from the inside out and the outside in! Canalé CLEANSE Shampoo for all types of hair is the mildest shampoo that fully cleans the hair without fading color. SOFTEN Conditioner for finer hair, rebuilds the hair shaft and brings back the luster of the hair. SOFTEN PLUS Conditioner, rebuilds the hair shaft plus adds moisture, perfect for thick, unmanageable hair. Canalé hair products have two supplements, one topical and one ingestible. NOURISH topical vitamin foam is applied to the root of the hair and feeds the hair follicle with key nutrients. It is applied after Cleanse shampoo and expands the hair shaft adding volume. It is the most technologically advanced product in the line. The ingestible vitamin REPLENISH feeds the hair, skin, and nails all-natural, vegan, superfood, blue-green algae, and other key nutrients that help stimulate the hair with a patent on cellular absorption by Targeted Medical Pharma.

Healthy, shiny hair that is what everyone wants!

**How did the idea come about to create the products for Canalé? Was there a specific amount of time you waited before pursuing it?**

In the past, I represented brands like *Kerastase* and *Shu Uemura*. Although I loved these products, I still felt something was missing. I made it my personal goal to develop the most holistic healthy hair care system. I partnered with Dr. David Silver and worked together to scientifically formulate a product line focusing on getting and keeping hair healthy while maintaining and extending hair color, improving the fullness of hair, and bringing out the natural shine.

**What do you think is the greatest opportunity you've had while having the platform you do as such a renowned hair colorist?**

I truly enjoy making people happy. Creating the trend, while working to bring out my client's personal best. The right color is an accessory, use it to your advantage. People can always tell my work, enhancing a person's natural complexion and eye color, this trend never goes out of style. I have appreciated the opportunity to share my work over the years with multiple generations of the most powerful woman, true icons, and inspirations.

**The hairstyles we have can be so empowering. The way one plays with theirs can be such a creative outlet. Why do you think that is?**

Hair is personal. It is an expression and extension of ourselves and our personality. It is who we are and who we inspire to be. With the latest hair color trends, individuals are empowered and encouraged to take risks. Using temporary dye or hair makeup is so fun!

*Voted "Best-of-the-Best" by Allure Magazine 14 years in a row and touted by Vogue as "not only really good, he's really*

*fast," Canalé personally travels between locations in Rancho Santa Fe, San Francisco, Dallas, New York, Washington DC and Beverly Hills, making sure that each of his clients gets the hands-on attention they need to look and feel their very best. With over 30 years' experience, Michael Canalé is a rare talent and truly among the best in the industry; his work has been published in Allure, Vogue, Vanity Fair, Women's Health, Elle, Marie Claire, Redbook, Glamour, and New Beauty, to name a few.*

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# **Celebrity Exes: Justin Theroux Wishes 'Fierce' Jennifer Aniston a Happy Birthday**





By [Lauren Burczyk](#)

In [celebrity news](#), [celebrity exes](#) Justin Theroux and [Jennifer Aniston](#) will mark their one-year anniversary of their post-Valentine's Day announcement of their divorce. Despite their break-up, Theroux wished his ex a very happy birthday in an Instagram post. On Monday, he captioned a photo of Aniston holding a pair of bull horns above her head with her muscular arms, saying "Happy Birthday to this fierce Woman." It is unclear if Aniston received the well wishes because she doesn't have an Instagram, but one of their mutual friends commented on his post. So, chances are she gladly got the message.

**It seems these celebrity exes are keeping things amicable post-divorce. What are some reasons to remain civil with your ex after a**



# break-up?

## Cupid's Advice:

Though it may be tough to remain civil with your ex following a break-up, there are many reasons to keep things amicable post-divorce. Here are some reasons to remain civil with your ex after a break-up:

**1. They know your backstory:** Having been through so much together, your ex knows everything about you. Keeping them around as a friend is a great idea so that you have someone you can go to if you need advice.

**Related Link:** [Celebrity Exes: Jennifer Garner Will Support Estranged Husband Ben Affleck 'No Matter the Circumstances'](#)

**2. Your relationship was too important to just end things completely:** So, you couldn't find a way to make things work as partners, but that doesn't mean you can't remain friends. After being together for so long, you can't just pretend your ex doesn't exist, so, it's best to stay civil with them.

**Related Link:** [Celebrity Exes: Justin Theroux Breaks Silence on Split from Jennifer Aniston](#)

**3. It's easier to get over the break-up:** One of the most difficult things after a break-up is missing the person you used to share your life with. If you're both cool with still being friends, then it can make your split easier to get over.

**Can you think of any other reasons to stay civil with your ex following a split? Comment below.**

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# Celebrity News: Brad Pitt Attends Ex Jennifer Aniston's Birthday Party



By [Mara Miller](#)

In the latest [celebrity news](#), [Brad Pitt](#) went to [Jennifer Aniston's](#) 50th birthday party, according to *EOnline.com*. Pitt and Aniston split in 2005, but are still on good terms with each other. Pitt wanted to support Aniston as a friend with other people in her life, but sources say that they won't be rekindling their romance any time soon. It's great to see that these [celebrity exes](#) are still friends on amicable terms.

# In celebrity news, Brad Pitt attended his ex-wife's star-studded birthday party. What are some rules of thumb for keeping the peace with your ex?

## **Cupid's Advice:**

There's no reason you have to completely cut your ex out of your life if you can see yourselves being friends down the road. This is especially true if you have children or the same circle of friends. Here are some ways you can keep the peace:

**1. Keep it simple:** Don't bring up anything from the past, and keep your conversation pleasant. There's no point in rehashing old fights when you have no intention of getting back together. Keeping things surface level is usually best.

## **Related**

**Link:** <http://cupidspulse.com/128565/celebrity-exes-cardi-b-off-set-working-things-out-assault-case-adjourned/>

**2. Avoid a dating atmosphere:** Avoid places that bring back old memories. There's no reason to introduce nostalgia into the picture, and you don't want to be at a place with clear date vibes. Keep it casual.

## **Related**

**Link:** <http://cupidspulse.com/128244/celebrity-exes-chris-pratt-anna-faris-co-parenting-tips/>

**3. Keep yourself in check:** It's okay to question yourself about old feelings about your ex. This is why giving each other space if you both need it is fine, especially if you run in the same social circles or have children together.

**What are some ways you can keep the peace with your ex? Share your thoughts below.**

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# Beauty Tips: 5 Ways to Look Great with the Least Amount of Makeup



By [Lauren Burczyk](#)

Makeup is amazing, but let's be honest, sometimes the whole routine can take up way too much time when we need to be somewhere in a hurry. Also, our skin deserves a little bit of a breather once in awhile. The good news is that there are [beauty tips](#) that can still have us looking our best while wearing less makeup. These [beauty tricks](#) will have you looking fabulous in no time!

# Here are five ways to look great with the least amount of makeup.

**1. Use less foundation:** Your face can still look flawless using less foundation. Some celebrities, like [Jennifer Aniston](#), are known for their natural look. To achieve the same, flawless style, simply use a damp sponge instead of a brush and apply your foundation in thin layers to avoid caking.

**Related Link:** [Beauty Tips: 5 Natural Ways to Make Your Lips Look Fuller](#)

**2. Define your eyes:** Opt for a pencil liner instead of a liquid liner that is easier to smudge and to help you achieve more consistent results. Use a nude-colored pencil instead of black for your waterline, this will help you look more awake throughout the day.

**Related Link:** [Beauty Tips: 5 Beauty Products You Don't Need To Splurge On](#)

**3. Don't skip the highlighter/bronzer:** Highlighter is a great way to brighten up your look and bronzer can help you contour without using much effort. Use highlighter on your brow bone, the inner corners of your eyes, and the tops of your cheeks. Bronzer can be used as a light eye or cheek contour if you're in a rush.

**4. Streamline your routine:** It's always a good idea to have some color on your cheeks. Using a strobing or shimmery blush can help to streamline your routine by depositing color and shine in one stroke.

**5. Define and thicken your brows:** Polish off your look with an easy-to-apply tinted brow gel. A brow gel can help to keep your brows in place, add color, and even helps to fill in bare spots.

Can you think of some other ways to look great while using the least amount of makeup? Comment below.

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# Celebrity Exes: Justin Theroux Breaks Silence on Split from Jennifer Aniston



By Courtney Shapiro

In [celebrity news](#), Justin Theroux discussed his split and previous [celebrity relationship](#) with Jennifer Aniston. The [celebrity couple](#) wed in August of 2015 and separated in

February after less than three years of marriage. In an interview with *EOnline.com*, Theroux said, "The good news is that was probably the most...it was kind of the most gentle separation, in that there was no animosity." Theroux and Aniston remain friends even after their split.

## **Justin Theroux characterized his split from celebrity ex Jennifer Aniston as "gentle." What are some ways to keep the animosity out of your break-up?**

### **Cupid's Advice:**

Can a relationship end without animosity? Cupid has some tips to keep the break up amicable:

**1. Talk through any issues:** To end the relationship with no "hard feelings," it is important to discuss any problems you might have with one another. Work through all your issues and make sure both of you are on the same page. You will be able to be friendly if both parties were able to calmly discuss any concerns.

**Related Link:** [Celebrity Exes: Tate Donovan Says He was 'Dying Inside' Working with Ex Jennifer Aniston on 'Friends'](#)

**2. Keep the details of the break-up between the two of you:** Of course it is difficult to keep the details to yourself, because all of your family and friends will want to know what happen, but keep those private as it was something that happened just between you and your partner. You can share the gist with your support system, but you don't want that person getting attacked for being part of the break-up, when they won't fully understand the reasons behind the decision.

**Related Link:** [Celebrity Break-Ups: Ashlee Simpson Wasn't Totally Surprised By Jessica Simpson & Nick Lachey's Split](#)

**3. Don't try to "win" the break-up:** After the break-up, your sole focus is going to be yourself for sure. You can incorporate positive changes into your life, but don't make it seem like you're thriving without the person right away.

Are there ways you have broken up with someone in a friendly way? Let Cupid know below!

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**Celebrity Exes: Tate Donovan Says He was 'Dying Inside' Working with Ex Jennifer Aniston on 'Friends'**







By Ivana Jarmon

In the latest [celebrity news](#), Tate Donovan broke his silence on his break-up from [celebrity ex Jennifer Aniston](#). In 1994, the *Argo* actor guest starred on the famous NBC comedy show *Friends* for a six-episode arc. During that time, Donovan and Aniston were unfortunately breaking up in real life. Reporting exclusively to [UsMagazine.com](#), Donovan said, “I was just happy to be on the team. The only bummer was Jennifer and I were breaking up at the time. And so that was tricky to sort of act like we are just meeting each other, and falling in love, when we’re sort of breaking up. That was tough.” Donovan went on to say that because of the break-up, the arc for his character Joshua, a personal shopping client of Rachel Green’s (Aniston) at Bloomingdale’s, only lasted six episodes. But, those who knew of their break-up such as Aniston’s co-stars, were very compassionate about the whole situation. The actors were all able to remain professional.

# These celebrity exes kept it professional at work even though they were going through a break-up in real life. What are some ways to stay professional at work even if you work with your ex?

## Cupid's Advice:

Break-ups aren't easy, especially if you have to continue seeing your ex on a daily basis at work. Cupid has some tips:

**1. Keep it professional:** Work is work. Keep your personal life out of it. Even if you feel like you're dying inside, take a deep breath and keep it moving. Be civil to one another, even if he or she isn't.

**Related Link:** [Celebrity Break-Up: Justin Theroux Had 'Reservations' About Marrying Jennifer Aniston](#)

**2. Fake it until you make it:** Paste a smile on your face and act like nothing is bothering you. Don't risk your job for an ex; keep your work life free of drama.

**Related Link:** [Celebrity Break-Up: Justin Theroux Is Spotted with Aubrey Plaza Post-Split from Jennifer Aniston](#)

**3. Don't date your coworker in the first place:** Plain and simple. Dating a co-worker may work for some, but certainly not all. If things go south, it may get very awkward very quickly at your work place. This won't only affect you, but also your coworkers. Tensions may escalate quickly. There's no reason you should have to see your ex daily. It's extremely hard to make a clean break, but it's almost impossible to make one when you share an office.

What are some survival tips to stay professional at your workplace while working with an ex? Share your thoughts below.

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# Celebrity Break-Up: Justin Theroux Is Spotted with Aubrey Plaza Post-Split from Jennifer Aniston



By [Jessica Gomez](#)

In [celebrity news](#), Justin Theroux was spotted with his co-star

from back in the day, Aubrey Plaza. According to [People.com](#), they were photographed in New York City and went to Theroux's apartment. "They met to discuss a potential film project," a source said. As for his relationship with [Jennifer Aniston](#), the two continue to be friends after their [celebrity break-up](#).

## **Justin and Jennifer's celebrity break-up is fairly new, but it looks like at least one of them is moving on. What are some things to consider before moving on after a break-up or divorce?**

### **Cupid's Advice:**

Moving on after a break-up can be extremely difficult sometimes. What can be even worse is deciding whether to move on or not. Here are some things you should consider before moving on:

**1. Why did you both break up?:** Was the break-up over something not worth it or was it over something that was? Sometimes we break-up out of anger or over something that we think we cannot move past, but do. Evaluate things, make sure that the break-up happened for the right reasons and you're okay with that decision.

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**2. Is there even a future with this person?:** Is this person worth getting back with in the future? If you no longer see a future with an ex flame, it's time to move on. If you know this valuable piece of information, then you're on track to

move on.

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**3. Has the other person moved on?:** If so, then it is probably safe to say that you should too. It may hurt to see them with someone else, but things happen for a reason. Don't let seeing them with someone else throw you into a jealous fit that makes you want them more. No bueno!

**What things have you considered before moving on? Share with us below!**

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## **Celebrity Break-Up: Cheating Didn't Play a Role in Jennifer Aniston & Justin Theroux's Split**





By [Carly Horowitz](#)

The [Jennifer Aniston](#) and Justin Theroux [celebrity break-up](#) has been the [latest celebrity gossip](#) in everyone's ears the past few days. According to [UsMagazine.com](#), in order to decrease speculation, a source explained that cheating didn't play a role in the celebrity break-up between Aniston and Theroux. "The split is very mutual. They truly want each other to be happy and wish the best for one another," the source said. "Cheating is not the reason for the split and did not happen." A source also said that even though cheating did not play a role in this split, distance may have.

**This celebrity break-up didn't involve a cheating scandal. What are some ways to know if your partner is cheating?**

**Cupid's Advice:**

It is definitely not beneficial to be on guard all the time about if your partner is cheating on you, but it isn't bad to be aware that it could happen. Here are some signs that may indicate that there is some infidelity occurring in your relationship:

**1. Less time together:** If your partner randomly begins to have less time for you, they may be spending time with someone else. Obviously if your partner just got a new job or is dealing with some occurrence, they might have less time to spend with you because of that. Talk to your partner and ask why your time together has decreased.

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**2. Emotional distance:** You may begin to notice that something in your relationship just doesn't feel the same. You're not connecting on that emotional level anymore. That may just be because you have gotten very comfortable in your relationship, or it may indicate that the emotional energy that your partner used to put into you is now going towards someone else. Be open and bring this emotional distance to your partner's attention.

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**3. They guard their phone:** Your partner should be relatively open with their phones around you if they have nothing to hide. If out of the blue your partner starts making sure you cannot view their phone, that may not be a good sign. Overall, you can't be sure of anything unless you have proof and you don't want to go out searching for signs of cheating. Just live happily in your relationship and if you really do feel like something may be up, talk to your partner. Hopefully they will be honest with you.

**What are some other indicators that your partner may be**

cheating? Comment below!

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# Relationship Advice: Don't Let Distance & Lifestyle End Your Relationship



By Dr. Jane Greer

People in distance relationships, whether by choice or necessity, are able to have success with a great deal of effort and flexibility. In order to make the relationship work, there must be a strong desire to be together, and a



willingness between both partners to make room for each other's respective needs. However, love does not conquer all, regardless if you are a celebrity or not.

## **Is it possible to find a resolution? Read on for more [relationship advice](#):**

Recently, [celebrity couple Jennifer Aniston](#) and Justin Theroux announced their [celebrity divorce](#) after two years of marriage, stating it was a mutual decision to part ways. While Aniston and Theroux love and respect each other, they said they simply couldn't agree on a lifestyle that worked for each other. This is a common issue couples may face: you can love someone, and still desire to live differently than them, or even desire to live in an entirely different place than them.

Splits like the one between Aniston and Theroux are often caused by the inability to find the middle ground when trying to successfully make a home in the same place. Compromise is hard enough for two people who live under the same roof, but when partners are separated by differing work schedules or physical office placement, compromise can be extremely challenging. The key to keeping the peace is to commit to a place together, making sure that both partners are happy and do not feel as though they have sacrificed their happiness and well-being.

**Related Link:** [Relationship Advice: What If Your Family Doesn't Approve Of Your Partner?](#)

So, if you're in a long distance relationship right now, what should you consider before packing up your life and moving to a new place with your significant other, to best guarantee a successful outcome? How can you be sure you or your partner are sacrificing enough, without negatively impacting your

relationship?

Above all, you and your partner must be in love. This is the most important box to check, as it gives each of you the ability to be open to change because you'll be with your loved one. While this is a starting point, it might not be enough, as we saw with Jennifer and Justin. When deciding to take the plunge, be sure to ask yourself: do you actually like the place you're moving to? Will it take away your happiness?

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Here's some food for thought. If one of you lives in a sunny place, but the other one simply hates the sun, or if one of you lives in a rural community and the other thrives on city life, where to move might not be an easy choice to make. If all your friends live in your current town, would you resent moving away from them to be with your love? Think about how all of this might affect your day-to-day life, mood, and eventually, your relationship. If, on the other hand, your partner lives in New York City, a place you've always wanted live, great! Leaving your loved ones behind won't matter as much. Talk to your partner and hash out the details. A temporary move might not be a deal breaker. A permanent one may be, though.

It is most important to think about your relationship, what it means to you, and where you can find happiness and friends in your new home. Is this decision mutual? Do each of you want it as much as the other? Does moving mean you're ready to take the next step towards engagement?

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It is also important to consider the strength of your connection, especially during the triumphs and tribulations. Up until now, most of the time you've spent together was special and seemingly perfect. (It's called the honeymoon phase for a reason!) You have probably tried to be on your

best behavior at all times to maintain the picturesque image. Once you move, it will be more difficult to keep up the guise.

Ultimately, if you are moving for the right reasons; for love and for openness to adventure, it is less likely that you will feel as though you have lost yourself. What really helps is when you are connected with a partner who has similar aspirations, wants, likes, and needs. In the end it, it should not feel like either of you are sacrificing your “me” to be a “we.” This wasn’t possible for Jennifer and Justin, but hopefully they can both move forward and find happiness apart.

*Tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let’s Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at [www.facebook.com/DrJaneGreer](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.*

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## **Celebrity News: Would Jennifer Aniston Get Back Together With Brad Pitt?**





By [Jessica Gomez](#)

Former [celebrity couple Jennifer Aniston](#) and Justin Theroux's split is raising a certain question: will [celebrity exes](#) Aniston and [Brad Pitt](#) be getting back together now that they're both single? According to [UsMagazine.com](#), Aniston and Pitt will not be rekindling their [celebrity relationship](#) after all. "Jen wouldn't consider being with Brad in a romantic way," a friend of Aniston's said. "But there is always a spot in her heart for him." As for Pitt, a source said, "Brad is sad to hear about Jen's divorce. He only wishes the best for her. However, Brad hasn't reached out to Jen, and has no plans to do so at this point."

**In this [celebrity news](#), fans are speculating about Jennifer Aniston and Brad Pitt now that both have gone through splits. What are some**

# things to consider before getting back together with an ex?

## Cupid's Advice:

Whether or not to get back with an ex is an important decision. It isn't always an easy one either. Cupid has some things to consider before making the choice:

### **1. Have you both moved on from the reason you both broke up?:**

Think about the reason why you both broke up in the first place. Was it for a good reason or was it circumstantial? Then, also think about whether you both have forgiven each other completely for past mistakes. If you have, then that can be a good sign – if not, then not so much. If you feel like you haven't forgiven your ex for something, then that problem will probably constantly arise during your reconciled relationship.

**Related Link:** [Justin Theroux Found Post-Its from Brad Pitt During Jennifer Aniston Marriage](#)

### **2. Do you see a future with your ex?:** Why go back to an ex if you don't think it's going to be serious and no good future ahead? Think about this thoroughly – sometimes we see a future with someone, but that future comes with unnecessary obstacles and negativity. If this is the case, then it may be a sign that your ex is meant to stay an ex. Think about this while spending some time apart – it's something big to ponder.

**Related Link:** [Justin Theroux Had 'Reservations' About Marrying Jennifer Aniston](#)

### **3. What are reasons to get back together and not get back together?:** Pro and con lists are good ones to make. Be fair and think about why you should get back together with your ex and why you shouldn't. Then, weigh it all. Certain things

weigh more than others, so be honest and just with yourself when considering all the information. Making a list with a friend can help, as long as that friend isn't necessarily biased.

**What are some things you or a friend considered before getting back with an ex? Share below!**

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## **Celebrity Break-Up: Justin Theroux Found Post-Its from Brad Pitt During Jennifer Aniston Marriage**





By [Carly Horowitz](#)

In [latest celebrity news](#), Justin Theroux found post-it notes from [Jennifer Aniston's celebrity ex](#), [Brad Pitt](#), during the time that he was together with Aniston. According to [UsMagazine.com](#), a source stated, "He stumbled upon old Post-it notes Brad had written. Sweet little Post-its like, 'You looked nice tonight' or 'Miss you already'." The source further explained that these post-it notes caused much controversy. The source goes on to say, "Jen assured him they weren't a big deal, but Justin wasn't thrilled ... Justin had moments of insecurity like that." Needless to say, details are still surfacing with regard to the Aniston-Theroux [celebrity break-up](#).

**Details from this celebrity break-up are still emerging. What are some ways to keep the personal**

# details of your relationship under wraps post-split?

## Cupid's Advice:

Personal details about your relationship are just that – personal. It can be a burden if these intimate details are being released. Post-split time is stressful in general. It doesn't need to be more stressful by details being revealed. Cupid is here with some advice on how to keep those personal details on the down-low after your break-up:

**1. Be careful to whom you tell information:** A relationship is usually between only two people. If you truly want to keep the details between you two, be meticulous about who you share your post-split details with. Even your best friend might not be able to keep the juicy details to themselves.

**Related Link:** [Celebrity Break-Up: Jennifer Aniston & Justin Theroux Announce Separation](#)

**2. Get on good terms with your ex:** Have a mature conversation with your ex and make sure you guys are on decent terms after your separation. Make it clear that you want to keep your information private. If you and your ex aren't on good terms, it could cause them to potentially leak information in regards to your relationship that you did not want exposed. Make sure you guys are on the same page.

**Related Link:** [Celebrity Break-Up: Justin Theroux Had 'Reservations' About Marrying Jennifer Aniston](#)

**3. Be straight forward:** If you must expose information to someone post-split, be straight forward and make affirmative statements so that your words cannot be twisted and skewed. Say things like “We have moved on maturely”, and just leave it at that.



How else can you keep your personal break-up details secret?  
Comment below!

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## Fitness Trends: Shakes & Smoothies



By [Jessica Gomez](#)

Shakes and smoothies are delicious ways to stay healthy because of all the nutrients they provide and the fact that they keep your body hydrated. You can get healthy shakes and smoothies at cafes and juice bars or make them at home with a juicer. Many celebrities juice and drink smoothies to nourish

the body, mind, and spirit. Among them are [Jennifer Aniston](#), Jessica Alba, [Blake Lively](#), and [Kate Hudson](#).

**Get a celebrity body by learning the health benefits of the [smoothie fitness trend](#), along with some yummy, healthy recipes. Here are our fitness trends:**

**Vitamins and minerals:** Making a fruit smoothie ensures you get plenty of vitamins and minerals like vitamin C, vitamin A, vitamin K, vitamin B6, potassium, manganese, and folate. Find out [the benefits of vitamins and minerals here](#). The vitamins and minerals won't only make your body work better and feel more energized, but it should boost your mood as well.

**Related Link:** [Top 5 Celebrity Diets That Actually Work](#)

**Fiber:** It's a carbohydrate that is a necessary part of our diet! Approximately, women need 25 grams and men need 38 grams. Fiber helps with digestion and lowers your blood cholesterol. Blueberries, apples, carrots, cucumbers, and tomatoes are all fruits and veggies that contain good amounts of fiber and can be included in your shakes, smoothies, or juices.

**Related Link:** [Fitness Secrets: Learn More About Your Body in a Metabolic Chamber](#)

**Protein:** You can definitely add protein to your shakes and smoothies by adding nuts or peanut butter. Protein is important because it helps your bones, muscles, cartilage, skin, and blood. Women need approximately 46 grams and men need about 56 grams per day.

Making smoothies with water is the healthiest option because you cut back on calories and just get pure deliciousness full of health benefits. [Here](#) are some scrumptious smoothies and juices that celebs incorporate into their celebrity diets. Paired with nutritious meals, smoothies and juices are a yummy addition to a healthy lifestyle.

What benefits are you now planning on attaining when incorporating smoothies into your diet? Comment below!

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## Celebrity Break-Up: Justin Theroux Had 'Reservations' About Marrying Jennifer Aniston





By [Carly Horowitz](#)

In [latest celebrity news](#), it turns out that Justin Theroux did not view his [celebrity marriage](#) to [Jennifer Aniston](#) as a necessity. According to [UsMagazine.com](#), a source said, “Justin was absolutely head over heels in love with Jen – and probably always will be – but marriage was never important to him.” The source further explains, “Marriage was always just a piece of paper to Justin, and he didn’t need it.” On the other hand, the source has the impression that Aniston contained different views- “Constant scrutiny of Jen’s personal life, including whether she would ever find her happily ever after, played a huge role in her marriage to Justin.” All in all, Aniston and Theroux seem to have enjoyed their time while it lasted, although some may argue that this lack of congruence from the start may have proved their [celebrity break-up](#) inevitable.

**This celebrity break-up comes after some hesitation to get married in**

# the first place. What are some ways to know you're 100% ready for marriage?

## Cupid's Advice:

It is important that you and your partner are on the same page, especially when it comes to marriage. Here are some clues you can look for that can show you are ready for marriage:

**1. You feel open:** If the love you have for your partner leads you to a mindset of open-ness and excitement, than that is a good sign. It is great if you feel as if you would try anything or go anywhere as long as you have your partner by your side.

**Related Link:** [Celebrity Break-Up: Jennifer Aniston & Justin Theroux Announce Separation](#)

**2. You see the world the same way:** It is definitely a plus if you and your partner have similar outlooks on life. Although, it is not an absolute necessity that you two agree on everything. Sometimes it is good to have some different views. Opposites attract! Overall, it would make for a smooth, healthy marriage if you and your partner at least had similar views on a majority of aspects.

**Related Link:** [Celebrity News: What Reese Witherspoon Learned After Leaving an Abusive Relationship](#)

**3. They bring out the best in you:** The best part about marriage is that you have found someone that compliments your greatest attributes, as you do the same for them. If you love the person you are when you are with your partner, it may be time to walk down the isle!

What are some others things that can indicate you are ready for marriage? Comment below!

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# Celebrity Wedding: Amy Schumer Marries Chris Fischer in Surprise Wedding



By [Carly Horowitz](#)

Amy Schumer and Chris Fischer tied the knot on Tuesday! According to [EOnline.com](#), the [celebrity wedding](#) took place in a private waterfront home in Malibu. Schumer and Fischer only

went public as a [celebrity couple](#) two days before their wedding via an Instagram post of them kissing. Although, rumors of Schumer and Fischer being together have been stirring around since November. Some individuals whom were in attendance at the celebrity wedding were [Jennifer Lawrence](#), [Jake Gyllenhaal](#), [Jennifer Aniston](#), Larry David, Judd Apatow, and David Spade.

## **This celebrity wedding was a surprise! What are some benefits to making your wedding a surprise?**

### **Cupid's Advice:**

Your wedding is a very special occasion. Sometimes, it can make it even more special if you celebrate it in an intimate, surprising manner! Here are some good aspects regarding surprise weddings:

**1. There is less pressure:** When you are planning a surprise wedding, there won't be any expectations of how it should go. The guests or the public in general has no idea what to even expect since it is a surprise. Therefore, your wedding doesn't have to live up to anything crazy.

**Related Link:** [Celebrity News: Prince Harry Asks Ed Sheeran to Perform at Royal Wedding to Meghan Markle](#)

**2. You only have to rely on select people:** When keeping your wedding a surprise, you won't have to worry about people who you don't really want contributing giving you input. Since you will only be notifying a select number of people in the first place, you will be able to conduct your wedding peacefully with just the right amount of outside input.

**Related Link:** [Royal Celebrity Wedding: Princess Eugenie Is](#)

[Engaged to Longtime Boyfriend Jack Brooksbank](#)

**3. It is exciting!:** Even though a surprise wedding is not traditional, you have to admit that it is pretty cool. Not everything has to be a big production. What better way to spend your wedding than in a secluded area with your closest family and friends. Once the word gets out, everyone else will have something surprising to be excited about!

**Do you have any surprise wedding stories? Comment below!**

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## **Celebrity Break-Up: Jennifer Aniston & Justin Theroux Announce Separation**







By [Carly Horowitz](#)

In [latest celebrity news](#), [Jennifer Aniston](#) and Justin Theroux have officially announced that they are separated. The former couple was wed secretly in August 2015. Now, this [celebrity break-up](#) was also kept until wraps until yesterday. According to [UsMagazine.com](#), the duo released a statement, saying, “In an effort to reduce any further speculation, we have decided to announce our separation. This decision was mutual and lovingly made at the end of last year.” The former [celebrity couple](#) wanted to release the truth despite false speculation. “Normally we would do this privately, but given that the gossip industry cannot resist an opportunity to speculate and invent, we wanted to convey the truth directly. Whatever else is printed about us that is not directly from us, is someone else’s fictional narrative.” Aniston and Theroux seem to have had a pretty peaceful celebrity break-up, as they also stated, “We are two best friends who have decided to part ways as a couple, but look forward to continuing our cherished friendship.”

# This celebrity break-up comes after much speculation. What are some ways to keep your break-up just between you and your partner?

## **Cupid's Advice:**

One of the worst things that can happen during a break-up is that other people get involved. Cupid has some ways to keep your split between you and your partner:

**1. Don't post:** In order to keep your break-up just between you and your partner, it is definitely a good idea to refrain from posting anything on social media that could cause break-up speculation. Posting nasty comments will only make you look bad.

**Related Link:** [Celebrity News: What Reese Witherspoon Learned After Leaving an Abusive Relationship](#)

**2. Stay in contact as friends:** If you think it would be a healthy idea to stay friends with your ex, then go for it. This will also decrease speculation of a break-up because you and your partner will still be acquaintances.

**Related Link:** [Celebrity Break-Up: Sarah Silverman Announces Split from Michael Sheen On His Birthday](#)

**3. Keep intimate facts to yourself:** Even if the word of your break-up does get released when you were trying to keep it a secret, you can still decrease the false information that is out there by refraining from revealing intimate details regarding the break-up. You don't need to explain to anyone the reason why you broke up if you don't want to. Keep it short and simple, and just let people know that it is over, but that everything is okay.

What are some other ways to keep your break-up just between you and your partner? Comment below!

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# Fitness Secrets: 5 Simple Tips to Stay Healthy



By [Jessica Gomez](#)

Being healthy is important; we all know that. However, keeping yourself healthy seems to never be an easy task. We are constantly surrounded by temptation and lack of motivation, and so some of us urgently need some fitness advice. The trick is to find easy ways to stay healthy without the struggle –

isn't that the dream? There are simple healthy habits that even fit celebrities take on.

**When it comes to staying or becoming healthy, there are things you can do that are simpler than others, and here they are. Brace yourself because some of these fitness secrets are super enjoyable:**

**1. Get enough sleep:** Eight hours should be your aim. Getting enough sleep is not just about not being tired. Sleep offers so much more than that! It helps you think clearly and improves your productivity, while also reducing stress and improving your mood. You are less likely to get sick as well, and can lower your risk for heart disease and diabetes. So, make the time!

**Related Link:** [Active Wear Inspiration to Kick Start Your Workout](#)

**2. Drink lots of water:** It's extremely good for you! Up to 60% of the human body is water, so that goes without saying that it's important to stay hydrated. Hydration has major effects on brain function, energy levels, and physical activities. Water is also good for many other things including healthy skin. Many celebrities drink water religiously, among those are [Kylie Jenner](#), [Kim Kardashian](#), [Jennifer Aniston](#), and Cameron Diaz. And you can tell that it works!

**3. Get a massage to boost immunity:** Who doesn't love massages? What a wonderful and pleasurable way to stay healthy! Studies have found that a 45-minute massage can cause an increase in

white blood cells that fight bacteria and viruses. And of course massages reduce stress and muscle aches – and feel amazing! \*Books massage\*

**Related Link:** [6 Ways to Avoid Putting on Extra Holiday Pounds](#)

**4. Small workouts:** including stretching. Walk as much as you can, take the stairs, and take time to stretch throughout the day. If you want to kick it up a notch without a full blown workout, then try jumping jacks and/or jumping rope. Simple, right? Consistency is key. After a while of being consistent with small workouts, your body will get used to it and then you can up your standards and up your game!

**5. Meditate:** Probably everyone has heard of the relaxing and stress-reducing effects of meditating. It just chills you out! But wait, there's more: studies have shown that people who practice yoga or meditation long-term had much more "disease-fighting genes" present! Mind over matter, right? Take at least 10 minutes of your day to clear your mind and take deep breaths. You will see the changes pretty soon! Celebrities like Oprah Winfrey, [Angelina Jolie](#), and Eva Mendes are among many who meditate.

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

Not everything has to be super hard, like we assume celebrity fitness to be. Make these five fitness tips into habits, and watch how they affect your health. It's game time!

**What are some easy fitness tips you swear by? Share below!**

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# Celebrity Couple Jennifer Aniston & Justin Theroux Are Still Going Strong Despite Split Rumors



By [Rachel Sparks](#)

[Celebrity couple Jennifer Aniston](#) and Justin Theroux celebrated Christmas together, despite rumors of a [celebrity divorce](#). Though the couple doesn't spend a lot of time together, a close friend revealed to [UsMagazine.com](#) that the two were weekend lovers. In between shootings of both their projects, Aniston would fly up to New York City to visit husband Theroux. Aniston spent time alone in L.A., her west coast preference the driving force for some independent time,

but the the couple is reportedly still going strong.

## **This celebrity couple isn't headed for Splitsville, despite rumors. What are some ways to keep gossip from affecting your relationship?**

### **Cupid's Advice:**

We're all victims of gossip, so it's not unfamiliar when the negative words are directed towards your relationship. Despite the former acquaintance with rumors, they can still hurt your relationship. Read Cupid's [relationship advice](#) to help you and your love survive:

**1. Sometimes, it comes from deep love:** Understanding that gossip can come from a deep place of love doesn't negate the effects of the rumors, but it can help you and your partner avoid too much heartache. When family gossips, they want to get to know what's going on in your life. Not everyone gossips from love, but recognizing who the words are coming from and why it's being said can help you move past the gossip.

**Related Link:** [Celebrity News: Jennifer Aniston Slams Pregnancy Rumors, Paparazzi, & More](#)

**2. Communicate openly:** Be sure to talk openly and honestly with your partner. What they say is far more important than what anyone else says. Sure, some rumors are very hard to ignore and may test the trust you and your partner have built, but without believing in your love, there's no way the two of you can make it through gossip. Remain open and honest and you two can make it through anything.

**Related Link:** [Celebrity News: Justin Theroux Reveals How Marriage to Jennifer Aniston Works](#)

**3. Cut out the negativity:** Ultimately, if people cannot stop gossiping about you and your partner, cut them out. If you've approached the origin of the negative words and asked them to stop and they won't, keep your distance. It's hard when it's family, but family has to understand that your choice is your's alone. Until they respect that, keeping away negativity will help you and your partner heal.

**How have you and your partner made it through rumors? Share your advice below!**

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## **Celebrity Interview: Michael Canale Talks About His New Product Line & The Latest Celebrity Hair Styles**







By [Rachel Sparks](#)

With nearly thirty years of experience as a celebrity hair stylist, Michael Canalé is best known for creating “The Rachel,” the hair style of [Jennifer Aniston’s](#) character on *Friends*. Seeing between 20 and 40 clients every day, he starts his mornings at 7 a.m. and spends anywhere from 15 to 30 minutes on each client. Adding to his already busy schedule, he has just released an ingenious new hair product line that lengthens the longevity of color and repairs damage to hair. Of course, Canalé is a lot more than a stylist: He’s also a family man to three kids and an avid traveller for work. In our exclusive [celebrity interview](#), he opens up about his new product line, the latest celebrity hair styles, the importance of family, and what’s next for his booming career.

## **Michael Canalé Talks About New Product Line in Celebrity Interview**

**Related Link:** [Beauty Trend: Holographic Hair Colors](#)

Canalé's new line of hair care products "is the first of its kind, focusing on getting hair ready for color and maintaining color between salon visits." The four-step process starts with a gentle shampoo that does not fade color. Following the shampoo, Nourish is a topical vitamin that helps strengthen and heal hair. The third step is the conditioner that "restores luster, softness and shine." The newest addition to his line is Replenish, "an ingestible vitamin with a vegan and all-natural approach that contains patented Targeted Cellular Technology for maximum absorption with critical ingredients that will help you achieve strong, healthy hair."



Photo: Michael Canalé  
Product

It's easy to see why we trust the Canalé product line as much as we trust the stylist to color and cut our hair. Canalé has a strong knowledge base and uses the undertones of someone's skin and eyes in order to choose their best hair color. He suggests that you look at your wrist and note the color of your veins: "If they're blue, you have a cool undertone, and if they're green, you have a golden undertone." He also recommends looking at your eye color: If you have blue-toned eyes, cool-toned highlights will be a natural compliment. For instance, blue-toned eyes with specs are best complimented with baby-blond highlights.

Making it even easier for hair color novices, he adds, “Another trick is to always use your natural hair color when creating a hair color – that’s why I prefer highlights.”

Having started the largest hair styling trend in decades with “The Rachel,” we had to ask Canalé’s perspective on must-have celebrity hair styles. In terms of hair color, he believes that ombre and balayage are on their way out. Instead, he suggests his favorite technique and says, “The hottest color trend right now is using paper thin highlights to enhance a client’s natural base and adding a finishing touch of a pop around the face to bring out a client’s eye color, giving a subtle, glamorous look.”

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

When it comes to hair cuts, he encourages his clients to consider their natural texture. “If you do a cut that embraces your natural waves, it’ll require less styling with heat and tools,” he shares.

## **Celebrity Hair Stylist Shares Parenting Advice**

Aiding in his success is help from both his wife and manager. “I will tell you, it’s not easy. My wife is very supportive and holds down the fort when I’m out on the road,” he explains. “I also have a great manager who makes sure I don’t miss a beat when it comes to my kids.”

Despite his long days, Canalé always prioritizes time with his family. When it comes to finding your own work-life balance, Canalé says, “My best [parenting advice](#) to your readers is to never let work allow you to miss the most memorable moments and to carve out family time. Creating memories with your loved ones is priceless!”

So what's next for this celebrity stylist? For starters, he sees himself spending plenty of time in the salon. He began his career working with Leslie Ann Warren and Marsha Mason, and most recently, he's worked with Carolyn Murphy, the face of Estée Lauder, and Stephanie Hollman from *The Real Housewives of Dallas*. "I want to still be behind the chair, coloring the hair of women all over the world. I work in eight cities as of today and am looking to expand into another," he explains. "My goal is that the future of my business continues to help women feel beautiful as we create healthy and beautiful hair color."

**Related Link:** [Celebrity Interview: RHOD Star Stephanie Hollman Talks, Fame, Family Life, and Spring Style](#)

Additionally, Canalé hopes that one of his children will join the family business someday. "I've built a career around brand-specific color techniques and would love to see it continue," he says. Plus, he promises that "a couple of incredible products will be released in 2018." So stay tuned!

Canalé saves his best piece of beauty advice for the end of our celebrity interview: "One last thing: Don't overthink your color. Your hair is your best accessory – stay colorful!"

You can follow along with Michael Canalé on [his website](#) and [Facebook page](#).

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**Famous Restaurants: Top Places Celebrities Go for**

# Date Night



By [Melissa Lee](#)

Celebs are always dining at the most decadent restaurants, and date night is no exception. If anything, it's an excuse to go all out in the most romantic way possible, complete with the best food imaginable. If you and your sweetheart are in the mood to treat yourselves to dinner at a famous restaurant fit for the stars, check out some of the top places celebs go on their [date nights](#)!

**Lucky for you, Cupid has compiled a list of famous restaurants that**

# your fave celeb couples hit up on date night!

**1. Rosie's, NYC:** [Jessica Simpson](#) and her husband, Eric Johnson, have hit up this authentic Mexican spot on multiple occasions. They've been spotted there both on a date night and with a group of friends. Located in the East Village, Rosie's is known for their amazing Mexican food. Plus, in such a popular neighborhood, you and your partner can head out to a bar for a fun night out!

**2. Sant Ambroeus, NYC:** This NYC-based restaurant has hosted a slew of celeb couples, some of which include Beyonce and [Jay-Z](#)! Sant Ambroeus serves incredible Italian food, and they're famous for their delightful desserts. This cozy spot has five locations, all of which are spread throughout different neighborhoods of the city, giving each restaurant a completely new experience.

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

**3. Serendipity 3, NYC:** Serendipity is a New York treasure, so it's no wonder why celebs adore heading to this spot. It's an extremely popular restaurant located on the Upper East Side that serves all the desserts you could ever imagine. [Ryan Reynolds](#) and wife [Blake Lively](#) along with John Travolta and Kelly Preston are only some of the couples that have been spotted here, enjoying variations of chocolate delicacies on their date nights.

**4. Soho House, LA:** This elite restaurant meets club is a celebrity hotspot – it's where former couple Robert Pattinson and [Kristen Stewart](#) first made their appearance together. This private members club serves food and drinks all day. Soho House is especially known for their club within a club, where they serve late-night drinks and food.

**Related Link:** [5 Famous NY Restaurants to Visit if You Want to Spot One of Your Favorite Celebrities](#)

**5. Tower Bar at Sunset Tower Hotel, LA:** The romantic restaurant/bar hosted [Jennifer Aniston](#) and Justin Theroux after they got engaged, treating them to a celeb-approved dinner. Tower Bar is actually recognized as a place that celebrity couples frequent on date night, mainly due to their elaborate menu and complimentary wine list.

**What are your favorite date night restaurants? Leave your thoughts below.**

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**Celebrity Wedding: Justin Theroux Says He and Jennifer Aniston Wanted Their Wedding to Be 'Peaceful'**





By Christa Ganz

Justin Theroux opened up recently about his discreet [celebrity wedding](#) with wife [Jennifer Aniston](#). This [celebrity couple](#) tied the knot back in 2015 in a private gathering at their L.A. home. Guests who attended this ceremony included John Krasinski, Emily Blunt, Lisa Kudrow, Howard Stern, and more. As an attempt to keep the wedding a surprise, guests were told they were attending a birthday party for Theroux. According to [UsMagazine.com](#), Theroux told *The Daily News* that planning this wedding wasn't easy. "I wouldn't say it was fun to plan. Part of the fun of planning a wedding is telling people, and we had to keep it under wraps," said Theroux. When opening up to [ETOnline.com](#), Theroux explained the benefits of having a private wedding. "It's so much more special when it's just your closest friends and family and it's lovely. [Aniston and I] wanted it to be a peaceful environment, you don't want it to be hectic." This celebrity couple will celebrate their second wedding anniversary on August 5.



# The celebrity wedding of Jen and Justin was definitely peaceful. What are some ways to affect the mood of your wedding festivities?

## Cupid's Advice:

It's up to you to set the mood on your special day. Here are some tips to help you decide:

**1. Decide on appropriate music:** Whatever method of music you agree on, decide what type of theme you want your music to coincide with. If you're looking for a more upbeat wedding with lots of dancing, make sure your music reflects that mood.

**Related Link:** [Jennifer Aniston and Justin Theroux Double Date With Jason Bateman and Wife](#)

**2. Lighting:** A flashy wedding will have lighting that changes color and dances with you to the music. If you're looking for something a little more peaceful, a dimmed atmosphere will set the romantic mood.

**Related Link:** [Jennifer Aniston's Celebrity Engagement: How Long is Too Long?](#)

**3. Guests:** If you'd like a more intimate affair for your wedding, consider the number of people you invite. Specify whether children are allowed to the reception, and let your guests know this will be a small private ceremony.

**What are some ways you set the desired mood for your wedding? Comment below!**

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# Celebrity News: Justin Theroux Reveals How Marriage to Jennifer Aniston Works



By Mallory McDonald

Marriage can be tough, especially if you are in a [celebrity marriage](#) and your relationship is constantly in the public eye. Justin Theroux reveals to [UsMagazine.com](#) the key to making his marriage with [Jennifer Aniston](#) successful. Theroux said, “We appreciate each other’s sense of humor, we respect one another and we get along. I know it sounds simple but it’s true!” The two got engaged in 2012 and kept their [celebrity](#)

[wedding](#) private at their Los Angeles home. They have been in the news recently due to her ex-husband, [Brad Pitt](#)'s recent split from [Angelina Jolie](#). A source revealed, "She always got the sense that something would happen with them eventually. She didn't feel that Angelina was truly the one who Brad was meant to stay with. She always felt that Angelina was too complex for him. He's a pretty simple guy." But despite the recent [celebrity breakup](#), Theroux and Aniston are stronger than ever!

## **In celebrity news, Jennifer Aniston is a lucky lady. What are some surefire ways to make your marriage work?**

### **Cupid's Advice:**

Making a marriage successful is hard work and is not to be taken lightly. Cupid has some relationship advice on making your marriage work:

**1. Commitment:** Deciding to be in a relationship with someone is one of the biggest commitments you can make. It is important to respect and continue the promises you made to one another in the beginning.

**Related Link:** [How Jennifer Aniston Reacted To Brangelina Celebrity Divorce](#)

**2. Romance:** Although the relationship may not ever be as fun and exciting as it was in the beginning, it is important to keep the spark alive. Do things to keep the relationship interesting, and create a love that won't fade.

**Related Link:** [Celebrity News: Jennifer Aniston Slams Pregnancy Rumors, Paparazzi & More](#)

**3. Communication:** It is the oldest line in the book that you have to keep the communication strong with your partner, but it is the truth. As your marriage evolves and dynamics begin to change, it's important to continue talking to one another about your goals and how your marriage is changing. You don't want to be on different pages with your partner at any point.

**How do you make your marriage work? Share your experiences below.**

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## **How Jennifer Aniston Reacted to Brangelina Celebrity Divorce News**





By Kayla Garritano

What goes around, comes around. Although [Jennifer Aniston](#) means no ill-will towards her celebrity ex-husband, [Brad Pitt](#), she can't help but feel as if his [celebrity divorce](#) with [Angelina Jolie](#) is somewhat karma. According to [UsMagazine.com](#), an insider revealed that the 47-year old actress said, "Yeah, that's karma for you!" when discussing the [latest celebrity news](#). "She always got the sense that something would happen with them eventually," the insider added.

**A lot of people think this [celebrity divorce](#) has karma written all over it! How do you keep your partner's ex from influencing how you view your partner?**

**Cupid's Advice:**

Sometimes an ex can bring your view of your partner to a different light, whether you believe in karma or not. Cupid is here to help with some [relationship advice](#) on how to keep your ex out of your head:

**1. Remember they're an ex:** You and your partner are the ones in the relationship. Although Jennifer Aniston never wished harm on Brad Pitt, other exes may wish harm on your partner. You just have to remember that you can't let someone who dated your partner influence how you feel about them. Unnecessary thoughts could be put in your head.

**Related Link:** [Celebrity News: Angelina Jolie Files for Divorce from Brad Pitt](#)

**2. Talk to the ex:** If you're curious as to why your partner's ex is trying to give you a different view, ask them why. Approach the situation carefully, because it still could be a touchy topic, but you need answers. Maybe the both of you can help each other.

**Related Link:** [Celebrity Divorce: Jana Kramer & Husband Mike Caussin Separate; He Enters Rehab](#)

**3. Talk to your partner:** Maybe the ex wasn't giving reasonable answers, or you just need to figure more out for yourself. Talk to your partner about the situation with their ex. Communication is important in any relationship, and by talking it out you can solve this issue together.

**Have you ever been influenced by your partner's ex? Comment below!**

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# 10 Celebrity Couples Who Have Made Marriage Work



By [Katie Gray](#)

Marriage is a big commitment which entails a lot of ups and downs. There are always going to be challenges and hard times, but that makes the good times feel even greater. A lot of [celebrity relationships](#) have found the right balance to make their romance a success. Nobody said marriage would be easy, but they said it would be worth it. There are many [celebrity couples](#) who have found how to make it work!

**Cupid has compiled 10 celebrity**

# couples who have made marriage work:

**1. John Legend & Chrissy Teigen:** Musician John Legend and his model wife, Chrissy Teigen, give us major relationship goals. They are also now proud parents! This celebrity couple even posts videos of themselves cooking. Teigen has a cookbook out, and Legend writes love songs about her and then serenades her. How romantic!

**2. [Prince William](#) & [Princess Kate](#):** The royal wedding was watched by millions of people around the world. Prince William and Princess Kate are living a real fairy tale. They have the celebrity babies now to go with it: Prince George and Princess Charlotte. In photographs, taken at events, Prince William and Princess Kate are always looking adoringly at one another. It's apparent that their love is genuine!

**3. [Sofia Vergara](#) & [Joe Manganiello](#):** Sofia Vergara is a model, actress and comedian. What's not to love about her? The Colombian beauty shows us that life is a roller coaster, but life is beautiful. She's been through a lot, however; she is happily married to fellow actor, Joe Manganiello now. The duo got hitched in Palm Beach and are living in bliss.

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

**4. Sarah Jessica Parker & Matthew Broderick:** Sarah Jessica Parker is known most notably for her iconic role of Carrie Bradshaw on *Sex and the City*. She's had many famous roles in film and television. Parker is also married to actor, Matthew Broderick, and has been for decades. The two also are proud parents and live in New York City. They teach their children the importance of money and hard work.

**5. [Jennifer Aniston](#) & [Justin Theroux](#):** Jennifer Aniston is best known for her role on *Friends* as Rachel Green. The actress is



now married to fellow actor, Justin Theroux. This love story shows us that with time, things fall into place. We must be patient and good things happen.

**6. Teresa Giudice & Joe Giudice:** Star of *The Real Housewives of New Jersey*, Teresa Giudice, really is Super T. She's a wife to Joe Giudice, is a *New York Times* bestselling author of five books, and is the mother to four beautiful daughters: Gia, Gabriella, Milania and Audriana. She recently went to jail for almost a year, and now her husband is away in jail for a couple of years. They make the distance and tough circumstances work. That is what marriage and family is all about!

**7. Tom Hanks & Rita Wilson:** This celebrity marriage is famous for making it work. Tom Hanks and Rita Wilson are notable for being amazing actors and kind people. The legendary actors got married in 1988. They stay out of bad publicity and truly love one another. They have big hearts!

**Related Link:** [Bigger Is Better: Top 6 Celebrity Engagement Rings](#)

**8. Mark Wahlberg & Rhea Durham:** In 2009, Mark Wahlberg and Rhea Durham tied the knot. Wahlberg, AKA Marky Mark, is well known for being a talented actor and Roman Catholic. In his earlier days, he was a rapper and had the group Marky Mark and The Funky Bunch. He then went on to have successful roles in films. He married model Rhea Durham and they have four children together. This celebrity marriage shows us how to balance our work lives and our personal lives.

**9. Leah Remini & Angelo Pagan:** Brooklyn native Leah Remini is famously known as playing Carrie Heffernan on the hit sitcom *The King of Queens*. She played opposite of Kevin James, who played her TV husband, Doug Heffernan. In real life she's married to Angelo Pagan, and they have one beautiful daughter together.

**10. Faith Hill & Tim McGraw:** This celebrity couple is country music royalty. The duo tied the knot in 1996 and have been happily married ever since. There is never negative press about their marriage, and it's instead all positive and full of love. These two even sing beautiful love duets together. The country couple are also proud parents!

**Who are your favorite celebrity marriages? Comment below!**

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**Find Your Balance On Date Night With Stand Up Paddle Boarding In New York**





By [Cortney Moore](#)

Remember how Orlando Bloom made [celebrity news](#) earlier this month while paddle boarding nude? We bet you do! Aside from Bloom's outrageous antics, you might have noticed an increasing number of celebrities on vacation standing on boards and having paddles at hand. What is this sport that has celebrities like [Jennifer Aniston](#), Cameron Diaz and Julia Roberts so ready to jump in the water? Well, [https://www.globosurfer.com/best-inflatable-stand-paddle-board s/](https://www.globosurfer.com/best-inflatable-stand-paddle-board-s/), also known as SUP, is a leisurely way to get in a good workout while also seeing the sights, making it a great option for [date night](#)! Avoid getting love handles while you're falling in love. SUP works out your core, legs, back, shoulders, arms and neck by exercising your endurance, strength and balance. In fact, you can burn anywhere from 500 to 1,000 calories in one hour! Challenge your sweetheart to a race, or do yoga at sunset. The possibilities are surprisingly endless when you're on a paddle board.

# Stand up paddle boarding is a date night activity that can get you fit. Check out some of the best places in NYC to begin your paddle boarding experience!

**1. Manhattan Kayak + SUP:** Zero experience is needed at Manhattan Kayak. It's a complete paddle sports center located in the heart of NYC. With beginner, intermediate and advanced classes taught over 40 times a week, you'll definitely find time to paddle out to the city sights. This location also offers paddle tours to iconic NYC destinations, day or night, and instructional classes for speed demons and cross fit/yoga lovers.

**2. A-Team Paddleboarding:** Offering group and private lessons at Rockaway beach in Queens, students are taught by a Rivera Paddlesurf team rider and other certified paddle board instructors. This location provides classes for those just learning how to paddle board, and those who are more experienced and want to learn how to paddle surf or race. SUP yoga and Pilates are also fitness options that are available. There's even a limited number of TRUCK-A-FLOAT sustainable living pods open to those who wish to stay overnight, ideal for a memorable date night. Book these in advance because they go quick!

**Related Link:** [Enjoy the Outdoors With This Challenging Date Idea!](#)

**3. New York Kayak Co.:** With a beautiful view of the Statue of Liberty, New York Kayak Co. offers a number of kayak and paddle boarding related options for native New Yorkers. Beginner and intermediate classes are available, along with SUP yoga and tours throughout the day. Students have the

option to learn in groups or private lessons. Club memberships offer special perks such as storage, rentals, discounts and exclusive access to facilities.

**4. Rockaway Jet Ski:** Home to all of your water sport needs, Rockaway Jet Ski is nestled right in the Jamaica Bay. Here you can try your hand at paddle boarding and other paddle activities, such as yoga and sightseeing tours. After your lessons, you can enjoy food, cocktails and live music at the Thai Rock deck bar and restaurant. Just imagine a romantic date night at sunset with your significant other and the NYC skyline.

**Related Link:** [Ireland Baldwin Opens Up About Boyfriend Slater Trout](#)

**5. Skudin Surf Inc.:** The Skudin Surf school has multiple locations throughout New York. However, their SUP branch is located on Long Beach. Here you'll be able to enjoy group, private or semi-private paddle boarding lessons in flat water or the ocean. SUP yoga and other fitness classes are also available. There's even a full moon paddle tour that could be a romantic trip for couples. Package deals and registration for adult surf camp are also an option for avid fans of paddle boarding.

**6. Kostal Paddle:** All the way in Port Washington and Island Park Long Island, Kostal Paddle is an ideal spot to learn how to paddle board. Surround yourself by the beauty of nature, and take lessons in standard paddle boarding, SUP touring and yoga. Classes are taught in the summer on Fridays, Saturdays and Sundays, so if you want to learn how to paddle board, then you need to reserve spots soon! Their last lesson for the year will be on September 16.

**Have you heard of paddle boarding? Would you give this a try on date night? Share your thoughts in the comments below!**