

# Movie Review: Hustlers



By [Emily Green](#)

If you're looking for a fun, action-packed girl power movie, look no further! *Hustlers* is a movie focusing on the revenge strip club employees take on their clients who are employees on Wall Street. This movie is based on a 2015 article for *The Cut*, that follows the story of two girls who worked as strippers, and as an attempt to get more money, they lured their clients to the club and spiked their drinks to cloud their memories. This movie has many notable stars, including [Jennifer Lopez](#), Constance Wu, Lili Reinhart, KeKe Palmer, Cardi B, Lizzo, and many more.

# Check out our movie review on Hustlers, an action-packed film for you and your girlfriends!

**Should you see it:** If you believe that women are treated unfairly and not paid as much as men, definitely go see it. Women deserve to be paid equally to men, and this movie is a great movie to remind you that you are worthy, and you are a BOSS.

**Who to take:** If you are looking for a female empowered film, grab your best girlfriends and head to the theater! It's the perfect movie for a girl's night out.

## **Cupid's Advice:**

We're inspired by the drive these girls have, and the willingness to do anything for their family, no matter what. These girls know that even though they are being treated unfairly, they are true girl bosses and will do whatever it takes to fix that because they know what they deserve. Here is some of Cupid's advice on how to stand up for yourself in the face of adversity:

**1. Practice being transparent and authentic:** This can definitely be hard at first, but the more you practice being open and honest with people in your life, the more you won't have to deal with carrying a constant weight on your shoulders. Tell these people how you feel, and no one will be able to tell you otherwise!

**Related Link:** [Movie Review: Spider-Man: Far From Home](#)

**2. Clarify first, without attacking:** Figure out what the root of the problem is. You are aware of your viewpoint, but take a moment to listen to the other side. Are you truly in the right or wrong? By clarifying what you mean and listening to the

opposing side, you can start a real discussion and get to the solution quicker.

**Related Link:** [Movie Review: The Lion King](#)

**3. Recognize that no one can invalidate you:** You are the sole owner of your feelings and emotions. No one can tell you how to feel, what to feel, or invalidate your opinions. Have an open discussion with your peers, so they know their opinions are valid, and vice versa.

**What are some ways you stand up for yourself in the face of adversity? Let us know in the comments below!**

Check out some other movie reviews from Cupid's Pulse [here](#)!

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## **Fashion Tips: Fashion Takeaways From Icon Jennifer Lopez**





By [Emily Green](#)

[Jennifer Lopez](#) is one of the most iconic celebrities of all time. Aside from being insanely talented, Lopez is able to look absolutely stunning in numerous unique looks that very few other people would be able to pull off. From being covered in jewels from head to toe, to wearing something as simple as athleisure, this [celebrity style](#) is truly fit to Lopez in every way. While [celebrity fashion](#) does vary from person to person, Lopez has a style that is full of confidence and flare.

**Jennifer Lopez is an absolutely stunning celebrity in every way! What are some fashion tips that we can take away by following her example?**

**1. Always go for a full head to toe look:** This is one of the main keys to JLo's iconic looks; she always pays attention to

detail. From the jewelry to the nails, to the headwear to the makeup, every outfit has details that are tailored to that specific outfit only. Do this and you'll have heads turning no matter where you go!

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

**2. Don't let the clothes wear you:** Remember, you're the one wearing the clothes, not the other way around! You have to bring that confidence that comes with wearing your clothes. If you're wearing a red carpet look, hold your head high and show us that smile that we all know deserves to be seen.

**Related Link:** [Celebrity Looks: 3 Easy Ways To Dress Like a Celebrity](#)

**3. Resist the trends:** What really makes JLo a fashion icon is that she doesn't pay attention to any trends in fashion. She'll go for any fashion look, no matter how wild it may seem and gives it a "timeless appeal." Go for looks that you are drawn to, and that you know you can feel great wearing.

**4. Look at runways for inspiration:** JLo tends to look for inspiration for her looks on the fashion runways, and pulls bits and pieces of what she likes and sends them to her designers. Whether it's a pop of color or a unique pattern, fashion comes in all shapes and sizes, making it a wonderful thing to explore!

**5. Be open to anything:** You can't know what you like to wear unless you try some things out! JLo is a confident, powerful woman and that alone is key to her ability to pull off any outfit she wants. Don't be afraid to step out of your comfort zone and try something new. You never know what you might end up liking!

**What are some other fashion tips we can take away from Jennifer Lopez? Let us know in the comments below!**



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# Beauty Tips: Keep Your Skin Looking Young After 40



By [Emily Green](#)

Skincare is one of the most important steps in taking care of yourself. Many people struggle with certain parts of skincare as they age, whether it is getting rid of acne, crows feet, lines, and other blemishes. Celebrities like [Jennifer Lopez](#) have [beauty tips](#) that manage to keep their skin pristine, beautiful, and youthful—just *how* do they do it?

# Follow these five beauty tips on how to keep your skin looking young after 40:

Keeping your skin youthful is important when aging like fine wine. We've gathered celebrity beauty secrets to having flawless skin after 40:

**1. Use sunscreen:** Sunscreen can do wonders for your skin (and not only for preventing burns!) Adding in sunscreen like Neutrogena Ultra Sheer Body Mist SPF 30 to your skincare routine will not only be protected from the sun but keep your skin oil free! A lightweight sunscreen will prevent clogged pores.

**Related Link:** [Beauty Trend: Why To Consider Makeup With Sunscreen For Summer](#)

**2. Moisturize:** Moisturizing your skin is SO important! Moisturizing your skin every day will help you prevent dry or cracked skin. Your skin will stay radiant.

**Related Link:** [Beauty Advice: How to Make Your Skin Thank You Later \(What You Should Be Doing Now\)](#)

**3. Remove your makeup every night:** As much as we all love to put on makeup in the morning, we all know how much we just want to go straight to bed at the end of the day. You'll prevent acne or serious infections if you remove your makeup every night before bed.

**4. Use a cream foundation:** A cream foundation soaks into your skin rather than sitting on top of wrinkles or lines. This will keep your makeup looking more natural and fresh. You'll find it's easier to remove at the end of the day, too!

**5. Use a lightweight finishing powder:** Lightweight finishing

powder is great because it will keep you looking youthful. Use it to mattify and set your face. Finishing powders are great because they keep the shine away from your T-Zone so your face won't look oily.

What are some of your tips for keeping beautiful skin as you get older? Let us know in the comments below!

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## Celebrity News: Jose Canseco's Ex-Wife Shuts Down A-Rod Cheating Rumors



By [Mara Miller](#)



In [celebrity news](#), Jose Canseco's ex-wife shut down the rumors that Alex Rodriguez has been cheating on [Jennifer Lopez](#) with her, according to *UsMagazine.com*. Canseco's accusations came after Rodriguez and Lopez announced their [celebrity engagement](#) on Instagram earlier in March. Jessica Canseco took to Twitter, saying, "In fact I don't even get on twitter had to download app again and don't watch tv and had no idea any of this was going on. Last time I saw Alex he was with Torrie and I brought my boyfriend over for dinner. We are just friends my god".

**In celebrity news, it looks like the A-Rod cheating rumors have no basis. What do you do if someone claims your partner is cheating?**

### **Cupid's Advice**

Sometimes an ex just has a grudge. Cupid has advice on how to handle this:

**1. Talk about it:** Talk with your partner first to find out if the rumor has any reason to make you doubt them. And then if none of it was true, speak up about it to let the person who is spreading the rumors know that they can't ruin your relationship.

**Related Link:** [Celebrity Wedding News: J.Lo Was 'Surprised' When A-Rod Asked Her to Marry Him](#)

**2. Realize the other person might be jealous:** Jealousy can make people do questionable things. Take it as it is and don't give them anything that can be used against you later.

**Related Link:** [Celebrity Engagement News: J.Lo & A-Rod Are Officially Engaged!](#)

**3. Ignore it:** If they continue to try to spread rumors or keep claiming your partner is cheating, it's best just to ignore it, especially if you know it's not true. In some cases, it's best not to engage at all.

What are some ways you would handle a situation if someone claimed your partner is cheating? Let us know in the comments below!

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## Celebrity Wedding News: J.Lo Was 'Surprised' When A-Rod Asked Her to Marry Him



By Megan McIntosh

According to *UsMagazine.com*, [Jennifer Lopez](#) was in for quite the surprise when she went on vacation with her boyfriend of two years, Alex Rodriguez. This [celebrity couple](#) has had us wondering when they were going to get engaged for a while now, but it seems even J.Lo wasn't aware of when it would happen. Both J.Lo and A-Rod seemed content to keep the relationship going as it was, but on their recent vacation in the Bahamas, A-Rod surprised J.Lo with a romantic proposal on the beach with a beautiful ring to match the momentous occasion.

**In celebrity wedding news, Alex Rodriguez pulled off a grand surprise for Jennifer Lopez. What are some ways to pull off a romantic surprise?.**

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

Though a proposal may not be the surprise you're ready to give your partner just yet, there are many other ways to surprise your lover that are super romantic and keep that spark alive. Cupid has some tips:

**1. Breakfast in bed:** It may seem like a stereotype, but you can't go wrong with breakfast in bed. You get a chance to show off your cooking skills and make it so your partner starts their day on the right foot. It also gives you an excuse to spend a little extra time before you go about the normal business of your day.

**2. Get them off their feet:** Surprise your partner with a day that's all about them. Give them a massage, make dinner, and run any little errands they may have needed to do.

**Related Link:** [Celebrity News: Cardi B Reveals Surprise Ways Offset Gets Her to Relax & Unwind](#)

**3. Unexpected vacation:** If you know when your significant other has vacation days to be used, buy them a surprise ticket to a place they've always dreamed of going. Plan everything down to the last detail, but leave some room for any additions they may want to do once you both get there. Not ready to break the bank? Vacation in the country and stick to Airbnb, a vacation close to home is still a vacation.

**Related Link:** [Celebrity News: Jessica Alba Celebrates Cash Warren's 40th Birthday with Pajama-Themed Birthday](#)

**4. Surprise party:** Have a get-together or party that's all about your partner. If their birthday is near, then plan the birthday party they've always wanted. Go all out with a theme that let's them really shine! If there's no birthday party in the near future, you can still celebrate your partner. Just have a party or get together just to show off your love.

**What are some ways you've surprised your partner in the past? Share below!**

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## **Celebrity Engagement News: J.Lo & A-Rod Are Officially Engaged!**





By [Mara Miller](#)

In the latest [celebrity couple](#) and [celebrity wedding](#) news, [Jennifer Lopez](#) and Alex Rodriguez are engaged! According to *UsMagazine.com*, the baseball player shared a photo of Lopez's left hand, which had a giant square-cut diamond ring on it. He captioned it with, "she said yes." The two have been dating since 2017. Aww, congrats to them both!

## **This celebrity engagement was a huge surprise to Jennifer Lopez! What are three fun surprise proposal ideas?**

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

Proposing should be fun and memorable. While you may not want to get a huge ring for your partner, here are a few ways you can get creative:

**1. On a keyboard:** Remember those old clacky keyboards that had



keys you could remove for cleaning? Some updated gaming desktop keyboards can be used for this, too (fun keyboard lights are sure to be eye-catching). Take the keys and rearrange them to ask your partner to marry you!

**Related Link:** [Celebrity Couple News: Justin Timberlake Posts Adorable Birthday Message for Jessica Biel](#)

**2. On the beach:** Pop the question on your summer beach vacation! You can do this in a lot of ways: drawing the question in the sand, making a sculpture, or just getting down on your knee with the ring if you don't want to get super fancy.

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**3. A themed proposal:** Probably one of the most fun, choose either your partner's favorite book, show, or movie, and theme your entire proposal around it! Dress like Darcy and Elizabeth from *Pride and Prejudice*; build some Legos into a *Star Wars* themed wedding ring proposal, or put the ring in a mini Tardis if you're asking a Whovian to marry you.

**What are some other fun ways to propose? Let us know in the comments below!**

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**Celebrity Couple News:  
Jennifer Lopez Posts Sweet  
Message for A-Rod on Second**

# Anniversary



By [Lauren Burczyk](#)

In [celebrity news](#), [celebrity couple Jennifer Lopez](#) and Alex Rodriguez celebrate their second anniversary together. According to *UsMagazine.com*, Lopez posted a sweet note for her boyfriend on the special day. The *Second Act* actress, 49, captioned a series of photos of the two on Instagram on Sunday, February 3rd, saying, “two years of adventure... of excitement growing and learning... of true friendship... and so much love!!” A source told *UsMagazine.com* in December that an engagement is definitely on the horizon for the couple. They added, “Alex is obsessed with Jen and spends as much time as he can with her.

# **This celebrity couple news has us awww'ing. What are some ways to make your partner feel special on your anniversary?**

## **Cupid's Advice:**

An anniversary is the perfect time for you to do something sweet for your partner. Here are some ways to make your partner feel special on your anniversary:

**1. Send sweet text messages:** A simple way to make your partner feel special on your anniversary is to send them sweet text messages throughout the day. Send them messages that communicate love and flirt with them occasionally during the day.

**Related Link:** [Celebrity Engagement? Jennifer Lopez Flashes Diamond Ring at Game 2 of World Series With A-Rod](#)

**2. Plan a romantic getaway:** A great way to make your partner feel special on your anniversary is to arrange for a romantic getaway. Take your partner somewhere remote where you can both focus on each other and nothing else. To make it even more special, clear their calendar, pack their bags, and have it be a surprise.

**Related Link:** [Celebrity Couple News: Jennifer Lopez Gushes Over Alex Rodriguez](#)

**3. Give your partner a break:** A really nice way to make your partner feel special on your anniversary is to give them a much needed break. Whether your partner is a stay at home parent and needs a day to themselves or just wants one morning to sleep in, do something extra special for them, and give them a bit of a hiatus for the day.

Can you think of some other ways to make your partner feel special on your anniversary? Comment below.

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# Celebrity Getaway: Kourtney Kardashian & Younes Bendjima Vacation in Turks & Caicos



By [Jessica Gomez](#)

In [celebrity news](#), [celebrity couple Kourtney Kardashian](#) and Younes Bendjima went on a fun couples vacation. The [celebrity getaway](#) in Turks and Caicos consisted of a nice bike ride, hanging out by the ocean, and taking in all the scenery the

beautiful celebrity destination has to offer, according to [UsMagazine.com](https://www.usmagazine.com). Kardashian posted photos of the couples' romantic getaway on her Instagram Story and Snapchat on Saturday for all to see.

## Celebrity getaways don't have to be just for the famous. What are some getaway ideas for you and your partner?

### Cupid's Advice:

Going away with your significant other is important because ideally, you want to have as much quality time and fun together as possible. Cupid has some ideas on romantic places to go that are celebrity couple-approved (besides Turks and Caicos of course):

1. **Paris, France:** Celebrity couple [Jennifer Lopez](#) and Alex Rodriguez went to France and enjoyed some of what the romantic country has to offer. One of France's best places to go is Paris! There are many things to do, one being enjoying a nice dinner by the Eiffel Tower. Click [here](#) for a list of romantic places in Paris.

**Related Link:** [Celebrity Travel: Top 5 European Hotspots](#)

2. **Prague, Czech Republic:** Former celebrity couple [Brad Pitt](#) and [Angelina Jolie](#) have visited the romantic city. It's one of most romantic places in the world after all! The city can make you fall in love all over again. Enjoy a candlelit dinner, go check out the castles, gardens, and monuments too. There is tons to do. Click [here](#) for a list of the most romantic places to go to in Prague.

**Related Link:** [Top 5 Celebrity-Approved Couple Vacation Spots](#)



**3. Santorini, Greece:** Shakira and her husband Gerard Piqué have been spotted here. Hanging out with your significant other, taking in the view of the stunning Aegean Sea is definitely one of the most romantic things you can ever do. Taking a couples vacation here is sure to take your breath away. The scenery is to die for. Click [here](#) for a little guide.

**Which vacation spot are you eager to go to? Share below!**

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## **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.

**Related Link:** [Royal Celebrity Wedding: Princess Eugenie Is Engaged to Longtime Boyfriend Jack Brooksbank](#)

**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!**

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# Parenting Advice: How to Keep Your Kids Motivated Throughout the Rest of the School Year



By [Jessica Gomez](#)

Your child's school year is almost over! However, as they approach the finish line, some students may get off track. This is unfortunate considering that they're so close to the end! Having a support system to encourage kids with their studies is essential. The approach to motivating your children can depend on the child's age. However, some methods can be useful for children of any age if they're customized or "tailored" to the girl or boy, and that is where you, the parent, comes in!

# Keep your child motivated with this [parenting advice](#), along with some examples from [celebrity parents](#):

**1. Stay involved:** When you are constantly involved in parent teacher meetings and school events, your child is more likely to keep their interest in school going. Being active in your child's school not only helps you keep an eye on them, but also familiarizes you with the environment they're in for the majority of the week. Being attentive is key. Celebrity couple [Beyoncé](#) and [Jay-Z](#) stay involved with daughter Blue Ivy's school. Bey volunteered at a fundraiser last year where she performed three hit songs, while Jay-Z attends PTA meetings. And, the duo alternates picking her up and dropping her off to school. If this busy, power couple can make the time, so can you!

**Related Link:** [How to Keep Your Children From Getting Hurt at School Valentine's Day Parties](#)

**2. Create a reward system while keeping yourself up-to-date:** Whether the reward is big or small, a reward is a reward. For example, having your kids do their homework straight after school before taking part in other activities is one way to do it. After doing their homework, getting to play, watch TV, or do any other acceptable activity is a reward. When creating and implementing a reward system, it is important to keep yourself updated with your child's work. Make sure they do their homework and projects, and don't forget to ask them how school went and what they learned. For a little more information on creating reward systems (specifically ones based on the child's age), read on [here](#) along with other creative ideas on [Pinterest](#).



**Related Link:** [How to Connect with Your Teenager](#)

**3. Encourage them:** This sounds simple, but many parents tend to sometimes miss it. School becomes something they expect their kids to do because they have to, but that does not mean that it requires any less encouragement than any other activity. Sometimes we're focused on tough love or are just not as involved as we should be (back to tip #1 above). Whichever the case, parents need to find different ways to keep their kids going. Be their cheerleaders! Many celebrity parents like Sarah Jessica Parker, [Jennifer Lopez](#), Sarah Michelle Gellar, Jessica Alba, and [David Beckham](#), took the approach of encouraging their kids on the first day of school by posting photos on social media – photos can be seen [here](#). This can also work toward the ending of the school year because it's an exciting time that should be celebrated.

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

**4. Create a nice, clean work space for them:** Having a study area free from clutter and unlimited distractions is an important space to have. It encourages you to do work and keeps you situated. Ideally, a good work space will be organized, well-lit, and comfortable. If your child is easily distracted by what's going on outside, their study space should be away from any windows. If they work well in silence, choosing the quietest place is a good idea. If they like some low background music, choose a space where you can set that up. Learn your child's learning and productivity style, and then appoint a space as their study area based upon it.

**Related Link:** [Celebrity Parents Open Up About Their Best Parenting Advice](#)

**5. Share a productive and motivating lifestyle with them:** Your mentality has a big say in how motivated and productive you are. Besides controlling your way of thinking, there are a few ways to change your lifestyle and your child's. Getting eight

hours of sleep is important, depending on your child's age, even 10 hours of sleep is good for them. Many kids don't get the proper amount of sleep, which makes them too tired to be fully focused and productive in school. A good diet is also important because your child needs the energy to do well in school and in the other parts of their lives. Dark fruits and vegetables along with ones rich in Vitamin B (like broccoli, spinach, celery, beets, blueberries, apples, potatoes, and beans) improve memory and cognition and are also good for alertness. And of course, stay fit by exercising together as well.

**Related Link:** [Parenting Tips to Stay Sane for the Rest of the Summer](#)

These are just a few ways to help your child stay motivated for the rest of the school year – there are many more! Being a parent is a huge responsibility, and in order to do the job right, you have to know your child and incorporate different aspects of life into your parenting style, like described above.

**What are some ways you keep your little one motivated as they become eager to finish the school year? Share below!**

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**New Celebrity Couple:  
Shailene Woodley Makes  
Relationship with Rugby**

# Player Ben Volavola Instagram Official



By [Jessica Gomez](#)

In [celebrity news](#), there is a new [celebrity couple](#) in town! Shailene Woodley is in a relationship with Ben Volavola. The celebrity couple made it official on Instagram, according to [People.com](#). Woodley and her Rugby playing beau indulged in some PDA in her Instagram story, Wednesday. The new couple was kissing and flaunting their [date night](#) in photos on social media. The love birds were in France, attending the Valentino Haute Couture Spring Summer 2018 show for Paris Fashion Week.

## There's a new celebrity couple in

# town! What are some creative ways to announce your new relationship?

## Cupid's Advice:

A new relationship is exciting, and although many of us want privacy, we don't want secrecy. In a world where social media is what seems to connect us the most, it is one of the main platforms where people share big news. Cupid has some tips on cute, creative ways to announce your new relationship via social media:

**1. PDA post of an awesome date:** Showing some PDA during a creative date with your girl or beau is super cute! And it's a creative way to briefly show the type of couple you are, so pick the right "stage" for your photo. Some fun adorable dates to choose from are: going for a romantic swim or boat ride, camping, a picnic, taking a class together (any kind), a getaway or road trip, and DIY project you are both working on. The list is endless! If the pressure of a photo of you both on a date is a little too much for you, you can also try taking an adorable, endearing photo or a stunning one of you both side by side looking your best – talk about couple goals! [Ariana Grande](#) and Mac Miller took the endearing approach, posting a cuddled up photo, while Elon Musk and Amber Heard went for the looking beautiful together.

**Related Link:** [Danica Patrick Confirms She's Dating Aaron Rogers](#)

**2. A photo of your other half taken by you:** You can also post a random photo you've taken of your lover for a shocking affect, have your followers like "What?!" Imagine, a random photo of someone else popping up on your news feed, to then realize who it was posted by – Cute. Celebrity couple Zachary Quinto and Miles McMillan took a similar approach when Quinto posted a photo of McMillan staring right at the camera along

with a caption on missing him. Adorbs!

**Related Link:** [Olivia Munn Denies She's Dating Chris Pratt & Shares Texts with Anna Faris](#)

**3. A discreet photo:** Want to tease? Want to just show you're tied down but don't want to share with who just yet? Share your relationship in a teasing manner then, like [Jennifer Lopez](#) and Alex Rodriguez for example. Jlo shared a photo on Instagram of the couples' sneakers while rumors of them dating were floating around – discreet huh? Other ways to do it are to snap photos of your hands or a photo taken of your back sides, let people guess who you're with, if you're into it.

**What are some ways you or your partner shared the new relationship news? Comment below!**

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## Celebrity Chef Recipes: Meal-Planning Made Delicious







By [Rachel Sparks](#)

Meal-planning is all the rage, but where do you even start? Eating the same ingredients all week sounds pretty boring, but these [celebrity chef recipes](#) can help you plan your weeks in delicious style. Not only does it save time and energy, meal-planning is a great way to help you achieve your healthy-eating goals. These recipes are so good that even though it's meal planning, the food is good enough to serve on a [date night](#)!

## **Try these celebrity chef recipes for easy and delicious meal-planning ideas!**

Meal-planning doesn't have to be boring. Yes, you're trying to use the same ingredients all week to save on both time and money, but there's a lot of ways to use the same ingredients in delicious ways! These recipes will add some new cooking techniques to your repertoire and make you look like a celebrity chef in no time! Check out these meal planning ideas

inspired by [Jennifer Lopez](#)'s diet and the creative substitutes [Kim Kardashian](#) makes.

**1. It starts with the protein:** Have you ever noticed that the bigger the cut of protein is the cheaper it is? This is because it requires you to do a little fabrication: basically, the art of butchery. If you don't feel comfortable about breaking down a whole chicken, look for large portions, such as loins and roasts. You can cut these into stew meat, pork chops, or leave it as a roast. Buying these large portion saves you money, requires only a little prep ahead of time, and you can freeze any leftover cuts until you're ready to use.

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

**2. Seasonal vegetables:** Meal-prepping made easy and cheap means using readily available resources. While most grocery stores have a variety of vegetables year-round, the ones in season tend to be cheaper and, tastier, and much more delicious. Summer squashes can be used in pasta, stews, or sides for traditional entrées. Get creative and challenge yourself to use vegetables in every dish in a variety of ways.

**3. Leftovers anyone:** What's easier than an already prepped meal? Not everyone loves leftovers, but some dishes taste better as they age. Stews and soups continue to develop flavor as they sit in the fridge ready to be eaten. Yes, some people don't like leftovers, so consider smaller batches, but it's already a meal prepared that just needs to be reheated.

**Related Link:** [Find Your True Weight with the Incredible Dukan Diet](#)

**4. The back-of-the-pantry meal:** Have you ever seen Chopped? They require contestants to use unusual ingredients to prepare normal meals. When you're running short on time and can't go to the store, digging around in your pantry can actually

produce some unique dishes. It can be fun to challenge yourself.

**5. To freeze or not to freeze:** The ultimate in meal-prepping, preparing a dish ahead of time and saving it for later is incredible for a lot of people. If you have an afternoon free on a weekend, preparing a lasagna or casserole and freezing it makes an evening later in the week that much easier. Not everyone has time to cook an entire meal beforehand, thus the previous suggestions, but take that free time and get in the kitchen. You'll thank yourself later!

**How do you meal prep for your busy schedule? Share your tips below!**

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## **Fitness Tips: 5 Couple Exercises That Are Worth the Sweat**





By [Rachel Sparks](#)

Now that the holidays are over, we're no doubt regretting some of those holiday treats we consumed. The cold keeps us in, the sweets come out, and we're juggling between moments of extreme stress and joy with friends and family so our eating habits are erratic at best. Right after that came the new year with the promises we made to lose the weight we gained over the past couple of months. Let's break that cycle *now* by taking a cue from [celebrity couples](#) like [Jennifer Lopez](#) and Alex Rodriguez and start working out with our S.O's.

## **The hottest fitness tips start with you and your partner breaking a sweat together.**

Working out makes us feel great about ourselves, but make it even better by doing it with your partner. Celebrity couples who work out together boast of strong bonds with their partner. There's nothing but good reasons to exercise with your partner, so grab them up off the couch and get going!

**1. Hiking:** We're starting easy and free (usually). If you or your partner are new to the exercising world, hiking is a great way to cheat the mind into thinking you're not working out. You can control your path, mileage, and speed so it's a great way to get into shape with a motivating view.

**Related Link:** [Let Your Partner Be Your Inspiration to Getting and Staying Fit](#)

**2. Kayaking:** Another way to trick those who hate traditional exercise into getting active involves another outdoor sport—kayaking. Most rental kayaks offer an option to share a two-butt kayak. It's a great workout for the arms and it challenges your communication and teamwork.

**3. Rock Climbing:** Let's keep it safe and stick with indoor rock climbing gyms until that confidence and strength has built up. The latest celebrity trend involves rock climbing gyms, but beware that there's a fair amount of trust involved. Your partner usually holds onto the rope that keeps you secure as you climb. When your arms start shaking, there's no better feeling than your S.O. cheering you on.

**Related Link:** [Celebrity Interview: Celebrity Trainers Sebastian and Danielle Lagree Talk Famous Clients, Relationships, and Love](#)

**4. Kick Boxing:** Don't do this when you're mad at your S.O. Or at least, don't miss the bag as you throw your anger-fueled upper cut and knock your partner in the teeth. It's a great way to relieve stress and learn self-defense in addition. Take turns on the offense and defense and offer each other constructive criticism. Hot celebrity couple Chris Hemsworth and Elsa Pataky are known to practice kick boxing together.

**5. Yoga:** Yogi's make intense positions look effortless, but be warned: there is a fair amount of knowledge and practice that goes into this sport. Couples who practice together help strength fine-tune muscles and flexibility. Bonus: you can do



some really cool arial tricks together. [Adam Levine](#) and his wife Behati Prinsloo have been pictured holding plank together. And yes, holding your favorite position is an integral part of yoga.

How do your workout with your partner? Share your ideas below for fitter couples!

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## Parenting Tips: Co-Parenting During the Holidays



By [Rachel Sparks](#)

The holidays are meant to be a time for family, friendship,

and joy, but for a lot of families there's the stress of a divided household. Co-parenting can be stressful even at the best of times, but not everyone has an amicable relationship with their ex. Celebrities like [Reese Witherspoon](#) and [Jennifer Lopez](#) set high standards for what co-parenting looks like, and not all of us can reasonably achieve such a peaceful situation.

## Read Cupid's parenting tips to navigate holiday stress.

While you may want to have your child(ren) on the exact day of the holiday, it's fair to assume your ex does, too. If you divide the holiday in half, then you don't get to enjoy all of your traditional celebrations without feeling rushed. So, how can you and your kids enjoy the holidays stress-free? Here's Cupid's [relationship advice](#):

**1. It's about the kids:** Remember this as you feel frustrated with your ex's time demands. Any time with a parent is seen as magic for your kid, so don't spend that time being angry or disappointed. Remember, too, that kids can sense when you're upset, so put aside emotions when you're interacting with your ex to show the kiddos that mom and dad can get along.

**2. Set up a routine:** Children thrive off of routine, but so do co-parents with busy schedules. What's more, if a schedule has been written, it cuts down on emotional communication about the holidays. If not, then work on compromising holidays with your ex and setting up a schedule you can both respect. It will take a lot of pressure off of future conversations.

**Related Link:** [Co-Parents: See How Stars Manage to Raise Their Children Post-Split](#)

**3. Find effective communication:** If seeing your ex's face makes you want to hit something, consider an alternative way

of communicating. Again, remember that co-parenting is still about raising a happy and successful adult. Shouting wars will not be conducive to the lessons you teach. If even hearing their voice makes you cringe, resort to e-mail; it's impersonal and typically gives an air of professionalism.

**4. Terminology:** Everyone knows to watch what you say about your ex in front of your kid, but also think about *how* you say something. Instead of saying, "This is my ex," which likely brings up a painful history for your child, say, "This is my child's father/mother." It allows the child to take ownership and pride in their parents, something every child and parent wants.

**Related Link:** [Parenting Tips: How to Cope With Stress](#)

**5. Try parallel parenting:** Co-parenting requires both parents to remain pretty active in not only their child's life, but their ex's. Parallel parenting is still being involved with your kid, but keeping it hands off and at a distance with your ex. Communication is at a minimum and when the kids are at your house, it's just about you and them, not what the other parent is doing.

**How have you dealt with co-parenting during the holidays? Share your advice below!**

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## **Get a Knockout Look with This One-Two Punch in Hairstyles**



When you pick up the latest copy of your favorite hair magazine, you'll find all kinds of interesting looks that'll likely draw your interest. The big question is, which one should you try? Are any of them worth a go, or should you stick to the same style you've been wearing for a few years now? If you're looking for a new look, you couldn't do better than picking what are considered two of the hottest trends of the moment, namely hair extensions and balayage. While each is a phenomenal opportunity for you to upgrade your 'do in style, when combined they can be even more of a showstopper.

**Here's what you should know about these two of the most in-demand hair looks around.**

**Balayage—Is It Worth All the Fuss?**

Balayage is a hair technique that's been getting tons of press as of late. All the latest Hollywood actresses, models, and music stars, such as Heidi Klum, Selena Gomez, Halle Berry, Ciara, Jennifer Anniston, and Jourdan Dunn, have been donning looks that are based on the balayage process in which color is "painted" into the hair by hand, rather than stylists using foil. Jennifer Lopez, who's been known to have arguably the best hair in the City of Angels, has been a great example of a star who's worn a balayage-based style with extraordinary flair.

The technique looks much like the ombré style, and, in fact, women frequently use the names interchangeably, although they are not the same at all. Since balayage is a technique itself, it can be used to achieve an ombré style. Otherwise, it's identifiable trait is that it starts higher on the head than the ombré look does, but both have the characteristic gradation in color, going from dark to a much lighter shade, with ombré extending all the way down to the very tips, or ends, of the hair.

Balayage is well-loved for many reasons. One of them includes the fact that it doesn't quite require as much maintenance as the ombré style. It's not unheard of for women with balayage to not need any kind of touch-up for as long as six months, even. Another reason why it's much loved is that it's fine for all different hair types and lengths (except super-short styles).

## **Hair Extensions**

Not only has Jennifer Lopez donned tresses with balayage, but she's also been photographed with stellar hair extensions. She joins a long list of actresses and other celebs, such as Jessica Alba and Paris Hilton, who've discovered this amazing way to go glam really fast. Non-celebs are also increasingly getting them added; even teens are opting for extensions so they can be prom-ready. On a slightly more serious note, more



women are also discovering that extensions, while being great to add length can, more importantly, also add density; for women with thinning hair, it's therefore a true godsend. They no longer feel embarrassed by their thinning hair.

Before you dash off to your stylist to get extensions, make sure this is one of their areas of concentration. What you want to do is go to a salon with a hair specialist who really knows how to apply hair extensions, like Colorado's Elle B, a full-service [hair extension salon in Denver](#), with specialists in hair extensions who are 100 percent certified. If you go with an uncertified specialist, it's a huge gamble; you run the risk of having it poorly done that can ruin your own hair. Hair loss has even been reported. A well-qualified specialist can guide you about the best products you should use to avoid any kind of long-term harm to your hair.

### **Balayage Plus Hair Extensions**

What many women don't realize is that they can get various treatments done on their hair extensions as if it were their natural hair. Remember, hair extensions made of human hair are still human hair, which means a stylist can still treat the hair with the balayage process to help you achieve incredibly streaked hair just as if it were done au natural. This combination creates a truly original crown of hair that would surely set you apart and thoroughly confuse anyone about what's real and what's not.

### **Long and Short of It**

Getting either balayage or hair extensions, or both, is a great way to add dimension and density to your hair. It can add a fresh new look and produce a fresh new you. If you're looking to free yourself from the same styles, try these hot looks out for a change.

**What celebrity hair trends have you been dying to try? Share below!**

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# Celebrity News: Alex Rodriguez's Daughters Think He's a 'Hero' for Dating Jennifer Lopez



By [Melissa Lee](#)

After stopping by *Jimmy Kimmel Live*, Alex Rodriguez revealed that his two daughters think he's a hero for dating [Jennifer Lopez](#)! In [celebrity news](#), Rodriguez and Lopez, who have been dating since March, have gotten very serious within the past few months. According to [EOnline.com](#), Rodriguez revealed that his daughters love hanging out, dancing, and singing with

Lopez, and even like to make an appearance on their daily FaceTime calls. How adorable!

## **This celebrity news has us chuckling. What are some factors to consider when introducing your partner to your child(ren)?**

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

Jennifer and Alex have an amazing dynamic between their personal relationship and their kids. If you've been struggling with figuring out the right time to introduce your partner to your kids, head below to check out some of Cupid's advice:

**1. Make sure they're in it for the long haul:** Before letting your partner meet your children, there are a few things you need to make sure of. Firstly, make sure this person is in this relationship for the long haul. You don't want to introduce your kids to someone that's going to disappear in a month's time.

**Related Link:** [Celebrity Wedding: Former 'Bachelor' Star Erica Rose Gets Engaged at Daughter's First Birthday Party](#)

**2. Set some boundaries:** It's also important to set a few limitations before letting your partner have a role in your kids' lives. Maybe have them around only a few times a week, and gradually introduce the idea of your lover being around as your children get more comfortable. It is crucial to listen to your kids' opinions and needs before getting caught up in anything.

**Related Link:** [Celebrity Baby News: Heidi Montag & Spencer Pratt Welcome First Child](#)

**3. Take it slow:** Most importantly, remember that there's absolutely no need to rush into anything. Take things one step at a time, and base it off of your level of comfort, along with your partner's and your children's. Things will work out as time progresses, but don't feel obligated to rush it just because you want a family dynamic.

**What are some of your tips for introducing your partner to your kids? Leave your thoughts below.**

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## **Celebrity News: Jennifer Lopez Plays Singing Coach to Boyfriend Alex Rodriguez's Daughter**





By [Ashleigh Underwood](#)

[Celebrity couple Jennifer Lopez](#) and Alex Rodriguez have no problem blending their families. The pair have been known to include their children while spending quality time together, according to the latest [celebrity news](#) on [E! Online](#). Most recently, J.Lo shared her knowledge of music with Rodriguez's daughter, Ella. Rodriguez posted a video on Instagram, gushing about both his daughter and girlfriend while showing off their singing skills. He even referred to Lopez as "Coach JL."

**According to this celebrity news, Jennifer Lopez is hitting off with Alex Rodriguez's daughter! What are some things to consider when trying to bond with your partner's children?**

**Cupid's Advice:**



It can be hard to win a child's affection, but it means even more when it's your partner's child. When trying to bond with them, consider this advice from Cupid:

**1. Be patient:** While you might want to be close with the children right away, it's just not plausible. When someone new is introduced into a child's life, it's a big adjustment. It can take more time for them to get used to the changes than it does for you. So be patient and wait until they're ready.

**Related Post:** [Celebrity News: Jennifer Lopez's Twins Cuddle with Alex Rodriguez Kids in Sweet Pic](#)

**2. Make an effort:** Kids can tell when you make an effort with them and want to be around them. Take a cue from Lopez in this celebrity news: Show an interest in their hobbies and interests, and try to do those things with them. If they feel like you genuinely care about them and their life, they will feel more comfortable with you.

**Related Post:** [Celebrity Wedding: Jennifer Lopez & Alex Rodriguez Are Already Talking About Marriage](#)

**3. Let them in:** Curiosity is a big part of being a kid. Things are constantly happening around them that they may not understand. They don't want to feel like you're another mystery in their life, so be open with them and answer any questions they have. If they understand who you are, they will be able to create a stronger bond with you.

**How did you bond with your partner's kids? Comment below!**

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# Celebrity News: 7 Best Celebrity Pop Music Moments



By [Katie Gray](#)

Pop music is one of the most popular music genres for a reason! For decades, amazing pop music has been created and crafted. People love jammin' out to pop, and watching pop stars perform in bold outfit choices. Since the 80's, Madonna has been the Queen of Pop. From then on, there have been many pop stars and pop princesses introduced to the world. Whether it's an award show performance or a music video, there have been some iconic pop moments among fellow pop stars in celebrity news, and pop stars in [celebrity relationships](#).

# Cupid has compiled the seven best pop moments in celebrity news:

1. **Madonna & [Britney Spears](#)**: The Queen of Pop is Madonna and the Princess of Pop is Britney Spears. The most iconic pop moment in history, is hands down the famous 2003 VMA performance where Madonna, Britney Spears and Christina Aguilera performed and shared a kiss. Madonna was dressed as a groom and Britney was dressed as a bride. To this day, it continues to generate buzz! It will go down in history, as the most iconic moment in pop music. Just like Nicki Minaj sums up in her song with Madonna, she raps, "There's only one queen, and that's Madonna."

2. **[Taylor Swift](#)'s 'Look What You Made Me Do'**: The official music video to 'Look What You Made Me Do' by pop superstar, Taylor Swift, premiered on August 27<sup>th</sup> at the 2017 MTV Video Music Awards. It broke the record for being the most watched music video within 24 hours of its release, by getting 43.2 million views on YouTube. It garnered over 3 million views per hour. The song and video, is influenced by a lot of Swift's past celebrity relationships. This includes her [celebrity relationship](#) with Calvin Harris, Tom Hiddleston, and the feuds with Kanye West and Katy Perry. The music video even features an elaborate scene where Swift is seen in a bathtub full of jewels "that were all real. That's right, the authentic diamonds, were loaned by celebrity jeweler Neil Lane and was worth over \$10 million. As of now, in September, the video has over 200 million views already!

**Related Link:** [Best Lana Del Rey Lyrics Inspired By Celebrity Relationships](#)

3. **[Ariana Grande](#) & Big Sean**: Ariana Grande is running pop music right now! The pop star, was in a much publicized relationship with music artist, Big Sean. The celebrity couple

was adorable on the red carpet at the Grammys, and it was well noted. Grande performed that night, and had several nominations herself. This duo even wore matching outfits when they performed together at KIIS FM's Jingle Ball in 2014. They also were cute together at 'A Very Grammy Christmas' backstage. Although the couple split, they shared great performances together and have had subsequent music inspired by their [celebrity relationship](#).

**4. [Jennifer Lopez](#) & Iggy Azalea:** Don't be fooled by the rocks that she got, she's still Jenny from the Block! Pop icon, Jennifer Lopez AKA JLO, always brings the fire! Her duet with rapper Iggy Azalea, to their song 'Booty' was the highlight of the 2014 American Music Awards. Their music video to their hit song is also sizzling! It's one of the best collaborations in pop music. The catchy song, features a nice beat, and is great to dance around to! "Work!"

**5. [Rihanna](#) & Drake:** The friendship and [relationship](#), between artists Drake and Rihanna, has been a constant topic on/off throughout the years. Drake and Rihanna are both icons. Drake bough Rihanna a billboard in Los Angeles to congratulate her on receiving the Michael Jackson Video Vanguard Award at the MTV Video Music Awards. He presented her with the moonman award. During his speech, he was loving, and proclaimed he's, "been in love with her" since he was 22 years old. He proclaimed, "She's one of my best friends in the world."□ Whether they're friends or more, they make us swoon!

**Related Link:** [6 Best Rock & Roll Celebrity Couples](#)

**6. Beyoncé's *Lemonade*:** Queen Bee – Queen Bey! Beyoncé released her sixth studio album, titled *Lemonade*, and it took the world by storm. The witty lyrics quickly circulated, and the film that went along with it made a big impact. Beyoncé is married to rapper, Jay-Z, and the pretty pair are also proud parents! Much of the album is about the [celebrity couple](#), and it was widely interpreted that *Lemonade* was about infidelity. There

were some empowering parts of the album, such as the songs “Hold Up” and “Sorry” and “Sandcastles.” There were inspirational parts, such as the fact that winners “don’t quit on themselves.” When life gives you lemons, make lemonade!

**7. [Lady Gaga](#) & Album *Joanne*:** Lady Gaga is a top pop icon. She’s won a Golden Globe, performed at the Academy Awards and was nominated for an Oscar herself, and continuously sells out stadium tours. She even gave an amazing super bowl half time show performance! She released her album, *Joanne*, which is named after her aunt who died at a young age from lupus. The album also revolves around the triumphs and trials of love. Much of the inspiration for the album, is derived from her relationship, engagement and break-up with Taylor Kinney. After dating for five years, they broke off their [celebrity engagement](#). Lady Gaga said, “When you listen to the album, it’s clear the influence that all the men in my life have made on this record. She added, “I always wanted to be a good girl. And Joanne was such a good girl.”

**What are your favorite celebrity pop music moments? Comment below!**

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# **Celebrity News: Jennifer Lopez’s Twins Cuddle with Alex Rodriguez Kids in Sweet Pic**





By [Marissa Donovan](#)

[Jennifer Lopez](#) and Alex Rodriguez had some bonding time with each of their children recently. According to [UsMagazine.com](#), the baseball player and *World of Dance* judge brought their kids together to celebrate Lopez's birthday! The [celebrity couple](#) have been getting closer and seem to be enjoying spending time together!

In this [celebrity news](#), it looks like families are combining! What are some ways to introduce your kids to your partner's kids?

#### Cupids Advice:

Try being extra fun when introducing your kids to your

partner's children. Here are some ways you and your partner's children can meet:

**1. Go to an indoor trampoline park:** Bounce around together and have fun with the kids as a couple. Some locations offer pizza for when you are done jumping, so make sure to bring an empty stomach!

**Related Link:** [Celebrity Wedding: Jennifer Lopez & Alex Rodriguez Are Already Talking About Marriage](#)

**2. Get frozen yogurt together:** Let the children bond over candy toppings and frozen yogurt flavors. Sugar rushes will allow them to become more talkative even if they become handfuls. Older children will enjoy frozen yougurt as well, plus you and your partner can share a cup together!

**Related Link:** [New Celebrity Couple Jennifer Lopez & Alex Rodriguez Are More Than 'Just a Fling'](#)

**3. Go camping:** Enjoy the last days of the summer as a family. It will be a memorable experience for the kids to share a tent together while roasting marshmallows.

**Do you have other ideas for how to introduce your children to your partner's kids? Let us know in the comments!**

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## **5 Places Your Favorite Stars Go On Their Celebrity Vacations**



By [Melissa Lee](#)

Celebrities seem to always be taking the most luxurious vacations, but thanks to social media, it can feel like we're right there with them. If you're looking for your next vacation destination, why not take a page out of your favorite star's book and on a celebrity-approved vacation?

**Interested in the top five places your favorite stars go on their celebrity vacations? Don't worry, Cupid's got you covered with the best travel details!**

**1. Amalfi Coast, Italy:** Italy is already constantly star-studded with celebrity family vacations, weddings, and

honeymoons, but the Amalfi Coast is notorious for hosting some of the most famous names in the game. Gabrielle Union and husband Dwayne Wayde made a stop in Positano on their romantic European trip.

**2. Waikiki, Hawaii:** Hawaii is known for its serene vibe, so why wouldn't celebs want to escape there for a relaxing getaway? Basketball star Steph Curry and wife Ayesha Curry recently vacationed in Waikiki after Steph won his second NBA Finals.

**Related Link:** [Popular Vacation Spots That Celebrity Parents Love](#)

**3. Cabo San Lucas, Mexico:** Former *Bachelorette* star [JoJo Fletcher](#) shared details of her getaway to Mexico on Instagram, making us all mega jealous of her beach vacation. Mexico is a versatile destination, so whether you're looking to chill out on the beach or have a taste of night life, Cabo San Lucas may be the place for you!

**4. France:** Known for its romantic aura, France is the perfect romantic getaway. Just ask [Jennifer Lopez](#) and Alex Rodriguez, who recently cuddled up during their couples vacation. Robin Thicke and girlfriend April Love also stopped over in Paris, showing off their love in front of the Eiffel Tower.

**Related Link:** [Celebrity Travel: How to Travel in Style Like a Celebrity](#)

**5. Sweden:** Former One Direction member, Liam Payne shared his love for Sweden by posting a throwback picture on Instagram. "Such a beautiful place with so many memories," he wrote. Well, if Liam approves, then Sweden sounds like the perfect place to explore!

**What are your favorite celebrity vacation spots? Share your thoughts below.**



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# Celebrity Wedding: Jennifer Lopez & Alex Rodriguez Are Already Talking About Marriage



By [Cortney Moore](#)

[Jennifer Lopez](#) and Alex Rodriguez made [celebrity news](#) when they first got together in March. Now fans are excited to learn that a celebrity wedding may be underway sometime soon. Unlike Lopez's past flings with former backup dancer Casper and 30-year-old Drake, this relationship with the Yankees baseball legend has taken a serious turn according to



insiders. "J.Lo and A-Rod are getting very serious and talking marriage. J.Lo wants a future with A-Rod," a source told [Eonline.com](#). The insider also says Lopez is head over heels and would say yes if Rodriguez asked to marry her. When it comes to family, this famous couple has also received a stamp of approval from their children. "They are perfect for each other. Their families love how they are together," the source made sure to add. Fingers crossed that we're treated to a New York inspired [celebrity wedding](#)!

## There could be another celebrity wedding in the works! What are some ways to know you're ready for marriage?

### Cupid's Advice:

People always ask *when* is the right time to get married, but relationships aren't monolithic. Instead you should ask yourself what signs show you're ready for a lifetime partnership. Here are three relationship milestones to consider before you agree to be someone's other half:

**1. When 'I' becomes 'we':** In the early dating phase, you're content with your independence. Thinking of the future usually goes along the lines of "I'm going to do XYZ, and no one can stop me." But the second you find yourself including your partner in your future plans it's no longer all about you. Desiring someone's companionship and input long-term are traits that show you're ready for serious commitment.

**Related Link:** [New Celebrity Couple Jennifer Lopez & Alex Rodriguez Make Red Carpet Debut at Met Gala 2017](#)

**2. Compromise is second nature:** Marriage is all about compromise. It requires tying yourself down to one person,

which can be tricky if you have differing philosophies and lifestyles. However, the ability to give and take is a relationship skill that all great marriages have mastered. If you're able to negotiate with your significant other, then chances are you're both ready for the long haul.

**Related Link:** [New Celebrity Couple Jennifer Lopez & Alex Rodriguez Are More Than 'Just a Fling'](#)

**3. Don't feel like you're missing out:** Cold feet can happen, but your concerns shouldn't be centered around all the potential partners you might miss out on. If you're suffering from FOMO, then you're not ready for marriage. But if the idea of coupling up with someone permanently doesn't bother you, then marriage is right for you. Your future spouse will definitely appreciate your dedication!

**At what point did you know you were ready for marriage? Tell us your stories in the comments below!**

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## **New Celebrity Couple Jennifer Lopez & Alex Rodriguez Make Red Carpet Debut at Met Gala 2017**





By [Noelle Downey](#)

New [celebrity couple Jennifer Lopez](#) and Alex Rodriguez have officially gone public on the red-carpet! According to [UsMagazine.com](#), the A-list couple was photographed at the 2017 Met Gala on May 1 in the shining city of NYC, after being spotted the previous evening stepping out and cuddling up on a [romantic date night](#). This [Hollywood relationship](#) began just three months ago, but an insider spills that it hasn't prevented these two lovebirds from talking about a future together, which might even include a [celebrity wedding](#). "They've been talking about the future and of course marriage has come up," the source confesses. "They aren't making wedding plans, but they have been talking about their lives."

**This new celebrity couple is going public with their relationship! How do you know when it's time to introduce your partner to family**

# and friends?

## Cupid's Advice:

There's no doubt about it; introducing your new significant other to your friends and family can be super nerve-wracking! When in doubt, Cupid is here with top tips on when to know it's time to make the big introductions:

**1. When your partner is an integral part of your day-to-day life:** If you and your partner's days always include some kind of contact with each other, from a friendly text conversation to check-in or a date night for dinner or a movie at their house, it may be time to take the next step and introduce them to your friends and family. If you feel secure in your relationship and know that it is far from being an on-and-off type of thing, then it makes total sense for your friends and family to get to know more about your sweetie!

**Related Link:** [New Celebrity Couple Jennifer Lopez & Alex Rodriguez Are More Than 'Just a Fling'](#)

**2. When you know they're someone special:** Introducing friends and family to a new significant other can be stressful, but what makes it a lot less of a hurdle to jump is when you know for sure the person you're introducing them to is someone you truly care about and who you think is something special. You don't have to be days away from tying the knot or on the brink of moving in together, but make sure this is someone who you want to bring home to your mom and dad, or have to dinner with your best friend. Remember, these are the people who love you most in the whole world, it's actually an honor for your SO to get to meet them!

**Related Link:** [Celebrity Couple Jennifer Lopez and Alex Rodriguez Enjoy a Romantic Vacation for Two](#)

**3. When you've talked about it:** When in doubt, speak to your

significant other about whether or not they're ready to meet your friends and family. Even if they're absolutely crazy about you, your partner may have some anxieties about taking such a big step, so feel free to put it off for another month if you feel like you're still getting to know each other or aren't sure yet what your label truly is. Whenever you decide to meet each other's families, make sure you're both comfortable with the decision and the timing and have discussed your relationship to enough of a degree that this introduction feels like the next logical step.

**Have you ever been in a relationship you weren't sure it was time to take public? What convinced you to take that big step? Let us know in the comments!**

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## **New Celebrity Couple Jennifer Lopez & Alex Rodriguez Are More Than 'Just a Fling'**







By: Christa Ganz

[Jennifer Lopez](#) and Alex Rodriguez are emerging as a new [celebrity couple](#). The two have been moving rather quickly on the path to a serious relationship. What started out earlier this month as a fling, turned into a [romantic getaway](#), and has now progressed into a [celebrity relationship](#). According to [EOnline.com](#), friends of the retired New York Yankee said this relationship is turning out to be more serious than originally expected. "Friends are slowly thinking this may actually be a great match. He calls J.Lo his lady. He would wife her up in a heartbeat...She is different than other people he's dated." Sources describe the couple as having a "crazy connection" and are "always all over each other when they are out." Despite their busy schedules, J.Lo and A.Rod have been spending a lot of time with each other in Miami by working out together and going out to dinner. Lopez, 47, has been in Miami working on her Spanish album. She still finds time to support 41-year-old Rodriguez as a special instructor for the New York Yankees. One factor that appears to make this couple a "great match" is their similarity in age.

# It looks like this new celebrity couple may have staying power! What are some ways to ensure your relationship is stable and long-lasting?

## Cupid's Advice:

We may at times find ourselves questioning the future of our relationship. Here are some tips to avoid running into any doubts about your relationships longevity.

**1. Communication is key:** It is extremely important to make sure you are openly sharing your feelings with your partner. Closed communication can hurt your relationship. No one is a mind reader!

**Related Link:** [Celebrity Couple Jennifer Lopez and Alex Rodriguez Enjoy a Romantic Vacation for Two](#)

**2. Trust:** This is hard if you've been hurt before. Try to remember that your new relationship isn't your old relationship. You have to let down some walls in order to allow the right person to prove their good intentions.

**Related Link:** [Jennifer Lopez Opens Up About Dating Younger Men](#)

**3. Keep it fun:** Find things you love to do together, like go on adventures or try new foods. Go on weekend getaways to keep things fun and exciting. Enjoy each other's company no matter what it is you decide to do.

**Have you been in a steady, long-term relationship? Comment your secret to staying together below!**

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# Drake References Drunk Texting Ex J Lo in 'More Life' Playlist



By Christa Ganz

In latest [celebrity news](#), Drake unveiled his long-awaited playlist project "More Life" this past weekend. The 30-year-old rapper from Toronto gave fans a 22-track playlist through OVO Sound Radio. To no surprise to his fans, Drake starts his playlist with a reference to his most recent ex, [Jennifer Lopez](#). The opening track, "Free Smoke," suggests that Lopez changed her number without notifying her ex. In the song, Drake raps "I drunk text J.Lo / Old number, so it bounce

back.” According to [UsMagazine.com](http://UsMagazine.com), the couple had split after just two months of dating, claiming their relationship had “died down a bit” shortly after the start of Drakes European tour. Clearly Drake had his 47-year-old ex on his mind throughout the formation of his whole playlist. Further down on the track list, he samples Lopez’s 1999 hit “If You Had My Love” in his appropriately titled song “Teenage Fever.” Not long after going public as a celebrity couple in December, Drake and J Lo hinted the possibility of a collaboration. After listening to his new track, Drake’s fans are disappointed to see the song “Get It Together” on the playlist, with vocals replaced by Jorja Smith. We see that Drake is dealing with his break up the best way he knows how, by referencing it in his music.

## **This celebrity news has us lamenting the passing of this high profile relationship. What are some ways to help yourself get over a recent break-up?**

### **Cupid’s Advice:**

Breaking up is never easy, regardless of the reason. There is no magic cure for getting over a break up, but with a little help you can get back to feeling like yourself in no time.

**1. Stay busy:** Join a workout class, start a new hobby, catch up with old friends for lunch. Try to keep your mind occupied with positive behavior to fill up gaps in your schedule. Don’t overdo it, but frequent breaks throughout your day will cause your mind to wander.

**Related Link:** [Celebrity Break-Up: Jennifer Lopez and Drake End Their Whirlwind Romance](#)

**2. Stay motivated:** Focus on your future plans and how you're going to better your own life from here on out. A newly single mind tends to harp on the past. Set short term goals for yourself as a reminder that your happiness is key.

**Related Link:** [Celebrity News: Jennifer Lopez Opens Up About Dating Younger Men](#)

**3. Talk it out:** Friends and family are the ultimate support system after a break up. Get your past relationship off your chest by verbalizing your frustration. Getting it all out will be a great stress reliever and an important stepping stone to a fresh start.

**Have a tip to getting over a break up? Comment your strategies below!**