

Fitness Trend: 5 Multivitamins Good for Your Immune System



By [Jessica Gomez](#)

Having a healthy immune system is important because the immune system is our body's defense against sickness. Vitamins that are essential to our immune system's well-being are ones like vitamin C, vitamin B6, vitamin E, Folic acid, Iron, Selenium, and Zinc. Honestly, many things can help, so you can add to this list. Don't worry though, that's where multivitamins come in. These bad boys are all the [fitness trend](#) because you get multiple vitamins in just one pill! They save you time and money and there is less pill popping, of course. In addition to these multivitamins, be sure to eat healthy and exercise

for the best results.

Follow our fitness trend! Here are five multivitamins you can get online with a few clicks!:

As a [fitness tip](#), do things right. The following multivitamins are natural. Plus, these babies are vegan/vegetarian and cruelty free, so yes, natural and without animal products or testing. That's how you do it!

1. [Deva Vegan Daily Multivitamin & Mineral Supplement](#): In addition to these vitamins being vegan, they're also gluten free! A 90 tablet pack of 2 at Amazon.com will cost you about \$18.00 – not bad! The formula is enriched with green whole foods, vegetable powders, and special herbs to help give your immune system a boost. Also, these multivitamins emphasize vitamin B12 and Iron! Take a tablet daily with food.

2. [Mega Food's One Daily multivitamins](#): This multivitamin, according to their site, "supports optimal health and well-being." What vitamins does this product feature? Beta Carotene, as well as vitamins C, E, and D, to name a few. You can take these pills anytime of the day and on an empty stomach – convenient! Get a bottle of 30 for \$22.00 on their site.

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3. [Pure Vegan Advanced Vegan Multivitamin](#): These possess folic acid, along with vitamins C, D, and E. You have to take two of these pills daily. You can get 60 capsules for \$21.00 by clicking on the link.

4. [NoorVitamins Adult Gummy Multivitamins](#): These apparently

taste great and contain vitamins C, E, and Zinc to help maintain your immune system. It also has vitamin B to boost your energy. Lastly, it's fruity; who doesn't like fruity flavors? You can buy a 90 capsule bottle from Amazon.com for about \$18.00.

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5. [Gummi King Sugar-Free Multivitamin Supplement](#): These are gummies! We had to throw a multivitamin in here for kids, who do not like pill popping of course. You get a variety of flavors: strawberry, lemon, orange, grape, cherry, and grapefruit – that's what we're talkin' about. To make these even better, they're sugar free! You can get a bottle of 60 from Amazon.com for \$12.00.

Which multivitamins are you looking to try? Comment below!

Beauty Tips: 5 Natural Ways to Make Your Lips Look Fuller





By [Jessica Gomez](#)

Who doesn't want full, luscious lips? If you want to stay away from lip injections, like many of us, read this article and find out five simple ways to make your lips look plump. When we say "simple," we mean simple! These [beauty tricks](#) aren't rocket science, you'll see.

Here are five beauty tips for those of us craving fuller lips! :

1. The toothbrush trick: With this method, you'll be able to get two things done at once. Use a toothbrush to scrub your lips – this will boost circulation, making your lips look fuller. At the same time, it will make your lips soft! It's easy. You can use petroleum jelly or a lip scrub to exfoliate your lips.

2. Use lip plump gloss: You can choose to opt out of using your regular lipstick and lip glosses and instead use one with plumping ingredients. There are lip products that are made for

the person who wants fuller lips without the injections. Apply it during your makeup routine and take it with you to retouch as needed. And remember, get one that is cruelty free (doesn't test on animals)!

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3. Use essential oil lip balm as a base: Peppermint oil doesn't irritate the way cinnamon oil does, but you can use whichever you prefer. These oils will create a sort of swelling effect, though nothing drastic. Find lip balms with either of these ingredients and apply it to your lips before you apply your makeup.

4. Fill them out with lip liner: For this makeup trick, you're going to want to apply lip liner that is about a shade or two darker than your lips. Trace right above your lips with the pencil, not too high above (you'll look silly because it'll be noticeable). Next, fill in your lips with the same color, and voila, you've got fuller looking lips! This may remind you of sisters [Kylie Jenner](#) and [Khloe Kardashian](#), because they use this technique often.

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5. Use two different lip colors: Aim for a nude color, as darker colors make the mouth look smaller. Apply one shade on your lips, next, apply the lighter shade to the middle of your lips. This will create the illusion of plump lips – yes, please! It's that simple.

Which ones are you willing to try? Comment below!

Beauty Advice: How to Make Your Skin Thank You Later (What You Should Be Doing Now)



By [Jessica Gomez](#)

Who doesn't want great skin? The problem with taking care of ourselves is that we many times neglect certain duties we owe to our skin. Well, fear no more! With our [beauty tips](#) and some dedication from you, you'll be well on your way to the skin you want. Give yourself the gift of great skin this holiday season!

The current state of your skin is a result of many factors. However, there are things we can all add to our beauty regime to make our skin thank us, besides washing it daily of course! This is what you should be doing now:

1. Drinking lots of water daily: This is a given and obvious to many, but the truth is that so many of us neglect to drink enough water! You need to keep yourself hydrated throughout the day. Your skin can look dull when you don't drink enough. So let's pick up our glasses and bottles and get to drinkin'. When hydrated, our skin gets that glowing, calm look we strive for. A healthy goal to aim for, that you've probably heard of before, is drinking 8 glasses of water a day. Do that, and watch the change.

2. Moisturizing: It takes a bit of our time and can be easily pushed aside, but it shouldn't be! Like drinking water, applying a good, natural cream to your skin on the daily will keep it looking nice and smelling wonderful. This can also help delay aging, and who doesn't want that? Also, remember to slap on some sunscreen to protect your skin from the almighty sun.

3. Getting enough sleep: Unfortunately, sleep is neglected many times, whether it's for work, our social life, or issues. We prioritize many tasks over sleep. We all know that sleeping is important and has many benefits, but because life is active and while we sleep we're "inactive," we don't put it on the top of our list. Sleep helps your mind and body (skin included) repair, so get to sleeping, and nap when needed.

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4. Applying masks: Masks are our friends! Face masks, hand masks, foot masks, etc.; do them all. The good thing about masks is that they can help your skin by targeting your specific needs. Ideally, do a mask once a week. If your skin isn't sensitive or dry, you can do it twice a week if you feel the need. If your skin is dry, make sure to apply a mask that is moisturizing on top of everything else.

5. Exfoliating: Your face and your body! You can exfoliate one to three times a week, depending on your skin type and needs. If you have oily skin, two to three times a week can work for you. Now, if you have dry or sensitive skin, once a week should be enough. Exfoliating gets rid of dead skin cells. It'll make your skin look better and will help your makeup settle better as well.

6. Working out: Working out is great for many things, skin included! After working out, you may notice your skin glowing. Also, exercising can help reduce stress, and we all know that stress has a negative impact on our skin. Therefore, exercising alongside the tips above can help avoid breakouts and clogged pores.

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7. Cleaning things that touch your face: Most of us don't do this! Anything that touches our face on the regular should be cleaned often, sometimes even daily. For example, our phones touch our faces all the time – and we touch the phone with our hands all time, on top of plopping it down wherever. Make sure to clean it on the daily! There are so many bacteria on it, and we don't want that all up in our grill. Makeup brushes are on the list of items to clean as well. Aim to clean them once a week at least.

8. Removing makeup: Many of us are guilty of going to sleep

with makeup on, but this is a big no-no. It can clog your pores and we definitely don't need that kind of buildup in our lives. Make sure to wash your face before heading to bed or at least use makeup wipes to clean your precious skin.

9. Watching what you eat: Oh, junk food, how we love thee! Junk food can be so bad for not only our overall healthy, but also our skin. When you notice that breakouts or other flaws arise after eating a certain food, the obvious thing to do is stop eating it. However, we aren't perfect and we crave what we crave. That is where the moderation rule comes in. Just keep in mind what messes with your skin and don't indulge in it. Once in a while is okay.

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10. Treating your skin with care: Sometimes, we don't pay attention and can rub our faces aggressively and pick at our skin. Don't! Try to be conscious of how you treat your skin. You should always be gentle, especially with your face and the area around your eyes.

Follow these tips, and you'll do just fine! Which of these do you need to start doing? Comment below!

Fashion Advice: How to Shop on a Budget for Winter





By [Jessica Gomez](#)

After saying bye to fall and bringing out our winter wardrobe, we may see that we're a tad tired of our old wardrobe and have some shopping to do. If you're like many of us that shop a tad too much in the summer and fall, you may need to shop on a budget. Have no fear though, we're here for you! We have [fashion tips](#) on how to get your buck's worth when it comes to updating your closet for the winter.

Here is our fashion advice for shopping on a budget this season:

1. Take a good, hard look at your winter clothes: First, you must review your clothing carefully. There may be some gems in your closet that you either looked over or can accessorize or combine to make a great outfit. Also, don't pack away your summer and fall clothes just yet, because you can always layer up. You want to make sure not to do more shopping than needed if on a budget. So, go on and look, and then make a list of your needs and wants.

2. Know your budget: Before anything, it is absolutely essential that you know how much you can spend. You need to know your budget overall and how much you can spend on what. For example, you can spend X amount on boots, X amount on tops and sweaters, and X amount on bottoms. If you carefully make your calculations, you are more likely to not over shop and get what you need.

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3. Shop with a calculator: It would look silly to walk around with an actual calculator, but luckily our smart phones have one, so use it! As you add each item to your shopping cart or bag, add the prices up. It will help you keep track of how much you'd potentially be spending.

4. Go out and shop: Shopping online is extremely easy, however, if you have to pay for shipping or later on realize what you bought doesn't fit right, you'll be spending extra bucks. The beauty of shopping in person is that you can try on whatever you'd like and see how it looks on you. Sometimes we think something is cute, but once it's on, it's just a big no-no.

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5. If you do want to shop online, then...: Shop where there's free shipping and be sure of your sizes. There are some great sales online many times. Just add what you like to your shopping cart and then once done, don't head to checkout just yet. First, review what you have and ask yourself if you really want/need it. Many times we get click-happy and add more items to our shopping carts than we intend to. So, go through every single item and think twice.

6. Look for sales and promotions: This one is obvious, but this is where you go online. Check out what stores have major sales before you step out the door. Some stores, like H&M,

will give you an additional percentage off if you donate clothing! So anything in your closet that's torn or you just don't want anymore, you can donate. Even one article of clothing gets you a discount – nice! Also, shop for the out-of-season stuff, like said before, you can always layer up.

Now let's go out and have some fun shopping! We're all excited. Which tip haven't you considered before? Comment below!

Fitness Advice: How to Get Your Best Booty



By [Jessica Gomez](#)

It's time to get off your butt and make it the best one you've ever had! We are in the age of the booty and a lot of us want a celebrity body. Hard work pays off, and combining a healthy diet with exercise is key – no surprise there. Eat plenty of protein and good fats (like avocados, nuts, beans, etc.) and veggies (broccoli, spinach, and other greens). Combine that with some killer workouts, and you're well on your way to your best booty! You'll be building muscle, toning, and shaping. What are some of the best workouts you should consistently do for your bum, you ask?

Well, here are six workouts to start doing on the daily that will work out the different parts of your booty. Let's change our daily routine and get the butt we deserve with these [fitness tips](#)!:

If you'd like to include break days and not do these everyday, you can most definitely do so. It all depends on what your body is used to. You should always push yourself, but not beyond your limits. Remember to pace yourself and always stretch for about five to 10 minutes before exercising:

- 1. [Squats](#):** These bad boys workout your thighs, hips, and butt. Make squats your best friend. You can try starting with 20 to 50 squats the first day (depending on your current limit). After that, each day, you can add five squats. You can increase the number of squats from five more to ten more gradually. Just pace your progress. Like mentioned before, make sure to push yourself, but don't stress your body.

2. **Donkey Kicks:** These are great for the bottom of your butt, your lower back, and legs. Aren't butt workouts wonderful? They workout multiple body parts simultaneously! Make these your best friend, too. These should be easier than squats, so aim to do more of them.

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3. **Marching Hip Raises:** Guess what these workout? Besides your butt, they workout your hamstrings and abs. Talk about shaping your booty and your bod! Try to do as many as you can and start from there. Everyone can do it at their own pace. Just remember, the more you workout (at a healthy rate of course), the faster the results. Again, please make sure not to strain your body aka your temple.

4. **Glute Bridges:** Working your abs and butt, these babies should be included in your exercise routine. It's a strengthening move that will help your core. They can also improve your posture. Hey, for some of us, this can be a way to ease ourselves into yoga!

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5. **Side Skaters:** This move works out all of the above: your butt, thighs, hamstring, and core. It's both an essential part of your butt workout and it provides you with good cardio. They can be pretty fun to do once you get out of a lazy mood.

6. **Lunges:** These are famous, but can be a pain. Remember, it's all about consistency and making these exercises practically a habit. They workout your hips, quads, hamstrings, core, the hard-to-reach muscles of the inner thigh, and your glutes. You can do lunges at the gym, in your room, [on the stairs](#), etc. Speaking of stairs, if you can, take them. [Walking up stairs](#) is a fabulous exercise because it works so much out, including your rear end, of course!

Your best booty is on its way! Are you as excited as we are?

Share with us your favorite butt workout below!

Travel Tips: How to Plan a Debt-Free Vacation



By [Jessica Gomez](#)

Most of us love traveling and have a list of places we wish to go to before we kick the bucket. Making a bucket list with all the places you wish to visit is a great first step. Traveling can be such an amazing experience when you're not stressing out or breaking the bank. Therefore, we all wish to take a vacation that is debt-free, but how? Planning accordingly is

your answer. Below are our [travel tips](#)!

Here are five steps in the form of travel tips to take toward a debt-free vacay!

1. Create a budget: In order to be able to plan a vacation where you spend the least money and avoid debt, you need to know how much you can and are willing to spend. Do a financial assessment. Calculate your total take-home income, how much all your expenses are (including the amount you wish to save for non-travel related reasons), and lastly – how much you have left that you're willing to save without bending backwards.

2. Plan your vacation as detailed as possible: It's all about planning, and planning requires tons of research. Look up the place/s you want to visit on your next vacation, and plan what you want to do there. Plan everything from flights and stay, to activities and food. After that, it's time to put a price on everything. Once you know how much the whole vacation will cost, you know whether it is possible for you to afford it or if you have to exclude a thing or two – sometimes more.

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3. Use apps & sites to find cheap flights: There are many apps and websites that cut you deals on flights, and hotels also. However, when it comes to your stay, you should decide whether a hotel, an all-inclusive resort, or an apartment/house rental is the best option for you. One option is to check out these [apartments for rent in Tulsa, Oklahoma](#). The good news is that finding cheap travel won't be difficult. Websites like Jetcost.com will compare the flight prices of many websites, showing you the most affordable price for you. Just make sure

to always use a private tab when searching up hotel and flight prices in order to avoid cookies and sudden price fluctuations (the increasing kind aka the unwanted kind).

4. Save money over time: After planning and calculating, you should have a lot covered. Now you must plan to save a little each week. Of course this will depend on how soon you plan to take your trip. Planning as soon as possible is essential so that you can save as much money as possible.

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5. Be open to change: Sometimes after planning your vacation, things don't go accordingly – and that's okay. Be prepared for change and stay motivated. The more you plan, the easier change can be because you already have the information you need in-hand. Be open to having to change your vacation destination, or having to change the time, or other parts of your trip. As long as you follow the guidelines above, you should be okay when planning any trip.

Enjoy, we know that vacation is much needed! What destination are you planning on traveling to next?

Beauty Tip: Different Uses for Coconut Oil





By [Jessica Gomez](#)

Coconut oil is one of those ingredients that's magic in a jar, so make sure to always have it around the house! It has many uses, which is partly what makes coconut oil so fantastic. Whether you're using coconut oil as a substitute or using it for something specific, you can count on its aid. This natural ingredient can be used for countless purposes, and here are just a few.

These are six uses to add to your beauty regime. Follow these [beauty tips](#) to get the most out of your coconut oil:

1. To moisturize hair: Coconut oil is great for dry and/or damaged hair. It seals in moisture and softens your hair as well. You can use it two different ways – use it as leave-in conditioner or as a hair mask/ treatment. You can apply a bit of it to help split ends, moisturize, and lock in some shine –

making it look healthy. However, the longer you leave coconut oil in your hair, the better it works. So, you can leave it in anywhere from an hour to overnight. Just make sure to wash your hair thoroughly after to get all the excess oil off.

2. As a body scrub/moisturizer: Mix some coconut oil with sugar or salt to create a natural exfoliant. You can use it on your hands, feet, and body. Put this scrub to work while in the shower to get rid of dead skin cells, leaving room for healthy skin. You can also slather on some coconut oil to moisturize – it will without a doubt leave your skin feeling like a baby's.

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3. To shave: Ran out of shaving cream or just want to replace it altogether? For a smooth, close shave you can use coconut oil. It will allow the blade to easily glide over your skin, leaving it extra smooth. No cuts, soft skin. Another tip: make sure to always keep your razors clean and fairly new. Once they start getting dull, time to throw 'em away and get some new ones. This will allow a better shave and will avoid the buildup of bacteria.

4. As a lip balm: If coconut oil can soften your hair and skin, why not your lips? You can use coconut oil on the regular or as a treatment. It will leave your lips soft and smooth. Say goodbye to cracked, chapped lips – say hello to luscious lips!

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5. As night cream... and even eye cream: Coconut oil is gentle enough for the sensitive skin around your eyes, making it an even better ingredient. Coconut oil helps with fine lines and under-eye bags, so it's time to add it to your beauty regime! Obviously, coconut oil works hard so you don't.

6. To remove makeup: Removing your makeup should not be neglected if you want better skin. You can use coconut oil to remove makeup, while at the same time allowing it to nourish your skin – giving it moisture and helping with fine lines. Just mix some of it with water and rub it on your face gently, removing all the makeup, and then rinse and wash your face afterward. Your face will be makeup-free, clean, and smooth.

As you can now see, it is essential to have coconut oil at home for its many uses. It can not only help you in the beauty department, but it can also replace so many other products. Which way do you plan on using it first?

Beauty Advice: Beauty Tricks That Will Save You Money





By [Jessica Gomez](#)

The beauty industry makes a ton of money, a lot of it due to high-demand products, many of which are pretty expensive. Not all of us have the luxury of buying all of the products we want and need unfortunately. Luckily, Cupid has some [beauty advice](#) for you that will save you some bucks while retaining every part of your beauty regime!

Here are five beauty tricks that will save you money and keep you looking good:

1. Wrinkle creams: Wrinkle cream and eye wrinkle cream are sometimes necessities. But, guess what? If you don't have the cash right now to buy both, buying only eye wrinkle cream is the way to go. The skin around your eye is very thin and sensitive, and eye wrinkle cream is especially made for that area. And because eye wrinkle cream is light and sensitive, you can also use it on your face! So, it's perfect to use on

laugh/frown lines as well.

2. Blush: Oh no! You want rosy cheeks, but you ran out of blush! Have no fear; lipstick can come and save the day. Choose a lipstick with the color you want on your cheeks, and rub a very small amount of it in. Viola! You now have rosy cheeks without needing an extra beauty product. Lipstick being used on both your lips and cheeks is super resourceful!

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3. Lip exfoliator: You don't need to buy a pricey beauty product to keep your lips soft and looking great. In fact, you can just use a product that we are 100% sure you have at home: a toothbrush. Yeah, you read that right! Use a toothbrush to exfoliate your lips. You can apply Vaseline or lip balm to your lips and then use the brush to exfoliate them. Ideally, you want a separate toothbrush for this, but if you don't have one, you can just make sure to clean the brush thoroughly after using it.

4. Shaving: You're in desperate need of a shave, and you have no shaving cream. Many of us will use soap as a substitute, but two products that work well are coconut oil and even your hair conditioner! Both of these products will help you have a close, smooth shave.

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5. Makeup remover: Removing your makeup is very important and is a duty that should not be neglected. Instead of buying makeup remover, or if you just ran out, you can use coconut oil. Just mix some of it with water and rub it on your face gently, removing all the makeup, and then rinse and wash your face afterward. Your face will be makeup-free, clean, and smooth. Coconut oil is a product that we should all have at home, because it has tons of uses!

Which beauty trick is the one you think you'll try first?
Comment below!

Beauty Tips: Best Types of Bronzers to Give You a Sunkissed Glow



By [Jessica Gomez](#)

Oh, bronzers, aren't they great? There are different types, so some may be better for achieving that sunkissed glow better than others. Ideally, we want to use bronzers that are natural

and cruelty free. Why? Because natural ingredients are better for your skin and because it's a product that was not tested on an innocent animal. Who doesn't want a fully good product? There are two types of bronzers that are best to use in order to look sunkissed and majestic.

Here is our [beauty tip](#), use these following bronzers to achieve that beached goddess glow you're aiming for (for all budget types):

Shimmer Bronzer: This can help you achieve a radiant, natural glowing skin look because these types of bronzers are meant to highlight the skin. BH Cosmetics has a cruelty free [shimmer bronzer palette](#). It comes in four shimmery shades, which is good for a range of skin tones. This product is also good for sensitive skin types due to the natural ingredients. It just works well to highlight the features you want while also contouring fiercely. Make sure to be careful though, because it's easy to go overboard. Also, ideally you would not want to put this bronzer on certain imperfections like blemishes because the light-reflecting particles in the bronzer will bring them out.

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Sheer Bronzer: It's subtle. This type of bronzers can give you an all-over glow. They are also easier to use in the sense that you won't go overboard. You are able to achieve an overall natural look without worrying about having extra color or it looking too shimmery. Dr. Hauschka is a certified organic and ethical brand. Their [bronzing powder compact](#) is a good one for those who have loose hands with makeup or want to achieve an overall sunkissed look versus specific parts of the face. [Urban Decay Beached Bronzer](#) is also a very nice one to

use for the glowing goddess vibe.

Which type do you want to use this summer? Comment below!

Romantic Getaway: Travel in The Deep Blue Sea



By [Jessica Gomez](#)

Sometimes the sea calls out to us, and who better to enjoy the deep waters with than your other half? Activities like scuba diving and snorkeling are popular because, well, who doesn't love deep water exploration? It can be intimidating, but the experience is absolutely astonishing. So, put these activities

on your bucket list and get ready to read about several places where you can enjoy the hidden wonders of the deep waters.

Plan a [romantic getaway](#) to any of these five places and make sure to schedule a snorkeling or scuba diving appointment:

Before we get into it, some of you may be asking what the difference is between snorkeling and scuba diving. They are both incredible water activities, but the difference is that during one you go deeper, and it's a far more intense and beautiful experience. When you go snorkeling, you wear a snorkel, a mask and a tube, and swim near the surface of the water so you can breathe. During scuba diving, you are in full deep swimming gear, a diving suit and an oxygen tank. Now, let's get to the places around the world, with the best deep underwater views, where you can partake in some summer fun:

1. [Hawaii](#): You can choose between Maui, Oahu, Kauai, Lanai, Molokai, and Island of Hawaii. All these places are the ones to go to for some underwater fun. Swim with the dolphins, enjoy the reefs – take it all in. This is just another reason to go to Hawaii. *Starts packing bags*

2. [The Maldives](#): Being one of the most beautiful places in the world, there sure is a lot to be seen in its waters. When scuba diving, you'll feel like your swimming in a huge aquarium. The water is home to a multitude of beautiful species, including 700 different kinds of fish! You can definitely learn a thing or two about sea life here.

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3. [Australia](#): Did you know Australia has the largest coral reef ecosystem in the world? Australia's Great Barrier Reef is

made up of 2,900 individual reefs that stretch across the shoreline. You'll be able to dive and witness the amazing sea life and all the coral you could wish for. Time to see all the color and beauty an underwater adventure has to provide.

4. **Dominican Republic**: This may be surprising for some because the island is so small, but Silver Bank is one of the few places in the world where we can swim along side humpback whales! So cool. Dominican Republic is already known as paradise, what with the rivers and all the clear water the Caribbean has to offer. So here is an additional reason to visit the island.

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5. **Ecuador**: This is the one on the list that is the most different. Why, you ask? Because it isn't surrounded by coral and all the tropical fish you can imagine. This is where you go to check out marine life. You will see all kinds of animals, from sea lions and sharks to dolphins and penguins. Fun and educational – interact with the beautiful creatures from the sea and enjoy paradise.

Which place do you want to travel to? Comment below!

Parenting Advice: Social Media for Children





By [Jessica Gomez](#)

Ah, social media – youth and older people alike are very involved in it. When it comes to your children, you obviously want them to be safe when it comes to the web. Social media platforms like Facebook, Instagram, Twitter, and Snapchat are more for teens and adults than they are for children though. The good news is, there are social media platforms specifically designed for our youth. This is great because it can let parents relax a little. Nevertheless, you want to make sure that you have a serious conversation with your children about safety on social media.

Here are a few fun social media sites for your children to use along with some [parenting advice](#) on how to make sure your kids are safe

when it comes to the web:

Make sure to sit down with your children and have a talk about the positives and the dangers of social media. Let them know that they must think before friending people and before clicking the send button. Also, make sure to monitor their activities online. With that being said, have an open line of communication with your kids and make sure there is trust there. This will really help now and in the long run.

Now, here are the social media sites for your little ones:

1. **[Kidzworld](#)**: What is cool about this site is the multi uses for it. Your child will have the choice to create a profile, message friends, partake in secure chat rooms, play online games, create polls, write blogs, and read movie and tv reviews, articles on family and other topics on life! The site is moderated and is for ages nine to 16.

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2. **[Gromsocial](#)**: Parents will be spiked to know that this site is actively monitored 24/7, and adults can only access it once it is confirmed that they are the parents of a user. It's also password protected and parents can receive emails on their child's online activity. Wow! This site gives kids the option to chat, share videos, and get help with their homework. Sounds great to us!

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3. **[Club penguin](#)**: This is more of a place to play games, but children can chat with any other penguins (other children). This is a Disney site where children are penguins and can explore. They play games with other users, live in igloos that they can decorate, and more. This fun site is a community that encourages kids to be friendly and creative. Also, this site

does not allow third party advertisements and they monitor all chats.

Which social media platform are you excited for your child to try? Comment below!

Movie Review: *Adrift*



By [Jessica Gomez](#)

Adrift is a story of love and survival. Love birds Tami (Shailene Woodley) and Richard (Sam Claflin), set out to sail from Tahiti to San Diego and get caught in one of the most powerful hurricanes to ever happen. Their boat capsizes and is

damaged, and Richard is badly hurt. Tami then takes on the fight for her survival and the love of her life's, not losing hope. Watch this breath-taking love story play out now that it hit theaters June 1st. A great watch for those who crave love with the chaotic, intense twist of the struggle to survive.

***Adrift*, although having a natural disastrous twist, is about the perseverance of love and not losing hope due to that love. Read on to continue reading our [movie review](#) and get some tips on how not to lose hope when you're in love:**

Should you see it: Yes! *Adrift* has a good story line that can keep our eyes glued to the screen. With the topics of love, hope, and fighting to survive with your loved one – we will get the intensity we are asking for.

Who to take: Take your other half or a friend. Grab some drinks and snacks, sit back, and enjoy the movie. The plot is good for whoever likes a love story and/or a movie of surviving a natural disaster.

Cupid's Advice:

Sometimes we find ourselves in a situation that we feel has no remedy. And yes, there are times that this is true and we have no choice but to move on. However, there are also times where we shouldn't lose hope. Here are a few mental techniques to keep yourself hopeful in what feels like a hopeless situation:

1. Be appreciative: Evaluate the situation and see what you should be glad for. Think about the positives of the situation

and how things could have been worse. Then, appreciate the situation you are in before fixing it. At the end, be glad you're learning from all this.

Related Link: [Movie Review: Book Club](#)

2. Think it through: Most of the time – where there is a will, there is a way. This brings us to evaluating again, but this time in search of a solution or something to calm things down a bit. Sit down, think deep about what's going on, and ponder it all until an idea comes to mind. Don't be shy to ask for help either, two heads are better than one after all.

Related Link: [Movie Review: Samson](#)

3. Be positive: It is easier said than done, but whenever you think of the situation negatively, push it out of your head. Think about what is to come and how things will be okay again. Look ahead. Things may look glum now, but they will get better. Positive thoughts can bring positive outcomes – like the law of attraction states.

What tips do you have? Share below!

Celebrity Style: Affordable Alternatives to Designer Footwear





By [Jessica Gomez](#)

If only we could all shop without looking at the price tag. Luckily, there are affordable alternatives to designer brands that can satisfy your cravings for [celebrity style](#). When it comes to your fashion sense, you don't need to limit yourself this autumn! Get the celebrity look you want for less with the alternatives we suggest! The list doesn't end here either, there are tons of ways to get the stylish, expensive looks without spending all your bucks.

Here are five affordable alternatives for different types of footwear to rock instead of those that put a dent in your wallet. Fulfill your celebrity style needs without a worry:

We are excited to share the following affordable alternatives

to designer footwear with you, and not only because we are looking out for your pockets but also because these alternatives are ethical! You got that right – they're not made from animals. No suede, no leather – just good ol' synthetic and man made material. Who says you can't look great while caring for animals at the same time?:

1. Pumps: Let's say you want stylish pumps like the [Louis Vuitton Suede peep toe](#) ones, which cost \$345.00, but cannot afford it – then have no fear. There are many other pumps you can get to achieve the look you're going for. For example, you can opt to buy the [Lois Platform pumps from the Journee Collection](#). These cost much more less than half the price, tagged for \$39.99 at DSW.

Related Link: [Best Summer Bags For The Beach](#)

2. Wedges: If you want let's say Gucci wedges, which are very expensive, and search for them at a site like [PoshMark](#), you can still find them pretty expensive. On the site they're sole for \$300 instead of \$500, which can still be out of our budget. Instead, you can go for the [Black Cork open toe ankle strap wedges from FSJ](#), costing you \$79.99, yeah much less that \$300.00. Yes, get ready to look super cute!

Related Link: [Distressed Denim Looks](#)

3. Flats: Want pointy cute flats like the ones from [Giorgio Armani](#)? Well, there are many alternatives, one of them you can get from [H&M](#)! Yup, and because it's made of 100% polyester, it won't hurt your pocket one bit and you can be happy knowing that no animals were hurt fr your shoes!

Related Link: [5 Best Ways to Wear Your Favorite Spring-Time Dress](#)

4. Sneakers: Oh, how we want comfort and style! Craving some white sneakers like the ones from [Versace](#)? This is a simple fix. Head to DSW to get sneakers from a designer that is much

less cheaper than \$466.00. You can get the [Lenox sneaker from Toms](#). They both look similar and this one just costs \$59.99, saving you \$38 from the competing price and much more from the top designer price. Oh, yeah.

Which ones do you want to get? Comment below!

Fitness Advice: How to Use Resistance Bands



By [Jessica Gomez](#)

Resistance bands are a great workout tool that help you get a killer workout in by using your own body weight. They're

elastic stretch bands, and if you don't have weights at home, resistance bands are a good alternative. There are benefits to using them as well, aside from working out your full body. They include maintaining stability throughout your movements and using multiple muscles at once. Also, they're inexpensive, easy to carry around, and easy to store.

Here's a [workout tip](#): Incorporate resistance bands into your workout or use them solely for specific exercises. Try the following exercises to get that celebrity workout type of routine in:

Resistance bands can help you workout any part of your body from your legs and arms to your back and booty. Start your light strength training to help you get that celebrity body you want this summer. Here are five workouts to try with them:

1. [Ankle jumping jacks](#): Simply place the band around both ankles and stand in quarter squat position. Once you're in position, jump and bring your feet out and in – that's one rep. You can do 20 of these or more. This is a good butt exercise. Also, remember not to jump too high, and land straight on your feet, not toes.

2. [Standing glute kickback](#): This is another butt workout to get your booty looking great this summer. Again, simply place your band around your ankles. Next, shift your weight onto your one of your legs and move your other leg backwards and up a little, like a donkey kick, but not as high. Continue doing this motion for 20 reps or more and then switch to the other leg. You can rest your hands on your chest or hips.

Related Link: [The Coolest Gadgets to Achieve Your Fitness Goals!](#)

3. **[Bicep and tricep workout:](#)** Hold each side of the band, each in one hand. Place the other part on the floor and step on the middle with both feet. To workout your bicep, pull up with each hand toward your chest. For triceps, bend over with your back straight, looking at your feet. Then push your arms down and backwards. Now get ready for sculpted arms this season.

4. **[Leg press:](#)** Extend the band around your back and around the outside of your shoulders. Next, lay down with your back on the ground and your legs at a 90 degree angle (knees pointing at you), then put the rest of the band under your feet. When finally in position, push your legs back and forth (knees toward your chest and then outward, back and forth). Do 20 reps or more. This will work on your quads.

Related Link: [Celebrity Fitness Secrets: Funky Exercise Fads](#)

5. **[Kneeling back row:](#)** This exercise will target your outer back. Secure the band around a door or pole first. Then plop down on your knees and pull the band back with your arms until they're by your chest, squeezing your shoulder blades as you do it. Return to starting position while controlling the resistance, and repeat. You can 20 reps or more.

**Which body part/s are you trying to work on this summer?
Comment below!**

Movie Review: Book Club



By [Jessica Gomez](#)

In this fascinating comedy, which was released in theaters on May 18th, four successful older women in a book club read the infamous book *Fifty Shades of Grey* – and it gives them a whole new perception: It's time to change it up and seek out different kinds of pleasures. These four women are in different situations – one widowed, one playing the game with no strings attached, one working through a floppy 35-year marriage, and the other working through a 10-year old divorce! This lovely comedy starring Jane Fonda, Diane Keaton, Candice Bergen, and Mary Steenburgen, displays the journey to finding what was lost in love and sexuality, and showing us that you're never too old to get it back. Outrageous choices are a must sometimes in order to find what you actually crave.

***Book Club* is all about being sparked by a particular something to go out and take life into your own hands. Read on to continue reading our [movie review](#) and for some tips on how to get the motivation to get you out there and get what you desire:**

Should you see it:

Yes! This is a great feel-good movie! No matter how old you are, *Book Club* will make you laugh. You will follow the lives of these four older women and see that the golden years are not really what society makes them out to be.

Who to take:

Definitely take your girlfriends and anyone else who enjoys a good chick flick! It's the type of movie that can inspire women of all ages to aim and achieve what they want, while also having you laugh. Enjoy it with some popcorn and soda! If you're on a diet, make it your cheat day!

Cupid's Advice:

Sometimes all we need is a little push, a little motivation. It happens. Sometimes we're in a slump and feel the need for more, but just can't get the energy to do so or don't even realize it! Here are a few things you can do to change that:

1. Update your look: When you look good, you feel good! Go shopping, change your hair, etc. Look through your closet and give it a good clean out. Check out what you want and don't,

what you use and want to use, and what you will never use again. Go to the salon and get a hair cut or just get it done and grow your hair out – the choice is yours. Do what makes you feel good! It's time to get to work!

Related Link: [Celebrity Videos: 5 Steamiest Movie Kisses](#)

2. Take care of yourself: You want to be healthy, and like said before: look good. Eat well, have a full breakfast and a decently small dinner. Eat snacks throughout the day to give you the energy you need to get stuff done. Exercise for energy and health – it also keeps you looking good and it releases dopamine and serotonin, chemicals that work together to make you happy and keep you in a good emotional state. Also, don't forget to pamper yourself! Go get a mani-pedi, a facial, etc. Stay on top of this and be consistent!

Related Link: [10 Films About First Love that Make You Want to Fall in Love All Over Again](#)

3. Try new things: Continue doing the things you love and make you happy, but also try the new and foreign. You never know what you could be missing! There are just so many things to explore whether it be activities or new places. Be all about you. Take on these new adventures both alone and with friends and family. The list is endless and so are the possibilities for your self-realization and happiness.

Do you have any tips to add? Share with us below!

Fashion Trend: Scrunchies And

How To Rock Them



By [Jessica Gomez](#)

Remember scrunchies? Well, they've made a comeback in the fashion world! There are many hairstyles within which to incorporate them. The classics are coming back. A scrunchy is not only an accessory that holds your hair, but it also adds something because of its size and the colors and prints they come in – even the material (ex: velvet) makes a statement! Also, scrunchies glide off your hair easier than most hair ties, so no hair yanking!

Ready to use scrunchies again to

keep up with this [fashion trend](#)? Here are a few hairstyles in which to rock these babies:

Experiment to see what you like. Use solid colors, prints, metallics, velvet, etc. There are so many different kinds of scrunchies. Whether it's color, design, or material – they give you different looks even when wearing the same hairstyle. So contemplate what you're going for during [date night](#) – all of the following hairstyles are date night looks. So play around with them when rocking different hairstyles and see how they can affect your fashion sense:

1. Bubble ponytail: This hairstyle is super cute. It can be either casual or can even be rocked for a night out. You can make it high or low. Low will look more low-maintenance, while higher will give you that sexy edge. For this hairstyle, preferably use scrunchies on the smaller side of the scale.

2. Half-up, half-down: This is a classic hairstyle that gives you that “volume” on days where you don't want flat hair. It's a fun casual hairstyle when partnered with a scrunchy. Depending on how modern or vintage you want to look will depend on the size and print. Smaller scrunchies and solid colors will give you that modern look. Flashy or metallic scrunchies and ones with print will give you that old-school look.

Related Link: [Beauty Trend: 5 Life Triggers that Inspire Bold Beauty Transformations](#)

3. Braid ponytail: We love braids! Now, a braid ponytail can be either high, mid, or low. You can use a scrunchy at the top to hold the base of where the braid begins or at the bottom to hold the braid itself. You can do a loose braid or a tight one as well, your choice. This is definitely a casual hairstyle

and great for spring and summer. Of course, it can also be rocked in the fall and winter, but they seem to be more common when it's warm out.

4. Messy bun: Who doesn't like the messy bun hairstyle? Of course, you want it to look effortlessly messy but cute – however, there is some effort in it, but not much. Using a scrunchy, you can do a high or low messy bun. A low messy bun will give you more of a low maintenance look, while a high one will be a picker upper, literally and figuratively!

Related Link: [Fashion Trend: The '70s Are Back in Style](#)

5. High or low ponytail: Ponytails are everywhere. They are a timeless hairstyle. You can go low, mid, or high. Again, a low ponytail will give you the carefree, low maintenance vibe. While wearing a high ponytail can give you that polished and poised look.

Which hairstyle is your fav? Comment below!

Celebrity Baby News: Miranda Kerr Welcomes First Child with Evan Spiegel





By [Jessica Gomez](#)

In [celebrity news](#), [celebrity couple](#) Miranda Kerr and Evan Spiegel welcomed their first child, a baby boy, into the world on Tuesday. This is Kerr's second [celebrity baby](#) – she has a son with [celebrity ex](#) Orlando Bloom. According to [UsMagazine.com](#), Kerr had more complications during this second pregnancy. The former Victoria's Secret supermodel experienced hormonal headaches, but never the less, she and her Snapchat CEO hubby were excited about expanding their family. Congrats to them!

In this celebrity baby news, Miranda Kerr is expanding her family. What are some factors to consider before adding another child to your family?

Cupid's Advice:

We all know that having a baby is a huge responsibility – imagine more than one! Therefore, there are many factors to consider. Here are a few:

1. Are you financially stable enough?: Having a baby costs tens of thousands of dollars because there is so much they need. You probably considered all this with your other child or children, but by adding another member to your family, you are obviously increasing your expenses. Make a financial assessment of your income, expenses, assets, etc. Be sure to be as precise as possible and not over or underestimate.

Related Link: [Celebrity Break-Ups: Evan & Staci Felker Were Trying to Have a Baby Before He Met Miranda Lambert](#)

2. Do you have enough time?: The more children you have, the more time you need. They all require time, and sometimes some children will need more time from you than others. Are you and your partner able to afford giving so much time to your kids? If so, great, let the baby making begin. If not, reconsider, maybe it's best to hold off for a bit.

Related Link: [Parenting Tips: 5 Spring Activities To Do With Your Child](#)

3. Are you both ready?: You and your partner need to make sure you're on the same page. Only because you are ready for another baby doesn't mean they are, and vice versa. Sit down and have a talk. Having another baby is a big deal, so consider it all.

What other factors did you consider before having another child? Comment below!

Travel Destinations: Top 5 Castles To Visit In America



By [Jessica Gomez](#)

Who doesn't love real-life castles? Most of us grew up reading and dreaming about them, what with fairy tales and all. Usually, the second we think "castle," we picture those in Europe. However, there are some closer to home within the United States! What's even better is that they're super nice and open to the public. Consider making some of these castles part of your upcoming [vacation destinations](#).

Here are five castles to include on

your list of travel destinations, in no particular order, and all in different states:

1. [Belvedere Castle](#): This castle is located in an unexpected place – New York City. Yes, you read that right! Location is partially what makes this castle so alluring. In 1865, this Gothic structure was built in Central Park. The castle is now a visitor center and is open to the public for free.

2. [Castle in the Clouds aka Lucknow Estate](#): This small and modest, yet beautiful castle is located in Moultonborough, New Hampshire high on a mountain. It is open daily, and you take a trolley up the mountain to get to it. If you love nature, then be sure to visit, as it is meant to achieve harmony with the pleasantries around it. Castle in the Clouds has unique innovations inside like jigsaw floors, a self-cleaning oven, and a central-vacuuming system.

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

3. [Hearst Castle](#): This castle is located in California and is a national historic landmark. The mansion is located in Simeon and was built by architect Julia Morgan to serve as a private residence for William Randolph, a newspaper mogul. Unfortunately, Randolph died before it was finished. Now, it serves as a museum to the public, displaying collections of art and antiques.

4. [Biltmore Estate](#): This castle has 250 rooms and overlooks the Blue Ridge Mountains. It is located in Asheville, North Carolina and was built in 1898. It took six years to build and was designed by architects Richard Morris Hunt and Frederick Law Olmsted. Today, this estate covers about 8,000 acres, standing on both sides of the French Broad River.

Related Link: [Vacation Destinations: Top 5 Getaway Spots on the East Coast](#)

5. **Bishop's Palace aka Gresham Castle:** This Victorian castle is located in Galveston, Texas. The national historic landmark is listed as one of the most significant Victorian residences. It was finished in 1892, and was built by lawyer and railroad entrepreneur Colonel Walter Gresham and architect Nicholas Clayton.

Which of these castles are you excited to go to, or have you already visited? Comment below!

Celebrity Exes: Source Says Selena Gomez Has 'Moved On' from Justin Bieber





By [Jessica Gomez](#)

In [celebrity news](#), [Selena Gomez](#) has moved on from her [celebrity ex Justin Bieber](#) and has no interest in getting back together with him in the foreseeable future. According to [EOnline.com](#), sources say she is in a better place now after some self-reflection. "She respects him as a person, but has decided she is much happier doing her own thing. Selena rarely even talks about Justin anymore, and is fully open to dating," a source said. Another source added that the former [celebrity couple](#) are not in contact either. Gomez is doing great in her career and friends and family are happy to see her doing well. Good for her!

These celebrity exes are going to remain exes, at least for now. What are some ways to decide that you're better off without someone?

Cupid's Advice:

Every person is different and so is every situation, so think hard about whether someone is right for you or not. Cupid has some [relationship advice](#) on things to consider before deciding whether you're better off without someone or not:

1. Have they done unforgivable things?: Forgiving them means accepting the situation and their apology, and moving on from it. There is no point in saying you will forgive your partner, if the problem will just keep popping up in the future. So, analyze and evaluate whether what they did is something you can move on from.

Related Link: [Celebrity Break-Ups: Ronnie Magro-Ortiz & Ex Jen Harley Are 'Peaceful Now' After Explosive Split](#)

2. Are they worth it?: This question may seem harsh, but it's one you have to ask yourself and be honest about. Do you see a future with this person? How has your relationship with them been overall? Consider these things. Ponder away.

Related Link: [Celebrity News: Nikki Bella Is Still 'Spending Nights' with John Cena at His Home](#)

3. Have you given yourself enough time to make this choice?: Depending on the situation, you may need a little time or a lot of time to think things over. Don't make any impulsive decisions. Don't rush, take the time you need. You need time to decide whether this person is someone that deserves to be in your life. The people in your life should be making it better, not creating complete and utter chaos.

In what other ways did you know whether you were better off with or without someone? Share with us below!

Celebrity Couple News: Why Khloe Kardashian Is Giving Tristan Thompson ‘Another Chance’



By [Jessica Gomez](#)

In [celebrity news](#), [Khloe Kardashian](#) is giving Tristan Thompson another shot because of their [celebrity baby](#) girl True. According to [EOnline.com](#), the *Keeping Up With The Kardashians* star has been supportive to her basket ball playing beau. She was spotted at his game this past Saturday and the [celebrity couple](#) was spotted before eating out. “Khloe has given Tristan another chance at their relationship, and is trying to put the pieces back together for the sake of True,” a source said.

“Although she is crushed by the scandal, Khloe desperately wants things to work and wants to have a complete family.” Kardashian has not publicly said anything regarding the cheating scandal as of yet. “Things are more complicated now that there is a child involved, but it was causing more stress on Khloe by being in limbo with Tristan. Khloe decided that the back and forth and indecisiveness on what they were going to do was taking a toll on her,” the source continued. “She wants to brush things under the rug and move forward. She wants to make sure she is not embarrassed and heartbroken again, but everyone is warning her... Khloe has a huge heart and once she falls, it’s hard for her to give up on someone she cares deeply about. She has been in a rough spot this past month.”

In celebrity couple news, Khloe Kardashian and Tristan Thompson have been front and center. What are some ways to know whether you should forgive your partner or not?

Cupid’s Advice:

Every person is different and so is every situation. You can take the advice of others, but at the end of the day the choice is yours. Cupid has some [relationship advice](#) on things to consider before deciding whether to forgive your significant other or not:

- 1. Can you truly forgive them?:** Forgiving them means accepting the situation and their apology, and moving on from it. It means that all the fighting about the problem happens before the forgiveness. There is no point in saying you will forgive your partner, if the problem will keep popping up in the

future. So, analyze and evaluate whether you can actually forgive them or not.

Related Link: [Celebrity News: Kris Jenner Gets Choked Up Talking about Khloe Kardashian After Cheating Scandal](#)

2. Have you given yourself enough time?: Depending on the situation, you may need a little time or a lot of time to think things over. Don't make any impulsive decisions. Don't rush, take the time you need. You need time to decide whether what your partner did is something you can forgive, and if so, how will you move on from it then.

Related Link: [Celebrity News: Khloe Kardashian Supports Tristan Thompson at Cavs Game Amid Cheating Scandal](#)

3. Are they worth it?: This question may seem harsh, but it's one you have to ask yourself and be honest about. Do you see a future with this person? Are you forgiving or not forgiving them for the right reason/s? Think about it.

How have you decided in the past if you should forgive your partner or not? Share with us below!

**Celebrity News: Kim
Kardashian Tweets 'Wish Your
Were Here' to Kanye West from
Met Gala**



By [Jessica Gomez](#)

[Celebrity couple Kim Kardashian](#) and [Kanye West](#) are absolutely adorable! In [celebrity news](#), West did not join Kardashian at the Met Gala, but we know why due to their tweets. According to [UsMagazine.com](#), West tweeted a photo of Kardashian in a Versace gown which she wore to the Met Gala, captioning it with 25 fire emojis. Does he think she looks hot or what? Kardashian did look absolutely gorgeous at the fashion event this year, so who can blame him? Kardashian replied in a tweet, "Love you babe wish you were here with meeeeeee but you're only finishing up 5 albums." Cute. She wasn't alone though. Her mom [Kris Jenner](#) and her sisters [Kendall](#) and [Kylie Jenner](#) were also present. The [reality TV](#) stars were all looking beautiful.

In celebrity news, this duo misses each other when they aren't together. What are some benefits to missing your partner?

Cupid's Advice:

Every couple needs space, some more than others. It really all depends on who the people are. Missing someone can actually be a good thing though. Cupid has some benefits to missing your other half:

1. Distance does make the heart grow fonder: When you miss someone, you get that warm feeling inside that makes you think about how much you love them. This can stir up some cute and/or sexy texts, phone calls, or video chats. Embrace the distance instead of completely hating it. And when you see each other again, it's on, let the in-person loving resume.

Related Link: [Celebrity News: Khloe Kardashian Supports Tristan Thompson at Cavs Game Amid Cheating Scandal](#)

2. You'll have more to talk about: Don't get us wrong, when the right people are together, they never run out of things to discuss. However, when you're away from the other person, you obviously have more to tell. This is a good opportunity to also work on your story-telling skills!

Related Link: [Celebrity News: Kris Jenner Gets Choked Up Talking about Khloe Kardashian After Cheating Scandal](#)

3. You both get to do your own thing: Whether you're out learning something new, doing anything productive, or just having fun – do you. Everyone can use time with their friends and family, and time for themselves. You can also come back and bring something new to the table after you both go out and

do things because technically you guys are “covering more ground.”

How has distance helped your relationship? Share below!

Beauty Trend: Why To Consider Makeup With Sunscreen For Summer



By [Jessica Gomez](#)

A huge beauty tip that you need to know now is to always use sunscreen to protect your skin. With that being said, it is a

good thing that using makeup with sunscreen for the summer is a [beauty trend](#), because it's a healthy and important one. There are many benefits from using sunscreen, period, and you would want those even with your makeup. There are many dangers that come from sun damage, and we want to avoid those.

Using makeup with SPF along with sunscreen is a beauty trend now, and here is why:

Ideally, you should always use a sunscreen with SPF 30 or greater, and should apply it every two hours to give your skin the protection it needs. Here are a few reasons why you need SPF in your makeup and have to marry it to sunscreen, especially in the summer:

1. The SPF in makeup alone does not protect you: You would need seven to 14 more times the amount of makeup for it to offer the protection sunscreen provides. Also, we sometimes apply sunscreen unevenly, so having makeup with SPF can help you achieve an even layer across your face. It is important to protect your eyes as well, so get yourself an eye cream with SPF.

Related Link: [Beauty Advice: The 5 Best Beauty Tips from Celebrities](#)

2. Avoid aging: Using makeup that is natural with SPF is the way to go to avoid getting wrinkly, along with anti-aging skin care products of course. Use the powerful duo of sunscreen and makeup with SPF as an extra defense against wrinkles!

Related Link: [Product Review: Glow and Catch that Cutie's Eyes with This Ancient Beauty Trick](#)

3. Avoid skin cancer: The sun's rays are pretty damaging,

which is why it is recommended to use sunscreen always, during all seasons (yes, even in the winter!). Using makeup with SPF is just an extra precaution. So partner these two up to protect yourself and wear them religiously.

How many of you wear makeup with SPF and sunscreen already and how many do not? Comment below!

Fitness Tips: Meditate And Practice Breathing



By [Jessica Gomez](#)

Meditation is a technique where deep breathing is used to

clear your mind and relax you. It's something that we can all benefit from. People who believe in meditation usually meditate anywhere from five to 30 minutes a day. If you're just starting out, you can begin with five minutes and gradually increase the time. There are many different types of meditation and ways to go about it, so it's important to do research before you start practicing.

Meditating is a great [fitness tip](#) due to the positive effects it has on the mind and body. Here are several healthy benefits:

Meditation consists of regular deep breathing and specific breathing practices. This is what contributes to the following beneficial effects:

1. Reduces stress: When our bodies experience stress or threat, they respond with a "fight or flight" response. The adrenaline rush we endure increases blood pressure and pulse rate, and produces faster breathing and increased blood flow to the muscles. When we meditate, it produces a relaxation response, which is the exact opposite from the "fight or flight" response – a state of deep relaxation where our breathing, pulse rate, blood pressure and metabolism are decreased.

2. Promotes emotional health: A study in the journal *Perspectives on Psychological Science* noted that there are several benefits of mindfulness on symptoms of anxiety and depression and its ability to improve sleep patterns. It points out, "Compared with novices, expert meditators' brain activity diminished in anxiety-related regions – the insular cortex and the amygdala – in the period preceding the painful stimulus."

Related Link: [Fitness Secrets: 5 Simple Tips to Stay Healthy](#)

3. Slows aging: A small and growing body of evidence suggests that regular meditation can indeed slow aging, at least at a cellular level, according to an article in *The Guardian*. A study published last month found that long-term meditators had a reduced inflammatory and stress response to psychological and chemical stressors in the lab compared with a control group. This would seem to mean that if we counter the effects of stress with meditation, we can indirectly slow cellular aging.

4. Can decrease blood pressure: Meditation techniques appear to produce small yet meaningful reductions in blood pressure either as monotherapy or in conjunction with traditional pharmacotherapy. Transcendental meditation and mindfulness-based stress reduction may produce clinically significant reductions in systolic and diastolic blood pressure. What a great natural way to achieve what most use medicines to treat!

Related Link: [Celebrity Fitness: 5 Basic Yoga Poses by Celebrities](#)

5. Good for your immune system: Since your immune system responds to both negative and positive thoughts, meditation creates a positive mental environment for the immune system to flourish. A study from ScienceDirect showed a reduction of pro-inflammatory gene expression in older adults.

What are some other things that meditation can help with? Share your thoughts below.

Celebrity Couple News: Ryan Reynolds Jokes He's 'Very Sad' Wife Blake Lively Unfollowed Him on Instagram



By [Jessica Gomez](#)

It isn't [celebrity news](#) that [celebrity couple Ryan Reynolds](#) and [Blake Lively](#) is absolutely adorable. However, what is celebrity news is that Lively unfollowed Reynolds on Instagram and he joked about it on an interview with *Smallzy's Surgery*, according to [EOnline.com](#). "Yes, she did. I'm very sad about that," Reynolds said. "Definitely stinks. It's a terrible way to find out that I've been kicked out of the house, to be honest. Absolutely terrible. I don't know where rage like that

comes from.” But why did she unfollow him? Well, Lively recently deleted all of her Instagram posts and only followed numerous accounts named Emily. She also shared a trailer for her new movie *A Simple Favor*, where she plays a character named Emily. Seems like this unfollowing is far from personal and just professionally strategic.

In celebrity couple news, it seems Blake Lively unfollowed her husband Ryan Reynolds on Instagram. What are some factors to consider regarding social media when it comes to relationships?

Cupid’s Advice:

We are in the age of social media, and our relationships are many times heavily involved with it. Cupid has some suggestions for your relationship when it comes to those of you who want to embrace social media:

1. Couple photos: Share photos of you love birds doing things that are you or that show off your personality. Some couples post photos, some do not. Some post lots, some post a few, some post none. That’s just how it is. But if you want your relationship to embrace social media, then sharing couple photos or even a photo of your partner helps.

Related Link: [Celebrity News: Blake Shelton Allegedly Throws Shade at Ex Miranda Lambert Via Twitter](#)

2. Make it official: Put a relationship status on Facebook or put something in your bio on Instagram. Different couples do it differently. On Instagram for example, some couples put the

date of the relationship in their bio, or their partners name, or simply a lock to show they're cuffed, along with any other emojis. Decide which one you would like to do.

Related Link: [Kym Johnson & Robert Herjavec Welcome Celebrity Baby Twins](#)

3. Show love: Be friends on Facebook, follow each other on Instagram. And of course, don't be afraid to show love on each other's pages. Like each other's post and feel free to comment. Be involved with one another on your public pages. It shows cuteness and unity.

Which ones of the above do you do? Comment below!