

Travel Tips: Health Benefits of Luxury Travel



By [Katie Sotack](#)

Can luxury travel be self-care? In 2017, *CNN* published the article “Travel Makes Us Happy”, but as it turns out, the ignition of our senses by new experiences makes us happy. Recent wellness [luxury travel](#) has entered the market as a [health trend](#) for those who want to increase their sense of well-being. These [luxury vacations](#) aim to go beyond experiential travel, instead of immersing the traveler in the transformational experience of travel and leading to personal fulfillment.

Here are some [travel tips](#) to ensure the longevity of your growth from

luxury travel.

With our culture moving toward environmentally positive retreats and service trips as ways to seek personal enlightenment, is there still room for luxury vacations to bring us happiness? Fear not, there's still plenty of reason to enjoy the spa and beaches at a five-star hotel. Here are the perks to wellness traveling.

1. Adventure: Self-actualization sits on top of our hierarchy of psychological needs. The idea is that when we reach our true potential we leave our ego in the dust. This allows us to live more mindful lives. Luxury wellness vacations may ask you to emerge yourself in theater, hiking, or gaming in order to ignite emotions. This results in a personal transformation towards self-actualization.

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2. Storytelling: For all our bibliophiles out there, luxury travel rips a page right out of your book (but not literally). Wellness locations immerse the traveler in epic storytelling. Like a chapter in a book, the adversity brought on to reach the end goal will inspire personal development.

3. Activity: The reason behind branding these retreats as stories where you're the protagonist is our culture's craving for choice. In the old days, vacationers desired itineraries and classes aiming to guide their journey. Now, we've moved onto mixtures of fitness, nature, cultural immersion, and health foods. These options in activities allow a sense of purposefulness and a full experience within your vacation destination.

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4. Digital detox: Many luxury wellness vacations will not

allow electronics into their vicinity. The idea of giving up our phones for a week produces sweat beads of anxiety on our upper lips as we realize this vacation isn't for Instagram. However, the long term benefits of disconnecting far outweigh the day of mild discomfort. Embark on your spa adventure with total serenity, knowing no one can disturb you.

5. Women only: If your a woman warrior looking to relax and grow in an area uninhabited by men look no further. Certain luxury wellness vacations cater exclusively to female empowerment. With physically, mentally, and spiritually guided activities for growth, these sessions focus on moving past trauma (like divorce, assault, etc.) and inspiring growth.

Where is your ideal luxury vacation location? Share in the comments below!

Celebrity News: 'Bachelorette' Hannah Brown Confronts Luke P. at 'Men Tell All'





By [Katie Sotack](#)

This season's [Bachelorette](#) has been full of stories about Luke Parker. Yet, on Monday, [Hannah Brown](#) took the [celebrity breakup](#) narrative back and stood against Luke P's red flag behavior. According to *UsMagazine.com*, Hannah said she was "over being slut-shamed" and apologized to *Bachelor* fans for keeping Parker's face on their TVs for so long. Fellow contestants joined Hannah's #LukePIsOverParty with Devin coming on stage to confront Luke's need to control women to feel better about himself. As for Luke, he mostly minced words and contradicted himself in between commercial breaks.

In [celebrity news](#), *Bachelorette* Hannah Brown faced Luke Parker after the explosive end to their relationship. What are some ways to get closure after a relationship ends?

Cupid's Advice:

At the end of the relationship, there are steps to be taken to

ease the painful process. Instead of wondering “what if?” find ways to deal with your feelings and move on. Here are relationship tips to find closure:

1. Wallow: In the wake of your devastating breakup give yourself permission to wallow for an allotted time period. Take Friday off and watch your favorite movies while binging on ice cream. Or, call up your mom and talk about what happened. Allow yourself to feel all the confusing and painful emotions that come with ending a relationship so that you can make peace inside your head.

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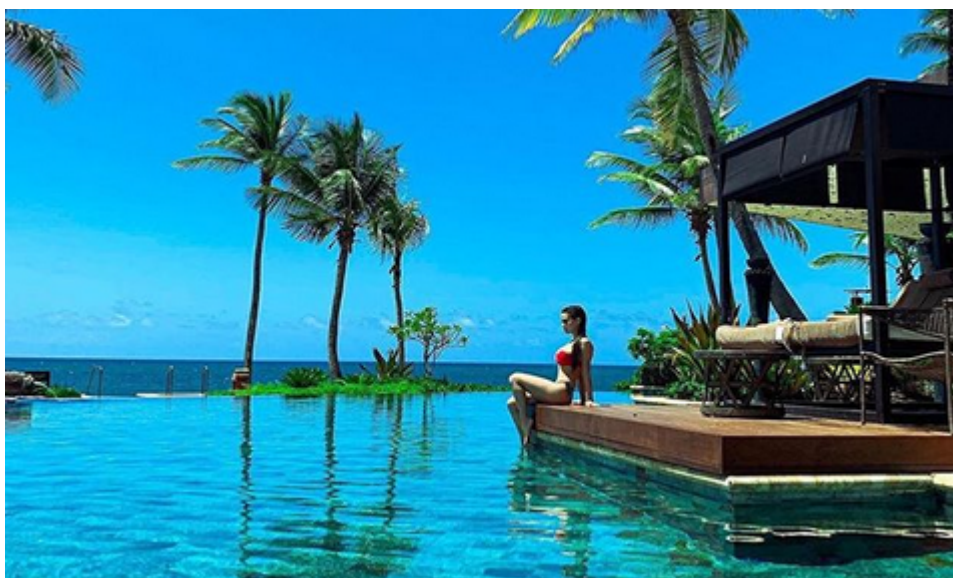
2. Seek socialization: After your weekend of wallowing, call your friends and go outside. Being around outside energy will widened your perspective and help you to see the world outside of your old relationship. Whether you want to go dancing or browse the local bookstore absorb the positive vibes around you and be mindful of the now.

Related Link: [Celebrity News: ‘Bachelorette’ Hannah Brown’s Sexy Windmill Scene Revealed](#)

3. Talk to your ex: When the time comes, speak to your ex to find closure. This step should only be taken after you’ve processed the bulk of your emotions and can be trusted to converse calmly without blame or aggression. Meet for coffee or somewhere else public to discuss the demise of your situation. Go in knowing that the goal is not to get your relationship back but rather to hear out the other person and grow from their experience with you.

How do you find closure? Share in the comments below!

Celebrity Break-Up: 'Riverdale' Co-Stars Cole Sprouse & Lili Reinhart Split After 2 Years



By [Katie Sotack](#)

Cole Sprouse and Lili Reinhart are over. After nearly two years of dating, the [celebrity breakup](#) was confirmed by multiple sources, according to *UsMagazine.com*. The pair, who play on-screen lovers Jughead and Betty on the hit teen drama *Riverdale*, appeared friendly at the *Entertainment Weekly* Comic-Con party two days ago. Reinhart even took a joking attitude towards her ex Sprouse and costar Apa, captioning a photo from the event, "Please don't put me between these two ever again."

In celebrity break-up news, it's splitsville for these *Riverdale* co-stars. What are some ways to continue working with your partner after a break-up?

Cupid's Advice:

Working with a ex? Yikes, that's some tricky territory. But, fear not! Cupid's got some sneaky ways to make the situation work out:

1. Purge: The number one way to rid yourself of negative feelings is to purge them out. Grab your friends and some drinks, or see a professional therapist. Any way that you can process both the bad and the good will be better for you in the long run. Once you've felt all the feels, it'll be easier to face your ex without pining or resentment.

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2. Respect: You're at work, so keep it professional! We've all had to work with someone we're not a fan of before, so use your professional coping skills. Plenty of celebrities have been in this position before, so find a role model pair you can look up to. Like famous exes and *The Office* co-stars Mindy Kaling and BJ Novak, remember that you're both there to do a job. Who knows, the professional attitude might lead to a friendship again.

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3. Heal: With the emphasis on professionalism, it's tempting

to put your mental health on the back burner. Don't. Give yourself as much room and time to heal as you need. Seeing an ex every day is difficult. Admit that to yourself. Most of us like to click "unfollow" and forget their face. So, give yourself props for dealing with this hardship, and pamper yourself a little.

How do you deal with seeing your ex? Share in the comments below!

Health Trend: Natural Deodorant



By [Katie Sotack](#)

Have you ever wondered about the ingredients in the little antiperspirant you use on your underarms? You wouldn't be the first. The publicity over the last year between mental

mindfulness and physical health has spiked a [health trend](#) in natural products like deodorants that don't contain chemicals. But switching to an all-natural deodorant can take some getting used to.

The health trend of using natural deodorant is more than a one and done process. Learn about the transition before you jump ship to the unprocessed scent blocker.

Switching to natural deodorant is a patient game, but if you succeed the mainstream news says your health will be better in the longer run. Here are the facts and [health tips](#) and [health advice](#) on switching your odor stopper.

1. Deodorant Detox: The smell, at first, is not pleasant. Your body is used to deodorants with chemicals that block sweat and stink from coming out. Without a traditional deodorant, your body will need to purge itself. Basically, avoid planning a date the first month of the switch to be safe.

2. Sweat Stains: Natural deodorant is not an antiperspirant, meaning it will not stop the sweat. Without the aluminum salts and propylene glycol added in your pores are free to open. This is not a bad thing, considering sweat itself doesn't smell, but rather the bad bacteria on your skin produces the odor. Still, if you tend to run on the moist side underneath, test out a lighter color shirt at home to see if you leave stains. Just like the odor detox, don't be afraid to give your body some time to adjust.

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3. Health benefits: The big push to this health trend is avoiding the preservatives in processed deodorant. There's been growing concern that the mainstream products cause Alzheimer's and breast cancers. Though researchers have yet to find enough evidence to definitely prove the correlation, it's enough to terrify some consumers.

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4. Longevity tips: Because of the detox factor, the odor-blocking will not last long in the beginning. On the first few days, it works approximately two hours at a time. That's why it's recommended that during the initial process the user carry to go deodorant wipes with them. These products can be found using natural formula as well and will take care of bad bacteria growth while you're on the move.

5. Funk over time lessens: An ultimate benefit to natural deodorant is the long term scent booster. Aside from the aforementioned possibility of avoiding diagnoses, natural deodorant does not block pores. This means that after your month of smelling, the good bacteria on your skin will take over and reduce odor. This also allows your natural pheromones to shine through, which could, in turn, make you smell more attractive to some individuals.

How do you block the underarm scent? Share in the comments below!

Beauty Trend: 80's Beauty is

Back



By [Katie Sotack](#)

After the deaths of music legends like David Bowie and George Michael in 2016, culture veered toward the '80's aesthetic once more. In 2017, bands like Paramore and 1975 borrowed the 80's glam rock from recently passed icons to honor their memories. In 2019, the [beauty](#) industry is following suit with bright colors and big hair. Geometric shapes and metallic glitter hit the Paris runway in an all-out tribute to '80s trends of the past.

80's [Beauty Trends](#) are back. So what are ways to make this tribute to the past wearable to school and work in the 21st century?

The '80s glam rock look relies on a larger than life persona.

The Paris runway didn't hold back on this promise. Sadly, most of us don't walk the runway for a living. We require more subtlety to our aesthetic in our beauty tips. Here is [fashion advice](#) to get the '80s glam look while still being wearable every day:

1. Geometric shapes: Don't be afraid of geometric patterns and shapes for your makeup. Rock a pointed cupid's bow or a shapely eyeliner. Your wardrobe can take after this makeup look, too. A bold colored and sharp shaped blouse is a perfect 'wear-to-the-office-'80s' statement piece. For everyday wear, pick up a pair of geometric sunglasses. Not only are they essential to the '80s trend, but thanks to Audrey Hepburn, big sunnies are also timeless. So invest wisely into this pair.

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2. Neon colors: The '80s are marked with loud colors and makeup. When picking out an outfit or makeup, go bold! To make this look wearable in an office setting try to limit the bold to one statement per fashion and makeup each. An example is a neon pink blouse with gray trousers and a bold lip with subdued eyes. Play around with what you feel comfortable in and what your office will allow.

3. Leggings are pants: The '80s are back, so let's end this debate right here. In celebrating the decade that brought us upbeat music and neon leg warmers, we cannot ignore its staple leg style. A pair of basic black leggings will take you far in life, whether they're worn for Saturday errands or Tuesday's spin class. Grab yourself a pair and flaunt it.

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4. Downplayed '80s makeup: As stated before, balance is essential to a modern 80's appearance. Choose one product to amp up (eye shadow, lips, blush, etc) and let that feature

rejoice in the color while keeping the rest of your face natural. Take a hint from makeup artist Peter Philips who recently styled the models for Viktor & Rolf. Philips drew immense metallic spider eyes on his models but left the face and lips a natural pale.

5. Volumize Hair: If you tease it you will look dated. Instead, opt for a volumizing shampoo set and gel to pump up the crown of your luscious locks. Playing with your part will help to amp up the volume on top of your head as well by not letting it wilt into place. The natural volume of curly hair is a great way to increase the appearance of hair mass and embrace the '80s trend.

How do you make the 80's fit into your modern life? Share in the comments below!

Celebrity News: Ben Higgins Says 'Bachelorette' Hannah Brown's Sex Confessions Are 'Confusing'





By [Katie Sotack](#)

In [Bachelorette](#) news, former *Bachelor* Ben Higgins is confused by Hannah Brown's sex confessions in the most recent episode of her season. On a podcast interview with *Bachelor Nation*, Higgins admitted that Brown's statements on whether having sex on the show was a wise decision seem contradictory. According to *UsMagazine.com*, this news comes right after Brown and contestant Parker participated in a raging fight on screen and social media war off screen on the issue of sex with multiple partners.

In [celebrity news](#), Ben Higgins is confused about Hannah's seemingly conflicting sex admissions. How do you know when it's the right time to get physical with your partner?

Cupid's Advice:

Have you ever been dating someone and wondered, "When's the right time to hookup?" What's too soon, and what will they think of me if we wait a long time? Here is relationship advice on getting intimate:

1. Are you turned on?: The number one requirement to figuring out the right time to be intimate is being aroused. If you're feeling your partner, the environment, and the contraceptive measures are at your minimum requirements at least, you might be ready to get physical. There is still some question on whether this is the right time for you emotionally, but desire is the number one box to be checked off.

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2. Don't be pressured: Just because your friend slept with their partner on the first date and your other friend waits until the 10th to get it on, doesn't mean these timelines are right for you. Only you and your sexual partner can decide on the who, what, when, where, and why of your sex life.

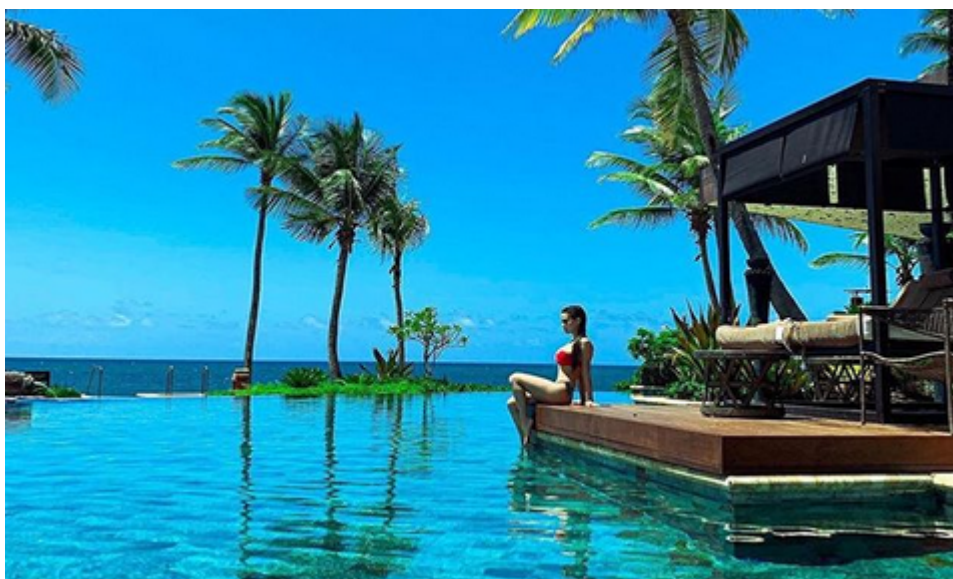
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3. Ignore all advice: Physical intimacy is different for everyone. Sexuality is like a snowflake – everybody's special and there's no one size fits all. Instead of feeling worried about outside context, be mindful. Consider yourself, what you want, and what you are comfortable with. Then, proceed from there.

How do you decide when's the right time to be intimate? Share in the comments below!

Celebrity Couple News: Scott

Disick Is 'Really Happy' Kylie Jenner Is Close to Girlfriend Sofia Richie



By [Katie Sotack](#)

Long time friends [Kylie Jenner](#) and Sofia Richie are on the mend, and no one is happier than Richie's boyfriend, [Scott Disick](#). The inter-tangled friend/family history has made the relationships difficult to parse out from one another, but Disick is grateful to his baby mama's sister, Jenner, for welcoming his girl back into the family. The celebrity friends were seen bikini clad and rejoicing on a tropical vacation to Turks and Caicos, reaffirming to the world that everything was a-ok between the two.

In [celebrity couple news](#), Scott

Disick enjoys having the support of Kylie Jenner when it comes to his relationship. What are some ways to support your ex's new relationship?

Cupid's Advice:

With all the complicated feelings that even thinking about your ex brings, having them bring their next S.O. into the family is tricky to say the least. Jenner is supporting Disick and Richie's relationship like a mature and respectful ally. Here are relationship tips to root for your ex's new love:

1. Keep your distance: You see your ex repeating similar patterns, you don't think their new lover is treating them right, etc. It's so tempting to pinch the lovebirds on the shoulder and straighten them out. *Don't do it.* When you get the temptation to meddle, take a deep breath and walk away. By commenting on their current situation, you are adding your baggage with ex-bae to their new love. It's better to keep your distance here.

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2. Accept their new partner: Possibly the biggest thing you can do to support their relationship is accepting their new partner. It doesn't have to be as a close confidant, though friendship is a great way to start this process. Welcome the partner into your family space and accept them as a potential life long member.

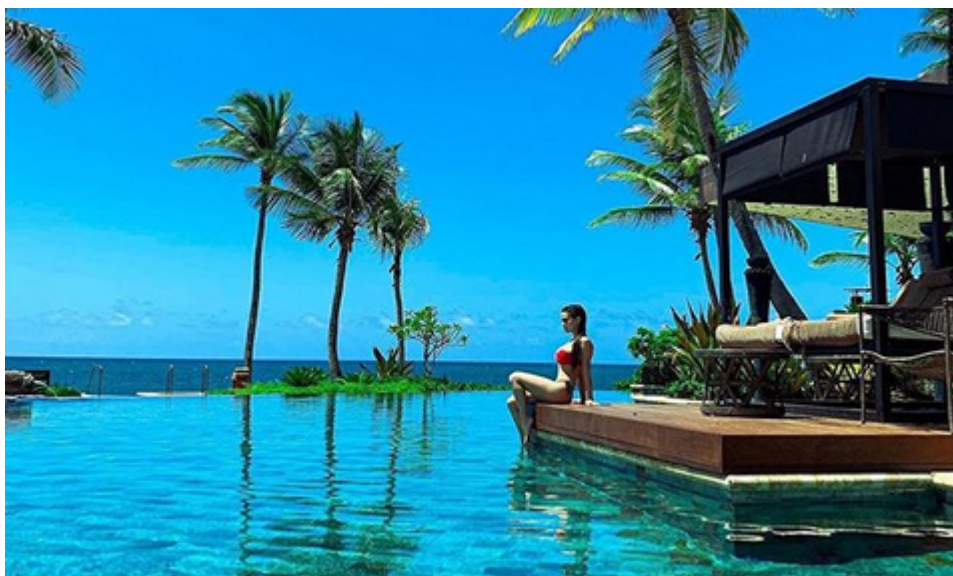
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3. Show social media support: If your friends and family can

see you liking and commenting on your ex's new relationship status, they're more likely to show support as well. If you're acting bitter, it's only natural they'd want to have your back and criticize the couple. Be the bigger person and show no negative will toward your ex.

How do you support your ex's new relationship? Share in the comments below!

Parenting Advice: Collaborative Parenting



By [Katie Sotack](#)

Past [parenting advice](#) has sought to punish bad behaviors and reward the good. Collaborative parenting takes a new and innovative approach to parenting that involves treating your children like people. The [parenting trend](#) focuses on working

with our children rather than against them to solve problems.

Collaborative parenting involves working with your children and treating them like people in this parenting advice.

The beauty of collaborative parenting is the understanding and well-thought-out approach you must take in guiding your child. If they don't want to clean their room, ask them *why*, and then come up with a solution together. They might only need to pick up their room for fifteen minutes a day, for example. Here are some collaborative [parenting tips](#) to help you and your child get on the same page:

1. Hear your child out: Instead of becoming angry and grounding your child the moment you find out they haven't done their homework, hear your child out. The collaborative parenting approach encourages you to breathe and think before you dole out punishment. Maybe they have too many after school activities or they don't understand the homework. Communicating with your child and understanding them is an important key factor in being a strong role model for your child.

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2. Offer choices with boundaries: Yes, by all means, listen to your child, but you are still the adult. For example, if it's close to bedtime and your five-year-old daughter doesn't want to stop playing with her dolls but you want to read her a book before she falls asleep, give her an option. Keep playing and go straight to bed with no book or you can read the book after you tuck her into bed. It's giving a clear choice and option that makes collaborative parenting work!

3. Keep your head: Try not to lose temper with your child. This is easier said than done, but keeping a calm head while you offer choices and the consequences of not listening will prevent you from turning into a screaming banshee to get things done your way. You may have to employ tremendous patience but both you and your child will have a better relationship in the end.

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4. Seek a CPS expert: If you truly feel you are failing with collaborative parenting, seeking the guidance of a collaborative parenting solving expert is an option. An expert can show you how to work with your child, teach you patience, and ease your concerns.

How likely are you to try collaborative parenting? Share in the comments below!

Fashion Advice: Top 5 Reasons to Wear a Vegan Leather Jacket





By [Katie Sotack](#)

Vegan leather, better known as pleather, is an emerging industry and cleaning Godsend (it's waterproof!). The [fashion trend](#) is made of plastic, cork, and kelp which are available in moto, cropped, black, and color so there's no need to hold back your fashion dreams when you're wearing one of these baddies. Of course, quality and longevity depend on how much you want to spend, but unlike leather, there's no need to pay a pretty penny in this [fashion advice](#).

Check out this fashion advice on the upside to leather alternatives.

If you love the look of a leather jacket but can't bring yourself to ethically buy real leather, consider purchasing vegan leather instead when you're on a search for a new moto jacket with these fashion tips. Check out our [fashion tips](#)!

1. The perfect fall piece: Every fall season you will find plenty of celebrities sporting one of these jackets with a scarf tucked around their necks. The reason? [Celebrity stylists](#) know that the leather look is timeless and instantly elevates a casual outfit to *woah* status. For examples on how to wear vegan furs and leathers check out celebrities like [Miley Cyrus](#) and [Beyonce](#).

2. Cruelty-Free: If you want to avoid leather for ethical reasons but still like the look of leather, purchasing vegan leather is an option you can explore when looking for the perfect statement piece to add to your wardrobe.

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3. Endless shapes: The variety of vegan leather styles means there's a perfect fit for every body type. For men, the jackets extenuate border shoulders while women's jackets are styled to show off a narrow waist, curves, or long legs. From flared to fit, there are endless options of shapes and thus endless ways to project an image with a single coat.

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4. Low maintenance: Vegan leather is waterproof, especially compared to its counterpart. If your climate runs wet, you should have absolutely no problem maintaining your jacket. However, if the sun is hot and the air arid, then products are made to protect the faux leather against sun rays. These products also have the added effect of softening your new jacket.

5. It's more affordable: Vegan leather is more affordable than traditional leather, even the higher-end options. You may pay \$45 dollars as opposed to \$328 for a classic biker style jacket with vegan leather, leaving you more cash to find the perfect boots or jeans to pair with your new statement piece!

Do you have any other reasons to wear vegan leather? Share in the comments below!

Health Trend: Intuitive Eating



By [Katie Sotack](#)

As sure as [Taylor Swift](#)'s albums win Grammys, [health trends](#) come and go. This time an all the rage [celebrity diet](#) might be reasonable enough to stay: intuitive eating. Models like Steph Claire Smith and Gemma Atkinson have embraced a balance, mindful way of consuming food. Rather than counting calories or suffering through another juice cleanse they trust their guts. The premise of intuitive eating is resetting your mind's ideas around food. Your body dictates when you're hungry, full, and satisfied. It's nature's way of letting us know what and when to eat.

The latest health trend indulges your food instincts, but what are

the benefits to intuitive eating?

Resetting your body's natural instinct for food is not a task for the light of heart. No diet comes without its fair share of trials and tribulations. So what makes intuitive eating worth the effort with this [food tip](#)? Here is [health advice](#) for this way of life:

1. It is natural: Letting yourself live in the moment is far less stressful than weighing out each food choice and counting calories for every snack. If you're hungry, eat: it's that simple. There's no wrong way to embrace this lifestyle because our bodies have a built-in system for managing food. They know when and how much will satisfy us. All it takes is listening to your gut.

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2. It is a lifestyle: There's a reluctance to call intuitive eating a diet. That's because years of bombardment from the diet industry teaching us to feel bad about the way we consume food have brought about a negative connotation to the term. Intuitive eating, on the other hand, is much more lifestyle based. Rather than following a set of rules and equations, food is seen as the nutrients you need to function. Eat as much or as little as your body desires.

3. It puts the fun back in food: Similarly to the reason it's a lifestyle and not a diet, intuitive eating is meant to be a joyful experience. If you're craving chocolate, you may eat chocolate until you're satisfied. The lack of strict limitations lets the consumer feast, guilt-free, on their favorite foods.

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4. It is a responsibility: While all this food freedom may sound like a kitchen frenzy, intuitive eating is still a

responsibility. The eater is in charge of what they consume and when they eat, meaning they must take listening to their body seriously. If not in touch with their gut, they run the risk of ignoring signals and not seeing positive results from this means of consuming food.

5. It restores your peace of mind: Your relationship with food is in need of a breakup. With so many messages about how we should be eating and how what on our plate is going to kill us, the diet world can seem impossible to navigate. Restore your peace of mind by listening to your body's natural desires and needs. Intuitive eating allows for a mindful experience, that creates peaceful feelings around food and fitness. After all, everybody is different and only yours can tell you what's right for it.

How do you listen to your body when eating? Share in the comments below!

Beauty Trend: Make Your Skin Glow





By [Katie Sotack](#)

The [beauty](#) community is trading out the matte look for a dewy finished glow. This [beauty trend](#) pairs with rosy nude lips and bronzed eyes to create that sun-kissed-summer aesthetic. The idea behind the glow is going back to basics and certainly plays into the neutral palate seen on the fashion runway these days. The trend is easily achievable, as it's meant to be a grab-and-go look, and tending to your skin's health is essential. Check out our new [beauty advice](#)!

A natural glow is the beauty trend of the season, but is your skin healthy enough to pull off this radiance?

Depending on your skin's regular state, you may have to do more work to achieve this style. If your skin is naturally oily, you're already primed and prepped for a natural glow with the swipe of an oil blotting sheet. If your skin runs on the dry side, there are ways to achieve that desired glow that also aides your health. Here are [beauty tips](#) to glow like the star you are:

1. Drink water: It's been said again and again, but water is

essential to your organs' health. Considering that the skin is your body's largest organ, it's wise to start drinking lots of H₂O. Keep a bottle filled next to you throughout the day, and you'll find yourself reaching for sips naturally. Added hydration can be found in fruits and vegetables. Of course, you'll also need to use the restroom just as often as you're sipping, but no one will notice since your skin will look great.

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2. BB cream: This one's essential for the makeup wearers out there. If you want a full face *and* radiant skin, opt for a BB cream. The lightweight formula will pick up the high points of your natural skin and create an effortless effervescence. It's important to make sure the cream is of a dewy or regular finish though. Steer clear of any matte formulas.

3. Exfoliate and clean: It's so important to develop a cleansing routine. The best makeup and health in the world can not outlast a face full of grime. Pick out a cleanser that suits your skin (don't be afraid of trial and error here) and a scrub to exfoliate once in a while. You'll want to partake in the scrub more often if you have dry skin. Last but not in any way least, remove your makeup before bed. All that foundation will creep into your pores and produces acne, bumps, and blackheads if you don't remove it.

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4. Highlight: Beauty gurus of any status rejoice. The glowing skin trend sees that you get to keep your highlighters and in fact embrace them all the more. It's called glow for a reason, right? Pop that gold, pink, or silver highlight on your cheekbones, cupid's bow, and the tip of your nose. That glowing goddess is going to shine.

5. Moisturize: Depending on your age and skin type, you may want to do more or less of this. But whether your 20 and oily or 99 and dry, everyone needs a moisturizer. A good face lotion will prevent wrinkles and aide in a beautiful glow. Find one with SPF in it (no matter what your skin tone is) to rock as a bare-faced beauty outside.

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6. Exercise: Oh the wonders of fitness. It's difficult to work into your life, but a good workout will change it. Exercise is your body's best friend and the skin is no exception. Working out will reduce pore size and help to regulate hormones so that the body will produce the correct amount of oils. Even a short walk will do the trick and have the added results of a calmer mind. There are many ways to imitate a natural glow, but exercise is a foolproof way to own one.

7. Sleep: Along with the endless benefits to sleep, the skin will become healthier if you get your full eight hours. Just like you, your skin grows weary of endless days and work. Give it a rest by getting all your Zzz's. Sleep will prevent eye bags and wrinkles, giving a smoother, youthful appearance to your face.

What's your skincare routine? Will you add any of these suggestions? Share your comments below!

Royal Celebrity Parents: Meghan Markle & Prince Harry

Are 'Enjoying Each Day' with Baby Archie



By [Katie Sotack](#)

Royals Meghan Markle and Prince Harry are stowed away in Windsor and “enjoying each day” with their eight week old [celebrity baby](#), Archie. According to *People.com*, the celebrity parents are focused on giving Archie a peaceful start to life, hence the escape to a private cottage. A royal source says they are “basking in the glow and enjoying each day”. Like all new parents, the royal couple are living soulfully in their new baby’s needs and wants, discovering his newness every day that they spend with him.

These royal celebrity parents are enjoying the time with their infant

son. What are some ways to bond as a couple in the face of parenthood?

Cupid's Advice:

New parenthood is filled with as many challenges as it is joys. Making time for your partner when this new life has become your world can feel impossible. Here are relationship tips for parents looking to bond outside of their baby:

1. Make time for one another: With your new baby becoming the center of your world, it's difficult to make time for each other. However, having one-on-one time is essential to a sturdy relationship and ultimately the growth of your baby. Go on a date together or just sit and talk after the baby's gone to bed.

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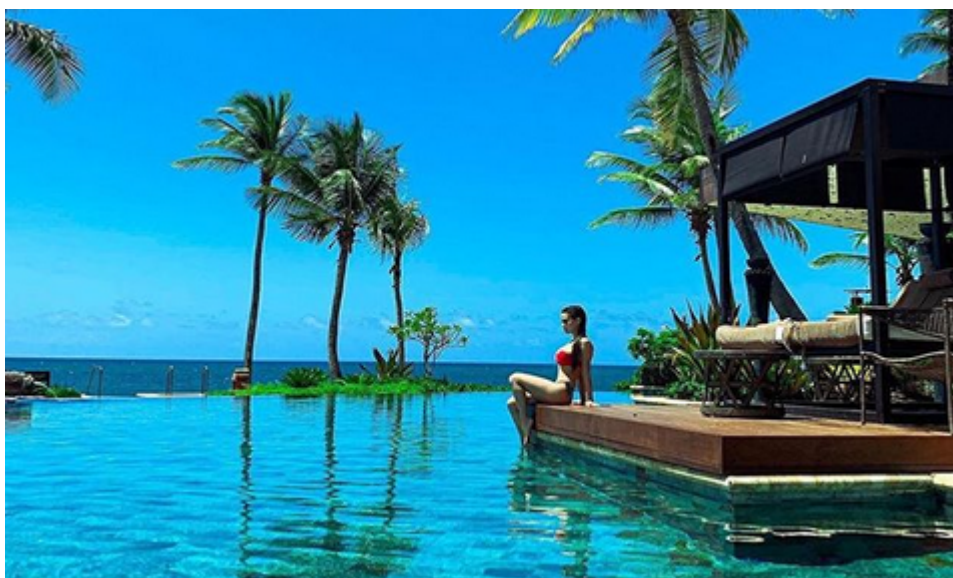
2. Enlist a trusted relative or friend: Give yourself a break and recruit a member of your inner circle to watch your children so you parents can have alone time. Make sure you have faith in their child care abilities and your child is familiar with the care taker so that you don't spend your date worried out of your mind.

Related Link: [Celebrity Couple News: Teresa Giudice Shares Worries about Husband Joe's Deportation](#)

3. Cut each other some slack: Being a parent isn't easy. When your partner makes a mistake, don't go after them. Instead understand where they're coming from and that we're all human. As long as your baby's safe, chances are they won't remember the tiny screw up.

How do you make time for your partner as a parent? Share in the comments below!

Celebrity Couple News: Are Elijah Wood & Mette-Marie Kongsved Engaged and Expecting?



By [Katie Sotack](#)

In [celebrity couple news](#), congratulations are in order for Elijah Wood and Mette-Marie Kongsved, who are rumored to be engaged and expecting! According to *UsMagazine.com*, the couple were spotted shopping for furniture in L.A. While Woods wore a casual gray cardigan and jeans, his girlfriend sported a ring on her left hand and a noticeable [celebrity baby](#) bump. It's left us to question, are wedding bells and baby cries in the future for this pair?

In celebrity couple news, rumors are running wild that Elijah and Mette-Marie are engaged and expecting a baby. What are some ways to keep your relationship private?

Cupid's Advice:

Maintaining your privacy goes a long way for a happy relationship. Here is relationship advice for hiding away from peeping eyes:

1. Keep it off social media: There's plenty of reasons to keep your relationship away from social media and not all of them are as pessimistic as 'what if it doesn't work out'? The issue with posting about your love is that it opens the gate for questions and rumors about your situation. This doesn't mean you and your boo can never post. If you go somewhere special, show it off! But don't bombard your followers' feed with the deets on your intimacy.

Related Link: [Celebrity Parenting: Find Out What Carrie Underwood Is Doing Differently as a Second-Time Mom](#)

2. Keep it positive: Backing each other up in public is a necessity in a relationship. You have the right to disagree of course, but keep the real fights and hurt feelings behind closed doors. If your fighting in public and making up in private, the world's only going to know the negative.

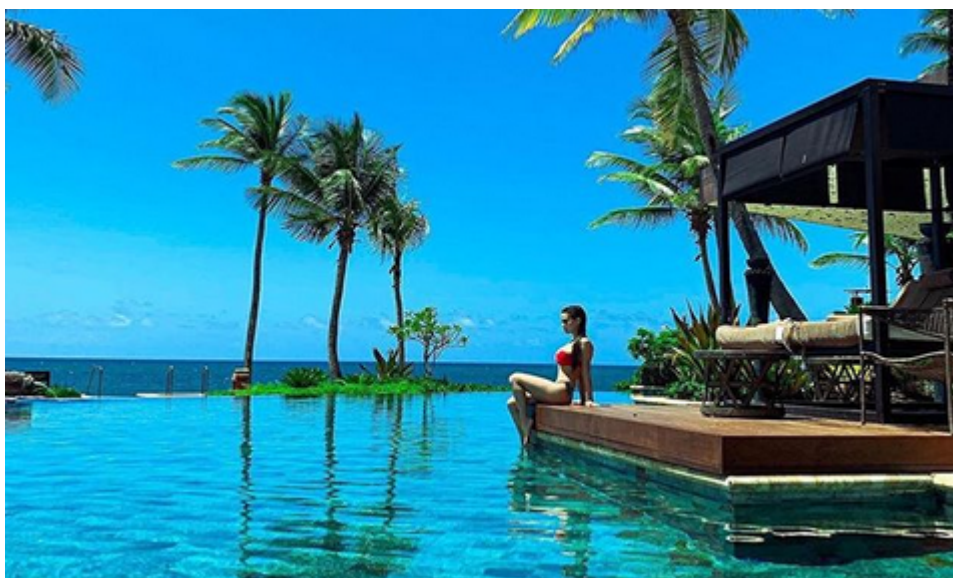
Related Link: [Celebrity Baby News: Elin Nordegren Is Expecting With Former Football Pro Jordan Cameron](#)

3. Keep your lips sealed: This goes along with keep it

positive. Generally you don't want to be blabbing about your business to just anybody. Don't be the person who tells their cashier their whole life story complete with complaints about your significant other. Instead limit your expressions to your inner circle.

How do you keep your relationship private? Share in the comments below!

Beauty Trend: Nude Lips



By [Katie Sotack](#)

The [beauty](#) community's biggest [beauty trend](#) this season has been a natural look. [Celebrity stylists](#) like NikkeTutorials and red carpet stars like Zendaya have been showing off their shining beauty with dewy foundations and shadow sculpting eye shadow. No natural beauty look is complete without a brilliant nude lip. No longer are the trendsetters sporting beige and

brown liquid lipsticks. Rather, they've switched to soft colors that scream radiance and enhance the graceful features that lie within us all.

Long gone are the days of bold makeup palates. It is time we welcome 50 shades of rosy tan into our makeup bags with this beauty trend.

Since [Beyonce](#) sang "I woke up like this" in 2014, the beauty standard has been shifting to a "goddess of nature" look. Think sun-soaked and *au naturel* in a way that amplifies your strong suits. To complete this look there's no better friend to the makeup lover than a rosy natural lip. Here's advice on how to get the look:

1. Sheer lip gloss: The simplest way to archive the perfect nude lip is by applying a clear enhancing gloss to your lips. These glosses can be found almost anywhere, from drug stores to Sephora and Ulta, and are perfect to slip in with your on-the-go makeup essentials. The clear coat will have the added effect of making your lips look voluptuous while playing up the notes of your true color underneath.

Related Link: [Hair Beauty Trend: Crystals, Chains, and Studs](#)

2. Tinted balm: Say hello to your middle school days when fun chapsticks made you the coolest kid on the playground. The adult version of this is the tinted balm. The balm will melt into your natural color, letting it highlight your lip beneath. In going this route there's no fear of not having to match your perfect shade. Everything will customize itself to you. Not to mention the health benefits like SPF and moisturizing your lips.

3. Nipple color: Just give this a chance. A while back *Buzzfeed's* Youtube page released a video on finding your perfect rosy nude lip by matching the lipstick shade to the peaks of your breasts. The idea might sound like a quick gambit to amp up views, but the results spoke for themselves. It makes sense too since your body's natural color palette is a safe road to travel if you want to achieve that rolled out of bed look.

Related Link: [Beauty Trend: The Best of Spring Hairstyles](#)

4. Opt out of matte: The matte trend has had its time. Props to mattes for bringing us long-lasting liquid lips, but it's time to put the dry look to rest. If you want the natural look, embrace any and all rosy lip products that give the illusion you've just been to the beach. The sun's rays have graced your lips and you've taken one last dip in the ocean before heading home. In short, think rosy and wet.

Are you a fan of the new nude? What are your tips and tricks to finding the perfect lip? Share in the comments below!

Celebrity Couple News: Hailey Baldwin Marks 1-Year Anniversary of Justin Bieber Proposal





By [Katie Sotack](#)

Hailey Baldwin recently marked the anniversary of [Justin Bieber](#)'s proposal with a sweet Instagram post. According to *UsMagazine.com*, Baldwin used a photo of the [celebrity couple](#) in the desert to announce the one year mark. Her caption included her love for Bieber, saying, "Life gets more beautiful everyday because of you, my heart belongs to you forever". The post sparked other celebrities' interests with Shanina Shaik commenting how the pair was meant to be.

In celebrity couple news, Hailey is feeling nostalgic, as a year has gone by since Justin proposed to her. What are some ways to mark momentous occasions with your partner?

Cupid's Advice:

Celebrating the big days with your partner makes the relationship all the sweeter. Hailey did so by posting on Instagram for her and Bieber's special day. Here are other

ways to mark the moment with your S.O.:

1. Go on a romantic getaway: A great way to celebrate your anniversary is sneaking off on a vacation together. It'll give you time to focus on each other and relight the spark of your romantic interest without everyday life interfering.

Related Link: [Celebrity Couple News: Shawn Mendes' Mom Teases Camila Cabello Dating Rumors](#)

2. Plan a special date: Take an aspect for your treasured past and recapture it on a special date. If they proposed on a backpacking trip, go on a romantic hike near home to reminisce. Relive the magic of your first meeting, first kiss, or wedding by recreating a scaled down moment.

Related Link: [Celebrity Couple News: Demi Lovato & Logan Henderson Aren't Dating, Despite Fan Speculation](#)

3. Spend the day together: Sometimes the best way to celebrate love is by enjoying everyday life together. Spend the day running errands and doing what needs to be done, but do it together. The quality time will be good of your relationship and you'll have fun just doing the little things with your best friend.

How do you mark romantic dates with your S.O.? Share in the comments below!

Celebrity News: Nick Cannon Reacts to Ex Mariah Carey's

Take on #BottleCapChallenge



By [Katie Sotack](#)

The #BottleCapChallenge has taken over the celebrity world, and Mariah Carey accepted the challenge. Normally, the participant performs a roundhouse kick to the bottle cap and sends it flying away. However, according to *UsMagazine.com*, Carey added her own twist when she hit her legendary high note to pop the bottle open. [Nick Cannon](#), who was once part of a married [celebrity couple](#) with Carey, commented on the video, saying “hilarious”.

In [celebrity news](#), Nick Cannon still supports his celebrity ex, Mariah Carey. What are some ways to keep the peace with your ex?

Cupid's Advice:

Nick and Mariah seem to be making divorce work. Their public displays of support and peaceful co-parenting of their twins would suggest a good post-separation relationship. Here are tips to maintain the peace with your ex:

1. Remember why you loved them: Just because things didn't work out doesn't make your ex is a demon. They're the same person you fell for many moons ago and relearning to see them in a positive light will be beneficial to your friendship.

Related Link: [Celebrity News: 'Bachelorette' Hannah Brown Admits to Intimate Relations in a Windmill](#)

2. Ctrl, alt, delete them: Moving is hard to do, it's cliché for a reason. Part of keeping the peace is knowing when to go your own way. If seeing your ex's posts causes you to bubble up with rage and resentment, hit that unfollow button. You broke up for a reason and that means they're allowed to no longer be a part of your life.

Related Link: [Celebrity Vacation: Jason Momoa & Lisa Bonet Explore Italy After Zoe Kravitz Wedding](#)

3. Focus on yourself: Put yourself first. Prioritizing your growth and other intimate relationships will naturally stray your mind from your ex. Suddenly, it'll be obvious that you didn't fit together, given the new paths you've taken, and it'll be easier to wish them well when you're thriving solo.

How do you deal with you ex? Share in the comments below!

Parenting Tips: Best

Subscription Services for Kids



By [Katie Sotack](#)

Subscription-based services are everywhere. From meal kits to style and book boxes, you can get your monthly fix with a continuous supply of goodies. Subscription-based services are set to become the hottest [parenting trend](#) in 2019. These boxes range from toys to diapers, and the options are endless.

With diapers, food, and fun able to be shipped regularly, there's no need for a trip to the store any longer. Check out the subscription packages that may be right for you

with these parenting tips.

Subscription-based services are an efficient way to shop. All they require is a customizable “click.” This system is especially convenient for new parents who can no longer pop out to the store without worrying about the baby. Here are great starter kits for parents who want fun essentials shipped and delivered:

1. Happy Family Organics: Operating on a monthly basis, HFO specializes in sending food based on your child’s “growing taste buds and dietary needs”. You’re required to enter the little one’s age and allergies before selecting from options and restrictions. The company says it’ll “build a unique bundle” for your child. If you find yourself dissatisfied with the service you can cancel whenever you like without fees.

Related Link: [Parenting Tips: Apply Research to the Practice of Parenting](#)

2. Lovevery: Lovevery works by delivering toys based on your child’s age. The toys venture between 0-24 months and are categorized into sections by experts. The boxes ship every two to three months, depending on your baby’s stage with a guarantee that the package’s cotton and wood are sourced sustainably and organically.

3. The Honest Company: Enjoy a shipment of seven jumbo diaper bags and four packs of Honest wipes every month. With this service, you’re able to craft the exact diaper you want for your little one with customizable prints. All diapers are certified eco-friendly, super absorbent, and made without fragrances or lotions.

Related Link: [Parenting Advice: Tips to Leave in the Past](#)

4. MOMBOX: Parenting subscription boxes aren’t just for your

kids. At MOMBOX, services are customized with items dedicated to taking care of new moms so they don't have to run to the store after giving birth. They offer a standard box, which carries everything from overnight pads to nipple cream, and a c-section option containing belly oil and a calming supplement tea.

Are subscription services useful to new moms? Share your experience below!

Fashion Trend: Souvenir Jewelry



By [Katie Sotack](#)

The [fashion trend](#) this runway season has turned whimsical with souvenir jewelry. The nickname "souvenir jewelry" was given to statement necklaces that embraced sea shells as their focal

point. These beautiful pieces look exactly like what you'd find at the local tourist shop on your beach holiday, and this year has expanded to include beads, pearls, and coins as part of its motif.

Souvenir jewelry is the latest fashion trend. What way will you rock it?

To the girl with the elegant eye, a chunky statement piece of seashells might seem intimidating. There's no need to shy away from the whimsical touch souvenir jewelry can add to your outfit with this [fashion tip](#). Here are is fashion advice to embrace the [celebrity fashion trend](#) whether your celebrity style icon is the polished [Taylor Swift](#) or the playful [Bella Throne](#).

1. Keep it simple: If it's your first time wearing souvenir jewelry be warned it's eye-catching. Tamper down the rest of your outfit to let the jewelry shine as the center. In terms of color or patterns, pick what you think works but remember to stay in summertime style. Try a blue and white striped button up with white shorts for a simple aesthetic that works with the beach babe vibe.

Related Link: [Fashion Trend: Bamboo Handbags](#)

2. Go flowy: You're not afraid of the souvenir look and are ready to embrace it to it's fullest. Be bold with flowy maxi dresses and a full brimmed hat. You can rock any patterns with this sort of outfit, just make sure the colors don't clash with the souvenir jewelry. Pair your sunnies with this look to transform yourself into a full-on beach goddess.

3. Headpieces: Souvenir jewelry isn't limited to just necklaces. This season has graced us with gem-toned

headscarves and bands styled in a souvenir template, which can transform your look just the same as a bold necklace.

Related Link: [Fashion Trend: African Prints](#)

4. Know where and when: Let's be honest, if you're a CEO holding a shareholders meeting, beach bum isn't the look. Souvenir jewelry leans towards the simpler things in life like the boardwalk or running errands. Still, there's no limit to where the style can be worn, just pick the right pieces. If you want souvenir jewelry in the boardroom to try a hair clip or bracelet tucked under your sleeve.

5. Have fun with it: The idea behind this trend is playfulness. Souvenir jewelry is so versatile it can be youthful, elegant, or classic. There are endless ways to embrace this trend and fit your personal style. Rock it the way you feel confident.

What ways do you planning on wearing souvenir jewelry? Share in the comments below!

Celebrity Vacation: Jason Momoa & Lisa Bonet Explore Italy After Zoe Kravitz Wedding





By [Katie Sotack](#)

It's a family vacation for [celebrity couple](#) Jason Momoa and Lisa Bonet. *UsMagazine.com* reports that the pair brought their son and daughter along to Italy following Bonet's daughter, Zoe Kravitz's nuptials at her father Lenny Kravtiz's house in Paris. Taking the quick ride from Paris to Italy made sense, as the two are not currently filming and their children are out of school for the summer. The couple was spotted ordering gelato at a local restaurant, winning at [fashion](#) game with mixed patterns and bold sun shades.

This pair is on a [celebrity vacation](#) in Italy. What are some benefits to traveling with your partner?

Cupid's Advice:

Romantic getaway you say? It sounds appealing to two lovebirds, and it's beneficial as well. Here are the pros to vacationing with your partner:

1. Reconnect: Whether the two of you are vacationing alone or with family, this is a chance to reconnect without the added

pressure of everyday life. Traveling alone will allow you to just focus on each other, and traveling with kids will put your family in the forefront of your mind.

Related Link: [Celebrity News: Kourtney Kardashian & Scott Disick Vacation in Costa Rica Without Sofia Richie](#)

2. Security: Another positive aspect to traveling with your significant other is the security that they provide. Exploring a new area by yourself can seem overwhelming and vaguely dangerous. Having your S.O. by your side like a warm security blanket will remind you of the comforts of home while you're out living it up.

Related Link: [Celebrity Vacation: Nick Jonas & Priyanka Chopra Vacation in Miami with Joe Jonas & Sophie Turner](#)

3. Excitement: Work, family, bed. It's not a bad life, but it's certainly a repetitive one. Spice up your romance by traveling with your partner. The new atmosphere and experiences will give you two plenty to talk about. Not to mention, once the vacation's over, you'll have lots to reminisce about.

What are some vacation destinations you'd recommend for a romantic getaway? Share in the comments below!

Celebrity News: Luke P. Loses His Temper with Garrett on 'The Bachelorette'



By [Katie Sotack](#)

The drama never ceases on this season of [The Bachelorette](#), and this week's episode was no exception. According to [UsMagazine.com](#), Hannah Brown was forced to make a hard decision between Luke P. and Garrett after their fearsome fight. As usual, Luke had used the group date as a way to belittle the other men, and Garrett was fed up. After warning Luke that his "time was coming to an end," Garrett ended up with a lap full of bologna as Luke P. screamed in his face. The tension ran high at the rose ceremony when Luke P. and Garrett were the last two left without their red petals. Ultimately, Hannah gave a rose to Luke, who laughed as Garrett exited the set.

In [celebrity news](#), Luke P. lost his cool with Garrett in the most recent episode of *The Bachelorette*,

showing his true colors. What are some ways to handle an angry partner?

Cupid's Advice:

In any relationship, romantic or otherwise, anger is normal. Feelings of resentment, jealousy, or sadness can bubble up in a red hot rage. Knowing the right course of action to deal with an angry partner can be a challenge. Here are tips to calm the emotional forest fires in your partner:

1. Be patient: When your significant other is losing their cool it's important to remember this isn't about you. It can be easy to take offense to yelling or hurtful tones, but instead focus on what they're trying to say. Chances are they're truly hurt and not expressing it properly.

Related Link: [Celebrity Wedding: Get All The Details On Jax Taylor & Brittany Cartwright's Upcoming Nuptials](#)

2. Respond in kindness: Because anger is symptomatic of inner pain, be kind toward your hot headed lover. Let your S.O. know that their emotions are valid and they are still loved. Meeting anger with warmth may help condition the insecurity that lies beneath.

Related Link: [Celebrity Break-Up: 'Bachelorette' Jed's Ex Haley Cries After Learning He Allegedly Cheated](#)

3. Know when to call it quits: If your partner's always operating at the red hot level and you're left feeling hurt, it's time to end it. Anger is a normal response in small doses. However if your partner's always running off the rails and you feel more bullied than loved, it's not healthy. You can't fix someone's emotional baggage, no matter how much you love them, and if this anger is dragging you down it's time to

go.

How do you deal with an angry partner? Share in the comments below!

Movie Review: The Informer



By [Katie Sotack](#)

Altered Carbon's star Joel Kinnaman is set to debut as the star of the summer thriller, *The Informer*. The [movie](#) is centered around a past felon who, as a current FBI informant, must return to prison in order to infiltrate the mob. Only matters become more complicated with the informant's family to consider and the local police department breathing down the FBI's back. A story of power, corruption, and vengeance, *The Informer* will keep you on the edge of your seat, praying that our hero makes it through.

Check out *The Informer* for a date night thriller that'll keep you on your toes!

Should you see it: If you're looking for a suspenseful crime drama that'll spike your adrenaline and have you rooting for the underdog, this film is right for you.

Who to take: *The Informer* may be deal with darker themes, but it's centered around family being everything. The movie is too mature to bring the kids, but it's perfect for date night. Grab your partner for a reminder that no matter what stands in your path, you can fight your way back to family.

Cupid's Advice:

The protagonist's drive to live free with his family is inspiring. His risk taking and perseverance show a man dedicated to his wife and little girl. With that in mind, here are ways to prioritize your family:

1. Have a set work schedule: It's difficult to prioritize your family when you never see them. By having a set work schedule your family will know that you will reliably be present at certain times of the day. This isn't possible for everyone, but if you can, obtain a consistent schedule with hours aligned with your family's time table.

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

2. Quality time: Along with a consistent schedule, it might be tempting to poop out at the end of the day. If the couch is calling your name it's still important to make an effort. By all means, lay down and take a nap. But cut the time in half and make room for your loved ones in your day.

3. Be their safety net: While Kinnaman's character's

adrenaline junkie risk taking might be sexy on screen it has many negatives in real life. When it comes to adventures it's better to check in with your significant other on their opinion and it's effect on the family. As the patriarch or matriarch of the family you should provide a sense of security.

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

4. Avoid arguing: Perhaps the hardest advice of all for some. It is perfectly fine to have a disagreement, but don't let that turn into an all out war. When dealing with conflict, treat the members of your family with respect and patience. Eventually things will settle down and compromise will occur.

How do you maintain your family relationships? Share in the comments below!

Health Trend: The Ins and Outs of CBD





By [Katie Sotack](#)

[Health trends](#) constantly evolve through branding by popular [celebrities](#). Cannabidiol, or CBD for short, is growing in popularity as a chemical compound found in marijuana because it doesn't cause a high. According to *RealSimple.com*, the compound is said to cure PMS, anxiety, insomnia, and hangovers.

With CBD available from drugstores to cafes, is this cure-all craze worth the hype?

CBD is available as powders, oils, vapes, and more, but is it really beneficial to aches and pains? The cannabis compound that's a gray area in the eyes of the law and in science. Here are the health tips you need to know before purchasing CBD:

1. Proven treatments: When it comes down to it, the only FDA approved use for CBD is to treat two rare forms of epilepsy. Not to mention that only one form of CBD is approved for such use. Still, studies have shown benefits for patients with multiple sclerosis and arthritis. If it's legal in your state and you're experiencing muscle aches or spasms, rubbing on some CBD on the affected area could be beneficial.

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2. Anxiety and Depression: There's not enough research to back this up. The bulk of the testing has been done on animals with no definitive proof that CBD has any effect on humans aside from epilepsy. However, some report that the use of CBD relieves their social anxiety and in one study with mice the oil has been shown to have antidepressant effects. A disclaimer to using CBD with mental illness is that marijuana has been known to trigger psychosis and specifically schizophrenia in patients with a family history of mental illness. If you have concerns speak with your doctor before testing out CBD.

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3. Relieves cancer-related symptoms: Like marijuana, CBD can alleviate nausea, vomiting, and pain often related to cancer treatments. However, unlike marijuana, CBD will not get the user high because it lacks THC. Some animal tests have shown the CBD has preventative properties in mice as well. Further studies are needed to conclude if this remains true for people.

4. Dosage: Even if CBD is a cure-all, you'd need more of it than what's sold in an average vape pen. For the effects to take place the user would need to ingest hundreds of milligrams. Most over the counter products like vapes, oils, and edibles are sold at around 5 milligrams. Again, speaking to your doctor could be beneficial. They may prescribe something entirely different for your issue or increase your dosage of CBD.

5. Neuroprotective properties: As mentioned above CBD has shown neuroprotective properties for issues like multiple sclerosis and epilepsy. This area is also one of the most studied for a relationship between CBD and human health. An oral spray of CBD and THC has been shown to reduced muscle

spasms in patients with MS. Ingesting CBD in a way that works for you might ease MS and epilepsy-related symptoms.

What's been your experience with CBD? Share in the comments below!

Celebrity Wedding: Get All The Details On Jax Taylor & Brittany Cartwright's Upcoming Nuptials



By [Katie Sotack](#)

Wedding bells are ringing as the *Vanderpump Rules* [celebrity couple](#) Jax Taylor and Brittany Cartwright prepare for their upcoming nuptials. The two agree that they're most excited for

seeing each other's face. According to *EOnline.com* Jax cannot wait to see Brittany in her beautiful wedding dress, which has been customized to her personal style. But, wedding planning hasn't gone entirely smoothly. Their officiant, Lisa Vanderpump, needed to pull out of the ceremony last minute after her mother passed away. The couple found a replacement in Lance Bass to get their special day back on track. If you're a fan wondering if you'll get to see the magical nuptials, the couple hasn't said anything yet, but they have confirmed they're willing to share aspects of their wedding with fans.

This celebrity wedding is happening this weekend! What are some ways to personalize your nuptials?

Cupid's Advice:

Your wedding is ultimately about you and your partner joining together. So it makes sense to personalize the ceremony and reception to reflect who you are as a couple. Here are some ways to add character to your wedding day:

1. Honor those who've passed: You may have a close relative who has passed away. That doesn't mean they can't be a part of your special day. Take a tip from Jax, whose father passed, and save a special seat with a photo or poem for your loved one. Consider dedicating that spot to their ashes or a rose.

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2. Include pets: If your furry friend is a big part of your life with your significant other, consider adding them to the ceremony. They can be a stand in ring bearer or walk down the aisle with a bridesmaid. Just make sure to check that your

venue allows pets and has a place to keep them during your reception.

Related Link: [Celebrity Couple Joe Jonas & Sophie Turner Kiss in Paris Before Second Wedding Ceremony](#)

3. Combined bachelor/bachelorette parties: Like Jax and Brittany, spend your “last nights of freedom” together. Gather your bridesmaids and groomsmen together for an all out party, whether it’s at your local bars or on a vacation getaway. This way you can spend that time with your S.O. and your closed friends to celebrate your marriage.

How will you personalize your wedding? Share in the comments below!

Celebrity Couple News: Shawn Mendes’ Mom Teases Camila Cabello Dating Rumors





By [Katie Sotack](#)

Camila Cabello and Shawn Mendes are burning up the summer playlist with their new song “Senorita” and, according to Mendes’ mom, Karen, the song’s not the only thing heating up. *UsMagazine.com* reports Karen dropping hints of a [celebrity couple](#) romance on Cabello’s Instagram post of the new “Senorita” music video. In [celebrity news](#), the comments of pink heart and couple in love emojis sent fans spiraling with rumors about the steamy screen partners. Cabello and Mendes have been friends for years, however, and there’s no confirmation about anything more from the two.

In celebrity couple news, rumors are swirling that Shawn Mendes is dating Camila Cabello. What are some ways to keep rumors in check when it comes to your relationship?

Cupid’s Advice:

Once news of a relationship hits the rumor mill, it’ll keep spinning out of control. While you’ll never eliminate gossip there are a few steps you can take to diminish it’s power:

1. Present a strong front: Make sure you and your partner are on the same page regarding your public relationship. Talk with you partner about the ins and outs of PDA, social media, and what can be said when. It's a delicate balance of respecting each other's boundaries and standing united.

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2. Be honest: The strongest defense from rumors is authenticity. When you're coming from a genuine place it's much harder to misread the signals and twist your words into rumors.

Related Link: [Celebrity News: How Prince William and Duchess Kate Bounced Back After Rumors He Had an Affair](#)

3. Keep your relationship low-key: This may not be for everyone. Even I'm not immune to a good Instagram post celebrating inner aspects of my life. Yet the easiest way to avoid rumors is to not be in the public eye. If you keep your relationship in real life with people who know you, the rumors will likely die out.

Have rumors hijacked your relationship? Share in the comments below!