


New Couple: Lauren Conrad and Derek Hough

 *The Hills* star Lauren Conrad and *Dancing With the Stars* pro Derek Hough have gone public with their romance, reports UsMagazine.com. The duo visited Sayer's Club in LA together on September 29th. "They were very flirty," said an eyewitness. "They were dancing and holding hands!" Conrad, who recently split from long-time beau Kyle Howard, finally appears to be ready for a new love. "Derek has been sweet," said an insider. "They are having fun and seeing where it goes."

What are some ways to "play it cool" in a new relationship?


Cupid's Advice:

When you're exceptionally excited about a new partner, it's hard not to let too much of your excitement show. Here are a few ways to "play it cool":

- 1. Keep dates simple:** When planning dates, don't put in too much effort. A simple outing to the park or a trip to the nearest ice cream parlor is a great way to casually ease into a more serious relationship.
- 2. Limit your contact:** To keep your cool, try limiting the contact you have with your new significant other. Don't text or call too frequently. You'll pique their interest by remaining mysterious.
- 3. Don't overdo it:** While being too excited about a new relationship can be a turn-off, appearing too disinterested can be just as bad. Make sure your new love interest knows how much you value your new relationship.

Have you had to play it cool in a relationship? Feel free to leave a comment below.

Newly Single Lauren Conrad Gets a Hair Makeover

 Fresh from her breakup, Lauren Conrad is trying a fresh new hairdo, reports UsMagazine.com. *The Hills* alum asked fans to vote on her blog whether she should get temporary multi-colored streaks in her hair or not. After an overwhelmingly positive response, Conrad blogged, "You voted and I did it. Thanks for playing." The 25-year-old author and designer broke up with *My Boys* actor Kyle Howard in June, leaving her "heartbroken," according to a source.

How can you re-vamp your outlook on life post-breakup?

Cupid's Advice:


After ending a relationship, sometimes you need to re-adjust your life. Cupid has some ideas on how to change your frame of mind after a breakup:

- 1. Take a trip:** If you take some time off and go somewhere new, your perspective on things might change. Traveling will give you time to think and reevaluate your life.
- 2. Have a makeover:** Upgrade your look like Lauren Conrad, and you'll end up upgrading your outlook. Try a new hairstyle or some new outfits and you'll feel like a new person.
- 3. Date:** Rebound relationships are usually a bad idea. But

going on a couple of first dates with new people will help you remember that there are other opportunities out there.

What do you do to gain perspective after a breakup? Share your comments below.

'Hills' Alum Lauren Conrad and Kyle Howard Split

 Reality star Lauren Conrad has officially split from actor Kyle Howard. According to [People](#), unlike the rest of Conrad's former relationships, this Hollywood romance was not highly publicized. Though the former couple have been seen out together since 2008, cameras were usually kept far away from this romance. On Valentine's Day, Conrad gushed about Howard, saying, "I don't think you need a specific day to celebrate your love for someone. I think it can be a Tuesday. It's an everyday thing." It looks like this *Hills* alum is on the prowl again!

What are the benefits of keeping your relationship private?

Cupid's Advice:

Though having your relationship out in the open is usually the healthiest route, if you're in the public eye or just got out of a serious relationship, keeping a relationship private may be the way to go. Here are some of the benefits:

1. It keeps the romance alive: When you don't have to worry about third parties interfering with your relationship, you

can focus more on each other.

2. Less pressure: If the relationship doesn't work out, very few people will ask you to talk about the gory details, because they didn't know you were seeing anyone in the first place.

3. Excitement: It can be exciting to have a special secret between you and your partner. It keeps things interesting!

How would you go about keeping your relationship a secret? Share your ideas below.