

Rumor: Lauren Conrad Is Dating 'Teen Wolf' Star Colton Haynes



Lauren Conrad is

known for being on trend and it looks like her love life is no exception. *The Hills* alum is rumored to be dating one of the stars of the hugely popular MTV show, *Teen Wolf*. Conrad, 25, was spotted with actor Colton Haynes, 23, at an L.A. hotspot last week. While there was no official PDA, "They have been good friends for a long time," a source tells [People](#). Conrad ended a three-year relationship with actor Kyle Howard, 33, in June.

How do you keep your brand new relationship out of the spotlight?

Cupid's Advice:

When you've started dating someone new, sometimes you want to keep it under wraps until things get serious. Cupid has some tips on how to make sure your new love affair stays out of the public eye:

1. Don't tell: Keep mum about your new relationship and if a friend finds out, ask them to respect your privacy and keep it on the DL until you're ready to tell other people.

2. Plan your dates: Think about where you two decide to hang out and make sure it's not a place your family or friends go often. At the beginning stages of your relationship, let your love grow in private if you want to stay out of the spotlight.

3. Ask your mate: Make sure you and your new boo are on the same page. If you want to keep your relationship secret until it gets serious, check to see if your partner is okay with not telling.

**What are some other ways to keep your relationship private?
Share your comments 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.

Kristin Cavallari Dating Doug Reinhardt





The Hills star

Kristin Cavallari was spotted out and about this weekend with another alum of the show, Doug Reinhardt, reports RadarOnline.com. Reinhardt was briefly featured on *The Hills* when he dated long-time Cavallari rival Lauren Conrad. Conrad has since left the show and is currently dating actor Kyle Howard. **How do you deal when your ex dates your enemy for revenge?**

Cupid's Advice:

Though Reinhardt and Conrad were not the first castmates to find love on the show, drama always seems to follow love on the MTV hit. However, the Conrad versus Cavallari rivalry was well documented in the press, so Conrad needs to be careful about any comments she makes regarding the Cavallari-Reinhardt romance. It's key to find a balance between being uninvolved but still supportive in this situation.

1. Don't butt in: Unless your ex tries to get you involved in his or her new relationship, it's important to remain aloof. If your ex is trying to send you a message by getting with your rival, getting involved only makes the situation stickier.

2. See their side: No matter how you feel about your enemy, if

your ex is genuinely happy and not just looking for revenge, then keep your opinions to yourself. See how their relationship progresses before you pass judgment.

3. Concentrate on you: No matter what other drama is going on around your ex or your enemy, you need to work on yourself first. Focus on you and your relationships, and try not to let your ex put a damper on your life.