

Dating Advice: How to Be More Desirable



By [Rachel Sparks](#)

In this week's Single in Stilettos [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to sensuality coach Patty Contenta about how to be more desirable! Watch the video above and read the article below for some feel-good tips to improve your dating life!

Dating Advice to Help You Feel and Look More Desirable!

1. Own your desire: "For women, there is shame attached to owning your desire," Contenta says. "Be okay with owning and

showing it.” When you become more aware and attached to your desires and sensuality, a creative fire ignites in you. You become more engaged with the present world around you. This helps you enjoy life more, but it also makes you much more attractive to others. The first part of being desirable is connecting with that desire in yourself.

Related Link: [Dating Advice: How to Flirt With a Little Touch](#)

2. Express sensuality: Once you own your desire, what are the different ways to express it? Contenta says there are two: the ability to elevate your senses at any moment and to manage your sexual energies. “Pleasure,” Contenta says, “is in the moment that you’re in and engaging the senses fully.” If you want to become more aware of each moment, engage as many senses as possible. This is true for any partner as well. It’s a huge turn-on to use all five senses.

Related Link: [Single in Stilettos Show: How to Flirt with a Man](#)

3. Transition into feminine energy: There are two primary sexual energies: masculine and feminine. Masculinity often empowers forward movement, motivation, and power. Femininity, on the other hand, embodies emotions and reciprocity. “In our results-driven society,” Contenta says, “We all engage in masculine energy. But to become more desirable, transition into feminine energy using non-verbal, physical cues.” Think about your body and how much space it takes up. Men stand wider, and when women want to emit power they use body language that takes up more space. Feminine energy, which is softer, connects the inner thighs. When you walk, squeeze your inner thighs together to encourage more curves and a sultry stance. When you move to point to something, caress yourself instead of just pointing. Show that you love yourself and desire will follow, both from you and observers.

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the *Single in Stilettos* shows, click [here](#).

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Expert Dating Advice Guys' Edition: 5 Not So Obvious Signs She's Into You



By [Joshua Pompey](#)

Guys, have you ever been on a date that you thought went well, only to never hear from the girl again? This is frustrating

and discouraging for anyone. Don't dwell on the dates that didn't work out. The best thing you can do is learn how to assess a date while you're on one so you won't be taken off guard if you do get ghosted. Read the below [expert dating advice](#) by [relationship expert](#) Joshua Pompey to enhance your dating life!

Expert Dating Advice for Guys to Make You Dating Pros!

1. Small touches: Women express love or interest with physical gestures. If she lightly touches your arm, leg, or back, she is showing she's interested. Sometimes this is a purely subconscious act for women, but sometimes it is a direct means of flirting with you. To encourage even more friendly flirting, reciprocate these small touches, but be sure to keep it G-rated and organic.

Related Link: [Dating Advice: The Do's and Don'ts of Online Dating First Dates](#)

2. Make-up Touch-ups: When women go to the bathroom on a date, they often adjust their hair or reapply make-up. Pay attention to this. If you notice a fresh coat of lipstick, it's a sign that she wants to look good for you. Lipstick draws the eye to the lips, and a fresh coat is a strong sign that she hopes for a kiss at the end of the date. If a woman isn't interested, she's not freshening up for you.

3. Personal Questions: Did she ask about your family at some point during the date? Was she curious about your goals and passions? The more personal questions she asks directly correlates to how interested she is in you. It's natural to want to know more about someone you are interested in, but pay attention to her body language as she asks these questions. If she's looking around or checking her phone, then she's bored

but trying to be polite. If she's leaning into the conversation, that's a great sign.

Related Link: [Dating Advice: How to Make the First Move \(Women's Edition\)](#)

4. Commonalities: No matter what kind of relationship you are building with someone, whether it be friendly, familial, or romantic, sharing common interests is a great sign for the success of that bond. If you and your date discover commonalities and her demeanor changes to one of excitement, she's probably thinking of ways to engage in these shared interests for future dates.

5. No phone: When are women truly alone? Almost never. Women rely on their girlfriends for guy advice, safety, and a way out of a bad date if needed. If thirty minutes into the date she checks her phone, you can almost be certain it's a girlfriend checking in to see if your date is enjoying herself or needs an escape plan. If she quickly responds, apologizes, and jumps right back into the conversation, you're in good shape!

For more free dating information from Joshua Pompey, click [here](#).

Product Review: Travel in Style with These Glam Bags!





By [Rachel Sparks](#)

Cute and practical is on every traveler's wish list when it comes to bags. These totes will help every world adventurer fight the frazzled looks of long flights by carrying luggage in style. Whether you're going somewhere for a [romantic getaway](#), a family vacation, or a [date night](#) at the beach, these summer travel bags are must-haves.

Product Review: Summer Travel Bags for Stylish Vacations!

[Flightline Travel Tote, \\$45](#)



Flightline Travel Tote. Photo courtesy of flightlinetravelllc.com

The perfect clutch for your travel essentials, the Flightline Travel Tote has thought of your every need. With side pockets especially designed to hold your passport, legal ID's, and phone, you can easily access all of your essential documents while going through security; no extra time digging through your purse needed. A patent-pending o-ring designed zipper creates the unique ability to still open the clutch while it is placed inside a seat back pocket. The tote easily detaches from other Flightline bags to make trips to the bathroom quick, and all bags come with a small strap so that you can hang your tote anywhere. Though sleek in design, the tote is big enough to hold a small tablet, expanding as wide as a thick magazine. You can customize your tote in either classic black or a deep purple, both made of vegan leather.

[OMG Accessories Duffle, \\$58](#)



OMG Accessories Duffel. Photo courtesy of omgacceccsories.com

How better to pack for a girls' weekend or a romantic getaway than in a cute patterned duffel? Available in five bubbly patterns, these bags are a flirty addition to your travel wardrobe. Names like "Denim Foxy Roxy Weekender" and "Frenchie Louie Weekender" can match your mood. All bags are made of vegan leather with a webbed nylon adjustable strap and gold hardware. Measuring 9"x18", it's the ideal size for a couple days away. The patterns are what make the bag unique, and they come with the options of "Rainbow," "Kitty Kat," "Foxy Roxy," "Unicorn Gwen," or French bulldog "Louie."

Start this travel plans with a little inspiration from these summer travel bags!

For more product reviews from Cupid's Pulse, click [here.](#)

Dating & Technology Q&A: Should You Delete Pictures of a Long-Term BF?



Question from Mara S.: My ex and I broke up after having a long-term relationship. Should I take pictures of us down from social media now that I'm seeing someone new or should the new guy in my life understand that my ex and I had a long history together?

Technology makes it so easy to share with the world the things that matter to you. It's normal to post memories that you want to hold onto, but beware of what message your social media is sending. When you are interested in someone, you devour everything online about them in hopes of learning something new. That's true for someone interested in you. What do you

want someone to learn about you from your photos online? Read below for [dating advice](#) from [relationship experts](#)!

Technology Dating Advice that Helps You Know When to Delete Pics of Your Ex

[Suzanne K. Oshima, Matchmaker](#): While you and your ex had a long history together, it's time to take the pictures down and move on with your new guy. There's a great quote by T.D. Jakes that best sums it up, "You can't drive forward looking in the rearview mirror."

[Robert Manni, Guy's Guy](#): My answer is a resounding yes. When it's time to move forward, take down all photos from social media of you with your ex. If you want a new beginning, especially with someone new, you need to send him the right signals about your availability. The past has merit. We live, we love, and we learn, but there must be a reason your former boyfriend is now your ex. If you're having a hard time deleting photos of him off social media, perhaps you are not quite ready to move on. If you truly want a new beginning, then start fresh on social media and give your new suitors the opportunity to see who you are right now. If things work out, they could be the luck one in your pictures. Good luck!

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Relationship Advice: How to Attract a Strong Man Who Takes the Lead



By [Rachel Sparks](#)

The [relationship advice](#) from this week's Single in Stilettos [dating advice video](#) will help you attract the kind of man who will take the lead. [Relationship expert](#) Suzanne Oshima interviews Bex Burton for the best dating advice to bring a strong man into your life. Watch the video above to learn more!

Relationship Advice to Help You Attract a Strong Man!

1. Be an authentic woman: Burton says if a woman is “true to herself, connected with her own heart, her intuition, and whatever her divine belief is,” then she’s authentic. It’s important to know who you are and stick with that. If your actions match your words and your behaviors match your beliefs, then you know who you are to the core. Strong men love women who are confident in themselves, and confidence starts with an intense personal knowledge. Suzanne adds, “Show up how you are in the beginning.” If you worry that your confidence intimidates men, then you might consider steering clear from men who don’t embrace that characteristic or who are not strong enough to handle this type of woman. This will keep you open for others who come into your life and appreciate what you have to offer.

Related Link: [Relationship Advice: Why You Keep Attracting the Same Kind of Men](#)

2. Be present: Knowing what you want and what you won’t settle for allows you to navigate relationships with clarity. Men appreciate a decisive woman; it avoids petty arguments. It also allows men who like to take charge to have the opportunity to do so because they know, thanks to you, what they need to do to make you happy. Burton says, “Identifying what you need is a journey and a skill to develop.” Knowing what you need from the beginning helps you weed out people who won’t make you happy.

Related Link: [Dating Advice: How to Stop Self-Sabotaging in Love](#)

3. Be connected: Similar to knowing what you need and knowing who you are, you need to be aware and connected with your emotions. Not only does this create an emotionally stable

environment, but being aware of negative emotions before they escalate will diffuse arguments with your partner before they begin. Don't just focus on yourself, though. Women are naturally more attuned to emotions and when you focus on the ability to connect outwardly, you can intuitively recognize your partner's emotional state. Burton says, "It helps men connect with their emotions, making you valuable in their lives [because] you help him feel so much more deeply."

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Expert Relationship Advice: The Exclusivity Trap!





By [Megan Weks](#)

Are you stuck in an exclusive relationship but not really ready for a monogamous one on one? While we all yearn for that special someone to be just ours, jumping into exclusivity too soon can be damaging, especially to women. Read the [expert relationship advice](#) below to help you make healthier dating decisions.

Expert Relationship Advice to Help You Stand Up for Your Best Interests in a Relationship!

What angers me the most about being a relationship coach is the same reason I am a relationship coach: women are breaking their own hearts. Yesterday, three women reached out to me in desperation. They each have a man but they are feeling frustrated and nervous. Their stomachs are in balls of knots, they are crossing their fingers for luck, and they are extremely anxious. Why? Because their needs are not being met

in their new relationships. Interestingly, these women happily agreed to jump into the situations they now find themselves in. Didn't they want a boyfriend? After all, that was their goal. Now, however, they feel trapped in exclusivity with men that may not be right for them.

Related Link: [Expert Dating Advice: How to Handle Heartbreak](#)

The "going steady" dating model, by the way, did not occur until the 1940s. It was born out of the desire for – and the more acceptable view of – casual sex. Before that, people would take their time to really determine if someone was a match, and then get married through a leisurely process called "courting." The "going steady" dating model, or "linear" dating, as I call it, can be extremely disempowering for a woman who has the goal of getting married within the next couple of years.

You meet a man. You date and spend time at his place and at yours. You get close, enjoy his compliments, and share laughs. Things are going great. You feel attached to him. You are excited to finally find someone who sees what you have to offer: how special you are. You feel like a [celebrity couple](#) at first. You feel comfortable and slip into that girlfriend role with ease...heck, you've been waiting a while for this. You're sick and tired of being "out there." Now it's your turn.

Or, is it...?

Suddenly, he starts to get a bit lazy. The communication isn't what you feel it should be from a boyfriend. He said he wasn't dating others, and you aren't supposed to, either. However, you don't know if you're seeing him this weekend or not. You're playing the waiting game...again. The nervousness, the anxiety-stricken feeling, the knots in the pit of your stomach return. You start thinking that you're running out of time and that you're back in the waiting game. You want this all to be

over. It's a familiar feeling, and it's awful.

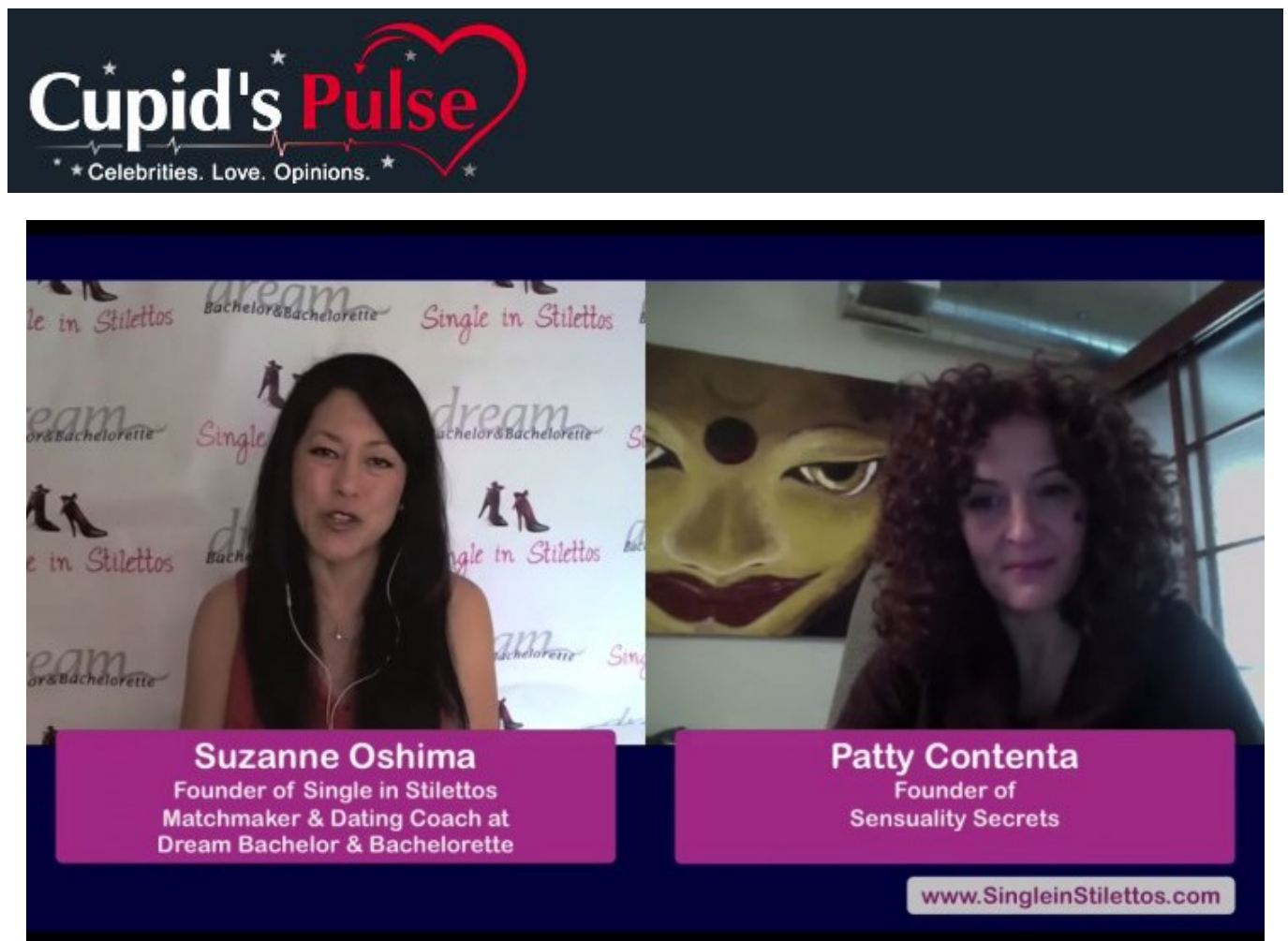
Related Link: [Expert Relationship Advice: How to Move on After Being Ghosted](#)

"How did I get here again? Why is dating, and men, in particular, so difficult? What can I do to save this relationship?" You don't want to make plans with your friends and then have to cancel on them if he comes around. You think to yourself, if you just see him again you'll get the magic back. So you push to see him again. You will accommodate his busy schedule. You make excuses for him. You accept less than you deserve. You lack integrity for yourself. You worry that if you stand up for yourself or push for more time, it will backfire. It's like your fate is dependent on his next move, which is determined by a stupid little flashing red light on a digital screen. You peek at it all day while at work.

Ladies, if you find yourself in this position, get yourself out of exclusivity. Exclusivity is a trap! You have no business spending your precious mind, sanity, and time waiting for a man to choose you. While it may not be what you want to hear in [relationship advice](#), you must get yourself back out there and explore your options. Allow a man to get to know you, and allow yourself to get to know him and his intentions deeply before you jump into an exclusive relationship.

Rushing over to his place and getting cozy is the lazy dater's way to find relief. You both can't wait to drop the pesky formalities of dating, jump in the bed, and experience what the relationship would be like – now. The problem with this is, the formalities are actually an important part of the courtship process, and a courtship process is exactly what you need to go through in order to avoid getting into "the exclusivity trap!"

Relationship Advice: Why You Keep Attracting the Same Kind of Men



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stiletto's [dating advice video](#) will help you understand why you keep attracting the same type of guy and how you have the power to change that! Watch the video above, featuring founder and [relationship expert Suzanne Oshima](#) and Sandra Fidelis.

Relationship Advice to Help You Stop Attracting Mr. Wrong and Start Attracting Mr. Right

1. Discover your core beliefs: “There are certain things that you pick up throughout life that shape your reality,” Fidelis says in her relationship advice. “When it comes to love, whatever you believe is possible for yourself is what you will attract.” If you are continuously facing abuse in relationships, you may internalize those failures as your own and begin to believe that you do not deserve more out of love. Evaluate past relationships; it’s never just one person’s fault when a relationship fails. If you find that you are in a cycle of dating the same guy in different skin, that’s a sign that there is something in your beliefs that needs healing.

Related Link: [Single in Stiletto Show: He’s Great, But...](#)

2. Change your story: Once you discover your core beliefs, you have the power to change them. “What you believe is what you create,” Fidelis says. If you discover that you don’t believe in love or that you don’t deserve it, challenge those beliefs so that you can change the dating cycle you’ve created. Fidelis advises, “When searching, focus on the energy of the relationship you want to create together.” Avoid superficial traits that you may think you want. Height or aesthetic preferences lose significance to the energy of a healthy relationship. Oshima adds, “You limit yourself when you focus on superficial wants.” What is more important: how tall a man is or how he makes you feel?

Related Link: [Single in Stiletto Show: Do You Push for Commitment Too Soon?](#)

3. Break your routine: After you’ve discovered your core beliefs and chosen the story of your future, you need to take

these discoveries out into the world. Going to the same places that you always have will only keep you around the same types of people. “You need to put yourself in front of the type of guys you want to attract,” Fidelis states. Oshima offers her own advice, “Sometimes what we think is our type really isn’t if every relationship keeps ending.” Open your mind to other people. Ridding yourself of negative beliefs will allow you to be more attracted to different types of people. Have fun with it!

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Dating Advice: How to Stop Self-Sabotaging in Love





By [Rachel Sparks](#)

In this week's [dating advice video](#), Single in Stilettos founder and relationship expert [Suzanne Oshima](#) talks with spiritpreneur Abiola Abrams about how to stop self-sabotaging your love life. Don't miss this great [relationship advice](#); watch the video above!

The Dating Advice You Need to Stop Sabotaging Your Love Life

1. Become aware of yourself: Abrams challenges viewers with the question, "Why do you always attract a certain kind of person?" The law of attraction states that you bring into your life what you emit. If you send out signals of failure, whether you subconsciously expect it or not, you welcome failure into your love life. A lot of times, you're unaware of the ways in which you sabotage yourself, but recognizing that you do so can help break a cycle of bad dates and dead-end relationships. Oshima adds, "The common denominator in all of these failed relationships is you." It's time to look in the

mirror and face reality about yourself.

Related Link: [Dating Advice: How to Be Sexy on Date Night](#)

2. Start journaling: Journaling is a great tool to becoming more self-aware. You can find and explore the ways in which you fail and how you may begin to attract the relationships you do want. In her dating advice video, Abrams encourages viewers to “journal who you think you deserve to be with, not your dream person.” When you evaluate not who you wish to have but instead who your current actions attract, you realize who you deserve. “It’s a heartbreaking exercise,” Abrams adds, “because a lot of women realize they believe they don’t deserve love.” If you feel this way, start there and ask yourself why you feel that way. Begin to challenge yourself so that you will believe you deserve kind and compassionate love.

Related Link: [Single in Stiletto Show: Dating Advice About Mindfulness](#)

3. Pay attention to patterns: Journaling can help you discover patterns. Abrams suggests journaling about the times discord arises in your relationships. What environment surrounds the argument? When your relationship is running smoothly, do you bring up old triggers? “We have a victim consciousness,” Abrams says of women. “We get together with our girlfriends and talk trash about our men, and that cultivates conflicts.” Only you know how your relationship is. If you’re constantly looking for conflict, you’ll find it. When you see those patterns, you can stop destroying something that has the potential to be truly satisfying and fulfilling. Abrams offers her final bit of advice, “Self-awareness brings you to self-acceptance.” In other words: true love starts with self-love.

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Dating Advice Video: Signs of an Unhealthy Relationship



Suzanne Oshima

Founder of Single in Stilettos
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette

Patty Contenta

Founder of
Sensuality Secrets

www.SingleinStilettos.com

By [Rachel Sparks](#)

In this week's [dating advice video](#), Single in Stilettos founder and relationship expert [Suzanne Oshima](#) talks with [relationship author](#) Tinzley Bradford about three signs of an unhealthy relationship. Don't miss their expert relationship advice in the video above!

Dating Advice Video for Three Signs of an Unhealthy Relationship

1. Physical or verbal abuse: “Being condescending all of the time is an example of verbal abuse, which is a sign of an unhealthy relationship,” Bradford says in this dating advice video. While abuse seems like an obvious sign of an unhealthy relationship, actually deciding to leave is hard. Don’t let the fear of financial and total independence keep you in a bad relationship. Oshima adds, “You might be scared of being alone, but really, you’re already alone in an abusive relationship.”

Related Link: [Dating Advice Video: Signs He’s Settling for You](#)

2. He’s not emotionally available: If your partner ignores emotional conversations for video games, you’re in a relationship with someone not emotionally present. “If he cannot hold a decent and healthy conversation about your feelings, then he cannot create a healthy relationship,” Bradford advises. Your feelings and perceptions have value and in a true partnership, your partner should be happy to listen to your feelings. If they are constantly brushed aside, it’s a sign he isn’t invested in your total well-being.

Related Link: [Dating Advice Video: The Questions You Should Be Asking Him](#)

3. Constant arguing: Nobody wants to argue all of the time, but sometimes we find ourselves in relationships that are threaded with tension. “Arguing all of the time is not cute and it will slowly kill your spirit,” Bradford says. It’s not welcoming or loving to argue everyday about why someone is late, why they’re wearing what they’re wearing, or why something didn’t get done. Whether you’re throwing insulting jabs at your partner or you’re the one constantly under fire, it’s not a supportive and healthy environment to be in.

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Relationship Advice: How to Overcome the Fear of Abandonment

A video call interface showing two participants. On the left is Suzanne Oshima, a woman with long dark hair, wearing a red top and white earbuds. She is positioned in front of a white backdrop with repeating logos for 'Single in Stilettos', 'dream Bachelor & Bachelorette', and 'Single in Stilettos'. On the right is Patty Contenta, a woman with curly red hair, wearing a dark top. Behind her is a large, stylized yellow and red graphic of a woman's face. Below each video feed is a pink nameplate with white text. At the bottom right of the interface is a white button with the website address 'www.SingleinStilettos.com'.

Suzanne Oshima
Founder of Single in Stilettos
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette

Patty Contenta
Founder of
Sensuality Secrets

www.SingleinStilettos.com

By [Rachel Sparks](#)

On this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to love and dating coach Jaki Sabourin about how to overcome the fear of abandonment. Watch the video above for their best [relationship advice!](#)

Relationship Advice to Help You Overcome Fears of Abandonment!

1. Are you abandoning yourself? Sabourin believes that we all have a fear of abandonment that traces back to our childhood. It's normal, she assures viewers. "We continue to perpetuate that fear into adulthood by abandoning ourselves." Though you've heard the advice before, it's worth repeating: you have to be your own best friend. "Nurture that part of yourself that feels alone," Sabourin says, "It's self-parenting. You'll feel whole again."

Related Link: [Dating Advice Video: Stop Attracting Emotionally Unavailable Men](#)

2. Stop taking things personally: Things go wrong when dating. We often second-guess why the guy wouldn't call us back or why it's taking so long to get a response. "You're only responsible for half of the equation," Sabourin reminds viewers. "Don't blame yourself." Self-blame stems from an attachment to a desired outcome. When you expect certain results from your dates, you take responsibility for things outside of your control. The best way to end this cycle is by just enjoying dates and releasing expectations. Without expectations, you're less likely to blame yourself for when things go wrong.

Related Link: [Dating Advice: Manifesting the Right Man?](#)

3. Take responsibility for your emotions: Ultimately, fears

will be present, but how you handle them will effect outcomes. If you worry about abandonment before it's happened, Oshima warns that you can sabotage a relationship. Sabourin advises that by taking ownership of your emotions, you can learn healthy ways of processing failures and fears and work towards your dream relationship. Sabourin warns, "Ignoring emotions creates a beach-ball affect: you can push the ball underwater, but at some point it will come back up with force." Start by accepting what you are feeling, allow yourself to feel it, and then release those emotions. You'll heal faster.

For more dating advice videos and additional information about the Single in Stilettos shows, click [here](#).

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Expert Dating Advice: Date Ideas for Spring Love





By [Joshua Pompey](#)

If you are a New Yorker like me, it often feels like winter will never come to an end. Believe it or not, it was snowing in April this year! While this can be frustrating, it only makes the arrival of Spring all the more sweeter. As an added bonus, spring is an incredible time for dating if you use the [expert dating advice](#) below. Try these spring [date ideas](#) from [relationship expert](#) Joshua Pompey that will help you and your loved one make the most of this season!

Expert Dating Advice to Ignite a Spring Love!

Spring serves as a symbolic fresh start. With the sun shining and the flowers blooming, all is renewed in the world again. Take advantage of the feel-good vibes and enjoy some outdoor date ideas that tap into these endorphins.

1. Check out a ball game: Nothing says spring more than going to a ballgame. Even if you're not a fan of sports, the

atmosphere at a game is infectious. There is a reason baseball is called America's favorite pastime: the cheering, the weather, the nostalgia. It all makes for a terrific date night. Indulge in some good old fashioned American food, have a few drinks, and don't forget the songs, chanting, and seventh-inning stretch.

Related Link: [Dating Advice: How to Make the First Move \(Women's Edition\)](#)

2. Go to the park: There are so many ways to enjoy a day at the park. Bring a basket full of cheeses, fruits, nuts and a bottle of wine for a romantic picnic. Try tossing around a Frisbee like you're kids again. Relax on a blanket and people watch on a beautiful day. And of course, the conversation of a great date will make the time unforgettable. Explore each others' interests, ask about old childhood memories, and discover something new about your love.

Related Link: [Dating Advice: 5 Steps to Securing a Second Date](#)

3. Find a roof top: Roof top bars or restaurants with a nice view tend to make incredible dates. What more can you really ask for when you see the city skyline? If you can't find a rooftop, a restaurant with a nice patio is a great backup plan.

4. Head to the dog park: This may not apply to all of you out there, but nothing will bond people quicker than an adorable dog. A dog tends to make the ultimate wing man (or woman!), and if your date has a dog, you will be guaranteed a great time outside. Who doesn't feel light-hearted around four-legged creatures that only want to please people? Take turns tossing a ball or playing tug of war. Befriending your date's pet is a win in every dating book.

For more expert dating advice from [Joshua Pompey](#), click [here](#).

Love & Libations: Royal Reds for the Royal Celebrity Wedding



By [Yolanda Shoshana](#)

All eyes have been on the royal [celebrity wedding](#) between Meghan Markle and Prince Harry. Between the cameras, approvals from the Queen, and invitations, Markle will probably be thrilled to relax with a glass of wine during her wedding reception. While there are many charming things about Markle, what I like about her the most is her love of good Italian red wine. Imagine chilling with Meghan over a glass of red,

talking about tiaras and, hopefully, she shares the secret to her roast chicken recipe.

“The Tig” was the name of Markle’s lifestyle blog that was named after Tignanello, a full-bodied red wine from Italy. Long story short, it’s a wine from Tuscany that is a part of what is called the Super Tuscan revolution, which took place in the 1970’s. The red blend is a combo of Sangiovese, Cabernet Sauvignon, and Cabernet Franc produced in the Chianti Classico region. This would suggest that Markle has a sophisticated palate. She is prepared for all of the fancy meals at the palace, not to mention the food she will share with Prince Harry as they travel the world together.

A bottle of Tignanello can run from \$80 to \$150. However, there are Tuscan wines up to par that are more affordable. The following is a list of five wines that I like to think of as “royal reds” from Tuscany and ones that I think would receive a thumbs up from Markle herself. After all, a bold Italian red is perfect to sip during fairy-tale weddings or for a [date night](#) with your prince or princess.

Check out these red wines worthy of any royal celebrity wedding!

Luce Della Vite Toscana 2014 (\$100)

This unique wine is produced by Frescabaldi Estates in Montalcino. It’s the first wine from that area made with 60% Sangiovese and 40% Merlot. Montalcino is a highly regarded wine producing commune known for fabulous red wines. The Luce is an elegant blend that has aromas of cherries, blackberries, leather, and coffee. Doesn’t that sound nice? Pair with a cheese plate or an exquisite meal. When you want to feel like a [royal celebrity couple](#), this is the perfect wine.

Related Link: [Love & Libations: Date Ideas & Summer Loving](#)

[with Rosé](#)

Luce della Vite Lucente Toscana 2015 (\$27)

It's the second wine from the Luca Della Vite estate that is also produced in Montalcino. This red is a bit younger than the Luce. A full-bodied blend of 50% Merlot, 25% Sangiovese, and 25% Cabernet Sauvignon, the bottle is packed with fruity aromas. A glass of this goes great with cured meat and cheese. Think of it as a bold and sexy red. It would pair wonderfully with a romantic night.

Roxanne Rosso Toscana 2016 (\$20)

This Super Tuscan wine is produced on Sting and Trudie Styler's Chianti estate called II Palagio. Who knew they had wine, right?! Roxanne is a blend of 80% Sangiovese, 10% Merlot, 10% Syrah. It's the kind of red that goes great with a steak or pasta dish. A truffle cheese would always be a good pairing. If you can't make it to II Palagio, let romance find you and your boo in this bottle of red.

Related Link: [Love & Libations: Heat Up Your Relationship with a Date Night in the Kitchen](#)

La Mannella Brunello di Montalcino 2012 (\$80)

While this wine isn't considered a Super Tuscan wine, it's produced in Tuscany. It is made with 100% Sangiovese grapes. In fact, Brunello is the local nickname for the Sangiovese grape. This bold wine is great with beef, lamb, and hearty red sauce dishes. When you want to feel fancy, this is a where it's at.

Cecchi La Mora Maremma Toscana 2015 (\$14)

A fabulous wine for every occasion, a blend of Cabernet Sauvignon and Syrah suits all palates. Aromas that will hit your nose are cherries, spice, chocolate, and a touch of floral. This one would be perfect for a night of snuggling in

with roast chicken and garlic mashed potatoes, just like Meghan and Harry. It would also work for a girl's night in, you just may need extra bottles.

For more Love & Libations date ideas and celebrity couple predictions from Yolanda Shoshana, click [here](#).

Relationship Advice: How to Overcome Dating Burnout



By [Rachel Sparks](#)

This week's [relationship advice](#) will help you overcome dating burnout! [Relationship expert](#) and Single in Stilettos founder [Suzanne Oshima](#) talks to relationship coach Cyndi Olin about how to persevere in dating when you want to give up. Watch the [dating advice video](#) above to learn how you too can make it through a dating dry spell!

Relationship advice to help you through a dating burnout!

1. Monitor your attitude: Olin says, "What we resist persists." If you approach dating with a negative attitude, dreading the next time you have to haul yourself out of the house to meet someone new, you're not in a headspace to promote new relationships. Viewing dating through a negative lens puts you in "comparison mode." Olin says, "If you're constantly looking critically [at your dates], then the evidence will mount that he's the bad guy." Looking at dating with dread will only attract negative people and can destroy opportunities with the potential to make you happy.

Related Link: [Dating Advice for Women: How to Break Your Dating Patterns](#)

2. Set aside date nights: "Dating burnout stems from doing too much," Olin says in her relationship advice. Setting aside certain days for date nights frees up the rest of your schedule to do the things you need and want to do. When someone new asks to set up a date, you don't have to worry about shifting your schedule around. On the designated date days you don't have dates, take yourself out on a date instead. Maintaining regular date days will foster a positive mindset towards the times you do have dates.

Related Link: [Dating Advice: How to Get Him to Commit to You!](#)

3. Pamper yourself: "Having things to look forward to in life

are really important,” Olin says. “A woman who can overcome dating burnout has a life that is full and that she is passionate about.” Begin enjoying the rest of your life again. You’ll forget about your frustrations with dating and will be more likely to get back out there with a positive attitude. What’s more, people are drawn to happy, positive people. As Oshima says, “Don’t give up before the miracle happens.”

For more dating advice videos and additional information about the Single in Stilettos shows, click [here](#).

For more videos from [Cupid's Pulse](#), check out our [YouTube channel](#).

Dating & Technology Q&A: How to Use Technology to Prevent Your Relationship Going Stale





Question from Kirstie W: When my boyfriend and I first started dating, our texts were fun and exciting. When we saw each other at the end of the day, we still had a lot to talk about even though we had been texting all day. After being together for six years, texting is non-existent and when we do see each other all we talk about is work. Conversation is getting stale; help!

Long-term relationships face unique challenges. Conversations can be much more in depth because you know each other better. At the same time, conversations can run dry because you already know so much about each other. After awhile, talks are less about discovery and more about supporting each other. This [dating advice](#) from [relationship experts](#) Suzanne Oshima and Robert Manni will help bring excitement back into any relationship!

Dating Advice for When Relationships Go Stale

[Suzanne K. Oshima, Matchmaker](#): Ironically, the effectiveness

of our communication with our partners can be damaged by the technology that we surround ourselves with every day. When you're both busy and working throughout the day, it can be difficult to keep in touch and talk about work over technology. When you get home, try to make it a rule to only talk about work for the first 30 minutes of your conversation, and make sure it's about something you need advice or insight on from your spouse.

After that, focus on your relationship and the fun things about your life together, whether it be date nights, your love, or future plans. This way, you'll be able to foster an environment at home with your relationship as the focus without the noise and distraction of technology between you. Keep things real by engaging in face-to-face conversations, and you'll feel much more connected with your partner as a result.

Related Link: [Dating & Technology Q&A: How Do You Handle Dating Someone with an Internet Persona?](#)

[Robert Manni, Guy's Guy](#): The issue here transcends technology. It seems that your day-to-day relationship has become expected and you're counting on technology to solve your problem. Technology can be a helpful tool for keeping the connection strong, but it's a means to an end. I'm sure your partner would welcome fun and sexy text exchanges throughout the day, but the real issue is finding ways of maintaining true intimacy when you are together.

I suggest making it a priority to live in the moment when in each other's company. That means being present: verbally, physically, and even spiritually to maintain your loving connection. Try discussing more than your work when you meet up, even after a hard day. Make it a priority to share meals, drinks, physical intimacy, and your true selves on a regular basis. Technology provides a way of staying connected during the work day, but the most important way to keep the embers

glowing is to make the most of your time when you are face to face. Good luck.

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Product Review: The Perfect Gifts for Mother's Day



Suzanne Oshima
Founder of Single in Stiletto's
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette

Patty Contenta
Founder of
Sensuality Secrets

www.SingleinStiletto's.com

By [Rachel Sparks](#)

Every mother deserves recognition for sacrifices she made for her children. Who doesn't want to celebrate the woman who supported you when no one else would, no matter what? Make your mom feel as special as expectant mother Cardi B from this year's Met Gala! These [product reviews](#) will inspire you for ways to celebrate your own mother in [celebrity style](#)!

Product Reviews: Mothers Day Gift Ideas for the Perfect Celebration

Related Link: [5 Celebrity Mother-Daughter Look-alikes](#)

1. [Basic Tank](#)



Basic Tank. Photo courtesy of [skinnytees.com](#)

Available in over thirty colors, including some mouth watering shades like Pink Lemonade, Kiwi, and Mulberry, this tank is the perfect addition to any wardrobe. Whether it's worn as a base layer or on its own, this tank adds depth to any outfit. Its size perfectly hides bra straps and hits just below the hips for a slimming and lengthening affect. The material prevents slipping and shifting throughout the day, so those constant tugs and adjustments will be a habit from the past. It's the wardrobe solution you didn't know you needed designed

by fashion industry veteran Linda Schlesinger. Priced at \$34, it's a quality investment in your mother's attire to help her look and feel her best.

Related Link: [Celebrity News: John Legend Writes Sweet Mother's Day Message to Chrissy Teigen](#)

2. [CO2Lift](#)



CO2Lift. Photo courtesy of
CO2Lift.com


What better way to make your mom feel fabulous than to help her look fabulous? These [beauty](#) products incorporate carboxytherapy treatment to help lift, hydrate, and rejuvenate skin. By diving past the epidermal layer of skin, the carbon dioxide inside all CO2Lift beauty products stimulate oxygen production that targets trouble areas like the neck and face. More oxygen means new cell growth and younger looking skin. CO2Lift is gentle on sensitive skin and is ideal for people of all ages. It's a great alternative to botox injections or as an enhancement for after laser surgery. Available in multiple forms, like masks, serums, or tablets, there's an option for everyone. A single pack of CO2Lift Treatment Mask runs for \$85; the perfect investment in your mom's well-being.

Help your mom celebrate Mother's Day in celebrity style with

these amazing gifts!

For more product reviews from Cupid's Pulse, click [here](#).

Relationship Advice: I'm Scared to Get Back Out There and Date!



Suzanne Oshima
Founder of Single in Stiletto's
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette

Patty Contenta
Founder of
Sensuality Secrets

www.SingleinStiletto's.com

By [Rachel Sparks](#)

The [relationship advice](#) in this week's *Single in Stiletto's* [dating advice video](#) will help you overcome that paralyzing

fear of dating! Whether you've just gotten out of a bad relationship or have been battling dating anxiety, [relationship expert](#) and *Single in Stilettos* founder Suzanne Oshima interviews relationship coach Iris Benrubi for the top three tips on how to overcome fear and get back into the dating game.

Relationship advice from relationship coach Iris Benrubi will help you overcome fear and help you start dating again!

1. Anxiety is normal: Benrubi says, "Anxiety is your body's way of keeping you safe, but sometimes safe also means stuck." Getting back into the dating game is frightening. After heartbreak, who wants to risk getting hurt again? Like Benrubi says in her relationship advice video, playing it safe often means doing what you already do, and that likely means staying alone. "Choose the pain," Benrubi adds, "Would you rather have the pain of being alone or have the pain of putting yourself out there?"

Related Link: [Dating Advice Video: Dating After Heartbreak](#)

2. Use dating to experiment: "Online dating is going to give you the biggest bang for your buck," Benrubi says. "Use it as a place to experiment." Oshima reminds viewers, "You are totally in control." See what works and what people respond to. If something doesn't work, don't be disappointed or hurt, and instead try a different approach. Viewing dating, especially online dating, as an experiment removes you from the anxiety and allows you to have more fun. Dating should be fun!

Related Link: [Expert Dating Advice: What's Blocking Me From](#)

[Finding Love?](#)

3. Know what you want: “Just saying you want a relationship is not enough,” Benrubi says. “Any man can give you a relationship.” Build a top ten list of traits and needs that a relationship should meet. Do you want a long or short-term relationship? Do you want kids? Do you want to live in the country or the city? Knowing these must-haves helps you avoid wasting time in the dating game and allows you to find someone who is not only a good person but also meets all your needs.

For more dating advice videos and additional information about the [Single in Stiletto](#) shows, click [here](#).

For more videos from [Cupid's Pulse](#), check out our [YouTube channel](#).

Expert Relationship Advice: 4 Ways to Build a Healthy Relationship with Your Body





By [Amy Osmond Cook, Ph.D.](#)

If you hope to build healthy relationships with other people, the best [expert relationship advice](#) is to start on your relationship with your body.

Body shaming is a real issue. [Selena Gomez](#) responded to it and so did Tyra Banks. Even celebrity [Emma Stone](#) wasn't immune from an encounter. The repercussions of this are a soaring number of cases of eating disorders and depression. For instance, the National Association of Anorexia Nervosa and Associated Disorders reports that at least [30 million](#) people of all ages and genders suffer from an eating disorder in the US.

Social and political forums are scrambling to find ways to eliminate body shaming activities. One of the best defenses you can build against forming a negative self-image is to concentrate on building a healthy relationship with your body. "I am not a woman whose self-worth comes from her dress size," says [Kristen Bell](#) when confronted with negative comments about her physical appearance. "Comparison is one long, agonizing death and does not interest me at all."

Working on your relationship with your body will help you build healthy relationships with others. Here are four tips from [relationship expert](#) Dr. Amy Osmond Cook.

Expert Relationship Advice for Loving Your Body

1. What you eat is what you are: The focus of a healthy diet shouldn't rest on deprivation or discouragement. Instead, healthy eating is about providing fresh, nutritious, quality foods that nourish your body. We have the power to choose what fuels our body. One trend that supports a healthy relationship with our body is cooking at home. [Market research](#) shows the meal kit delivery services industry generated almost \$1.5 billion dollars in sales over the past three years and projections estimate a multi-billion dollar growth in the next five years. [Culinary schools](#) that cater to the amateur chef are popping up in cities across the country, offering hands-on instruction from professional chefs. The idea is to embrace healthy eating, which in turn, allows us to celebrate our bodies.

Related Link: [Expert Relationship Advice: Spring Cleaning for a Happier Life](#)

2. Make exercise a routine: The benefits of an exercise routine extends beyond better health. A commitment to daily exercise helps other aspects of our lives, especially our jobs, by developing self-discipline, time management skills, and increased productivity. "Some employers take a healthy workforce for granted, until they aren't," says [Ryan Westwood](#), CEO of Simplus, who encourages exercise in the workplace.

"Employed athletes who pursue passions outside of the workplace bring that self-discipline to their job," says [Cody Ferraro](#), cofounder of InXAthlete, and a former collegiate

Lacrosse player. “What an employer gets is a productive, self-motivated employee who has a strong concept of time-management.”

Along with the physical benefits, exercise enhances mood and staves off depression. “Even moderate physical activity improves muscle strength, maintains healthy joints and bones, and it can help reduce high blood pressure,” said [Tonya Fisher](#), executive director of Bainbridge Island Health and Rehabilitation. The [American Psychological Association](#) says that researchers have also explored exercise as a tool for treating, and perhaps preventing, anxiety. A strong body boosts a strong mind, and that reinforces a healthy relationship between both.

Related Link: [Relationship Advice: 5 Things To Do Before You Get Petty](#)

3. Find a purpose: An essential defense against negativity is finding meaningful ways to spend your time. “Living on purpose feels alive, clear, and authentic,” say [Barb Leonard, PhD, RN, PNP, and Mary Jo Kreitzer, RN, PhD](#). The article also points out that purpose influences health, including life extension, reduced risk of heart disease and Alzheimer’s disease, and it allows for better pain management. In a world seemingly brimming with shallow, superficial conversations, finding a deeper meaning that adds value to your life is a solid strategy for being a part of the world but not consumed by it.

4. Surround yourself with great friends: Whether conscious or not, experts say we are defined by the people with whom we spend the most time. “Your best friend could be a key contributor to your success,” said CNBC contributor [Ruth Umoh](#). “[Research](#) shows that having a close friend boosts your resilience and helps you bounce back from hardships.”

One of the reasons why celebrities can bounce back from harsh criticism is their social support system. Although it may seem

the more popular the star, the bigger the entourage, experts say quality outweighs quantity when it comes to friendships. “Although being friendly can get you more friends, you don’t need hundreds to help you through life,” says [Susan Krauss Whitbourne, Phd.](#) “You may have to prune your friendship tree as you get older to be sure that you give enough attention to the ones who will really matter for your well-being.”

By focusing on diet, exercise, personal fulfillment, and great friends, you will develop a healthy relationship with the one person who matters most: you.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Relationship Advice: How to Heal a Broken Heart





By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stilettos [dating advice video](#) will help you mend that broken heart. [Relationship expert](#) and founder of Single in Stilettos Suzanne Oshima interviews [relationship author](#) Duana Welch for her top three tips on how you can heal after a break-up.

Relationship Author Duana Welch Offers Her Best Relationship Advice on How to Heal a Broken Heart

1. Be brave: "The things that we dream of most are the things we are most scared of," Welch shares. Face your fear in order to pursue your dream relationship. It's easier to sit on the couch and wallow in heartache, but that doesn't help you move on. Dating is scary, but as the relationship author says, "Do it anyway."

Related Link: [Relationship Advice: Dealing with a Dating Burnout](#)

2. Move on: May Weather once said, “The best way to get over someone is to get under someone else.” Welch quotes this eighteenth-century woman to prove her point: The best way to move past an old heartache is to jump into a new relationship. No matter what people say about loving yourself first, starting up another relationship can offer the adrenaline that helps you forget the past pain.

Related Link: [Expert Dating Advice: How to Move a Stagnant Relationship to Commitment](#)

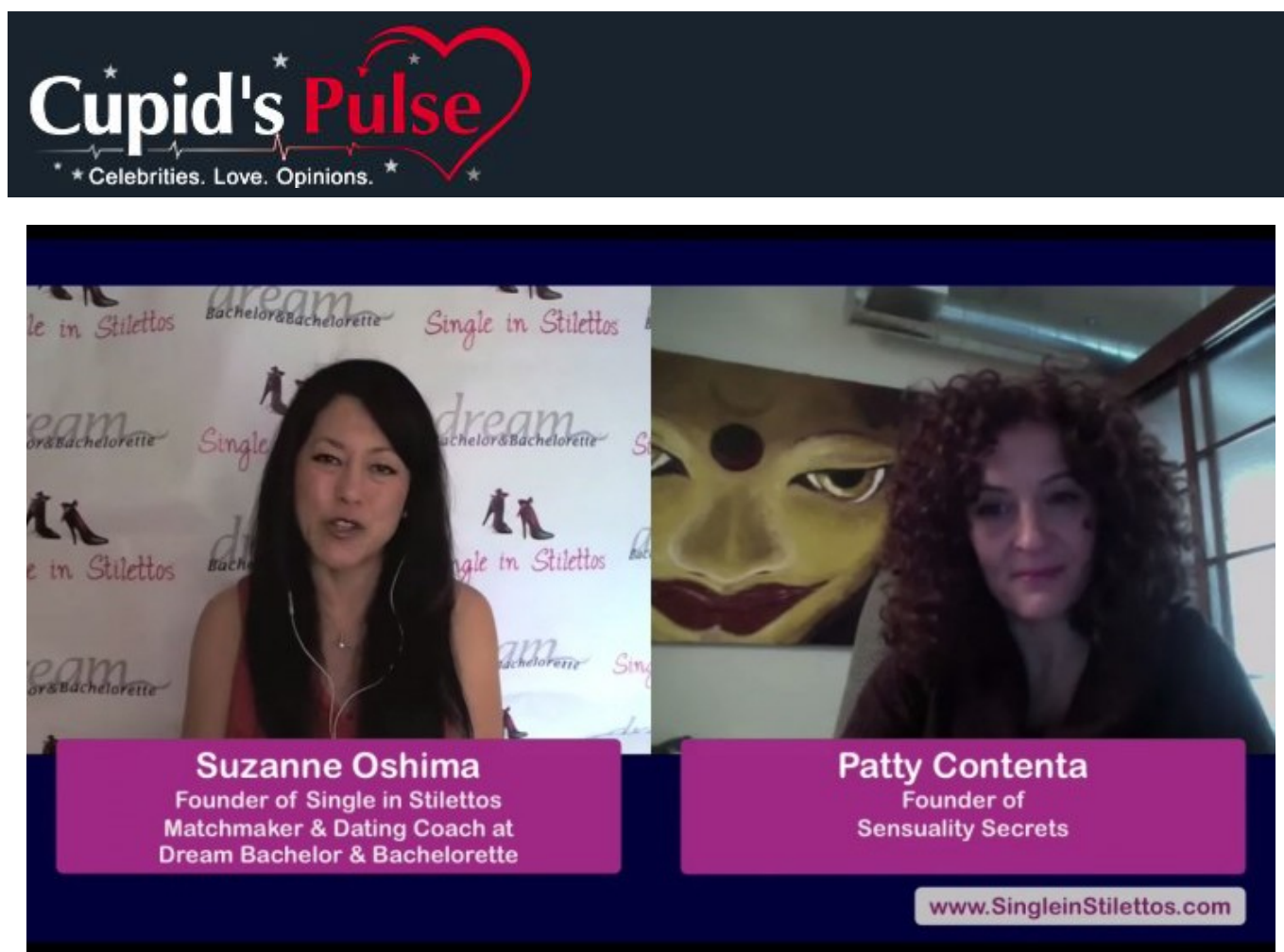
3. Learn relationship science: There are boundless resources that can teach you about the human mating cycle. While that’s not a glamorous term for dating, when you begin to treat relationships like science experiments, you can learn what works and what doesn’t. If you’re already hurting from heartache, how bad can failing at dating experiments be? As Welch advises, “Taking no steps is guaranteed failure.”

For more dating advice videos and additional information about the Single in Stilettos shows, click [here](#).

For more videos from [Cupid’s Pulse](#), check out our [YouTube channel](#).

Relationship Advice for the Guys: How to Approach a Woman

You're Interested In



By [David Wygant](#)

One of the biggest problems for men today is that they suffer from a made-up disease called Approach Anxiety. I keep waiting to see commercials during football games from a major drug manufacturer. It would start like this: a man staring at a woman who is staring at her phone. The man would be thinking about what to say. The woman would still be standing there, checking her Facebook feed or re-reading a text. You can substitute any of the details for this situation because, wherever women go, they're staring at their phones. It's their safety blanket, their virtual crutch. It may be annoying, but it still doesn't give the men a reason not to go and talk them.

Unfortunately, most men will be in this situation and say, "I

really wanted to talk to this woman, but she was too busy on her phone.” Women will always have their phone. It’s the way they protect themselves, which means that men have to learn to conquer their Approach Anxiety.

Relationship Advice on Approaching Women from Relationship Expert David Wygant

Related Link: [Relationship Advice: When’s the Right Time to Pop the Question \(Marriage\)?](#)

If you suffer from Approach Anxiety, try this new pill. If you are always trying to think of the right thing to say, then you need to take Approach No More. Now, the side effects may be substantial. You may itch. You may have a chronic stomachache. You may have heart palpitations, but at least you’ll be able to go talk to a woman.

Honestly, I find the whole thing super silly. My [relationship advice](#) is to remember that you’re just strangers passing each other during the day. It’s so easy to start a conversation based on whatever is going on in the moment. I call it the power of observation.

Observe what a woman is doing and make a comment on it so you are jumping into her world. For instance, if she’s at Starbucks and ordering a drink you’ve never had, say something like, “I’ve never had that here. Is it good? Is it your favorite?”

Men are always looking for opening lines. Opening lines are the biggest con in the world. Speak, talk, say anything, *be human*. Talk to a woman like you would talk to a regular person, and stop treating her like she’s ET’s sister. That’s how you approach a woman you’re interested in. Remember that

you're not truly interested in her until you get to know her.

Related Link: [Relationship Advice for Guys: Why Is It So Hard to Date?](#)

So how do you get to know her? You must talk to her. Communicate with her. Speak to her. Talk to her like you would anybody else. In my 20 years of being a [relationship expert](#) and helping men and women understand each other, I basically have told men the same thing over and over again: Stop worrying so much about what you say and just say anything. Realize women are more open than you think. They'll put the phone down if you come and talk to them, if you're confident about what you say, if you speak to them like you would an old friend. But if you go over there and try to say something clever that's really not clever, if you say something stupid that you've seen on the Internet, or if you're just shaking in your pants because you're so afraid to talk to her, she's going to feel that energy and want to run.

The only way you make a woman interested in you is if you treat her as you treat anybody else, and it's something that I do all the time. This [dating advice](#) works. The problem is that men have been marketed to death and made to believe that they need to do something so spectacular. Try talking to her about what's going on in the moment and listen to what she has to say. Just treat her like a human being.

David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).

Relationship Advice: How to Build a Lasting Love



By [Rachel Sparks](#)

This week's [relationship advice](#) from Single in Stiletto showcases founder and [relationship expert Suzanne Oshima](#) interviewing relationship author Wendy Newman. If you get stuck in the dating cycle, Newman's tips in this [dating advice video](#) will help you work past the dating stage into a successful long-term relationship, teaching you how to maintain a lasting love.

Relationship Advice to Help You Maintain Love

Newman's three nuggets of wisdom will help you build that long-term relationship you've been after:

1. No one is in trouble: Ever heard of the phrase "the dog house?" Yeah, we're all pretty familiar with that one. Newman's relationship advice is that we no longer make our S.O. feel like they're in trouble. Instead of attacking each other, this mindset gives you and your partner the opportunity to attack the problem together. Newman asks, "Wouldn't that be an amazing place to come from – where we never put someone in trouble and instead create that best friend feeling?" We sure think so!

Related Link: [Relationship Advice: The Biggest Dating Pitfalls!](#)

2. Schedule monthly relationship check-ups: "There is never a good time to talk about unpleasant things," Newman says. It's important to tackle things that aren't working in a relationship. Newman and her love meet every month (they make a date of it on the full moon, but you can choose whenever works best for you) and ask each other a regular set of questions. They start with, "Is there anything you need from me that you found hard to get this month?" Another question they always ask is, "What did you make up about me this month?" Ask questions relevant to your relationship. No matter what you ask, we can all agree that a wellness check-up has its benefits.

Related Link: [Relationship Advice: Be a Fantastic Date for Anyone!](#)

3. Have autonomy: "When we collapse our own individuality into another's world, we lose ourselves in the relationship,"

Newman shares. Resentment and the blame game ends up following. Oshima adds, "When your life is great, and your partner's life is great, eventually, your life together will be great." That means you don't need to feel bad for girls' night! Pursue your own interests and encourage your partner to do the same. Happy lives individually mean an even stronger relationship and sense of happiness together.

For more dating advice videos and additional information about the Single in Stilettos shows, click [here](#).

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Product Review: The Coolest Gadgets to Achieve Your Fitness Goals!





By [Rachel Sparks](#)

In this [product review](#), Cupid explores the newest [fitness](#) gear to help you fully engage in each workout. The innovative technology will encourage you to conquer those summer fitness goals while you work towards building that [celebrity body](#)!

Product Review: Workout Technology for Every Fitness Need

Related Link: [Product Review: Gripbell for a Full Body Workout](#)

1. [PowerGear Sound](#)



PowerGear Sound. Photo courtesy of mycharge.com

Have you ever been at the gym, your muscles pumping to a great rhythm and then your bluetooth headphones die? It's a real buzzkill to your workout. PowerGear has designed a case that both protects and charges your headphones! It's compatible with both of PowerGear's headphones and regular earbuds. With 1400mAh battery capacity, it adds 14 times extra battery to your headphones.

For only \$39.99, it includes the case and a micro-USB charging cable. It's the perfect size to fit in your pocket or gym bag at 4.3 inches by 3.7 inches by 1.9 inches. It weighs less than half a pound, so it's virtually unnoticeable. The 4.9 star rating and 93% suggestion rate, we're excited to get our own for our next workout!

Related Link: [Fitness Tips: The 5 Best Fitness Apps to Help You Stay on Track](#)

2. [WeCoup Cold Roller](#)



Chryosphere. Photo courtesy of recoupfitness.com

Far more important than your workout is what you do post-workout. Serious injuries can happen if you don't care for your muscles after a gym session. This cold ball is the perfect tool for your recovery needs! Toss out those foam rollers and ice packs because the Cold Roller is everything in one tool. Filled with 3.4 ounces cooling gel, it is safe for travel and can hold its chill for up to six hours after only two hours in the freezer. It's reusable and comes with a hard shell for holding.

The design combines traditional rolling techniques with cold temperatures to help muscles to release metabolic waste and reduce inflammation for a quicker recovery time. With the cover on, it's just about the size of a baseball, so it's an easy addition to your gym bag. Priced at \$39.99, it's a great investment into your muscles' health. You can also buy the ball without the cover for \$19.99.

Love these fitness must-haves as much as we do? Hurry up and click buy on your phone for the best workout of your life!

Product Review: Baby Fashion for Easy & Cute Parenting



By [Rachel Sparks](#)

This post was sponsored by Tiny Universe.

This [product review](#) of Around the Crib infant clothes is the most adorable thing we've seen today. As if [parenting](#) isn't hard enough, finding cute clothes that can withstand the curiosity of your children is near impossible. Every parent wants their children to look just as glamorous as a [celebrity baby](#), and these designs will help you do just that!

Product review: baby clothes to help you parent in style!

Around the Crib, a division of Tiny Universe, is couture fashion for your beloved little one. Tiny Universe started as a family business 55 years ago and has since become the leading company in headwear. Since then, they have branched into subsidiaries, such as Around the Crib, designed and tested by parents, to create everything you could need for ultimate parenting.

1. [All Tulle Dress](#)



Tulle Dress from Around the Crib. Photo courtesy of aroundthecrib.ca

Colored in soft pink or black and white, this layered, short-sleeved dress can be as delicate or as modern as you choose. Sizes range from newborn to that of a six year old, so siblings can match! The zipper in the back allows for easy dressing on those frustrating mornings. The dress is machine washable and certified by Oeko-Tex, indicating a lack of harmful substances. Priced at \$77, it's the perfect dress for

a special occasion.

Related Link: [Travel and Dress Your Kids Easily this Summer with These Products](#)

2. [Body Ballerina Short Sleeves](#)



Body Ballerina Short Sleeve from Tiny Universe. Photo courtesy of aroundthecrib.ca

This tiny dancer outfit will help those wiggly little legs look even cuter! Sized from newborn to 24 month olds, the ballerina dress is great for hyper toddlers. The ballerina skirt is made from tulle, while the body is 100% cotton. Another machine washable dress means an instant addition to

your toddler's wardrobe. At \$43, it's a affordable way to show off your energetic baby!

Related Link: [Product Review: Mom and Baby's Favorite Clothes](#)

3. [Single Rabbit Night Light](#)



Single Rabbit Night Light from Around the crib. Photo courtesy of aroundthecrib.ca

What better way to end a product review for your kiddos than with a night light? It will help end your day in the most peaceful way. This rabbit-shaped light is as unique as it is delightful. Designed for little hands, the rabbit lights up all night from anywhere in the room, even from within the crib! With a twelve hour battery life, it automatically lights up when it's off of its charging base. Just set it on the base in the morning for another night of uninterrupted sleep! Best of all, a restful night only costs you \$44.

We love the way Around the Crib makes our babies look! Want to buy one of these cute options? Check out their website at aroundthecrib.ca or their social media pages like [Facebook](#) and [Instagram](#).

Product Review: The Perfect Jewelry to Earn a Parenting Win



By Rachel Sparks

Want the know the best tokens of affection you can offer your

loved ones? As if [parenting](#) isn't hard enough, trying to please your children is downright challenging. Your child's devotion to the latest trends is unparalleled and practically impossible to keep up with, but these jewelry finds will help make you Parent of the Year and help your child flaunt the latest [celebrity fashion](#)!

Check out these product reviews for your parenting score!

Tiny Dancer Necklace



Isabelle Grace Necklace. Photo Courtesy of Isabelle Grace/Isabellegracejewelry.com

Designed and hand-made by Isabelle Grace, this [necklace](#) features a ballerina charm and a personalized initial charm. It's perfect for commemorating a dance competition or to help your little darling live out their dancing dream! The

ballerina charm is three-quarters of an inch tall and half an inch wide. The initial charm, a tiny circle, rests just above the dancer's head. Both charms are fine silver and can be gold coated or oxidized. What's better? You can customize with gems and other charms. Priced at a reasonable \$48, it's an easy to dream of gift for your child.

Related Link: [Product Review: Find Out Why Celebrity Babies Love Lorena Canals Rugs](#)

Crushed Glass Earrings



Isabelle Grace Drop earrings. Photo Courtesy of Isabelle Grace/Isabellegracejewelry.com

Another great design by Isabelle Grace! These [drop earrings](#) are hand-crafted with crushed German glass and Swarovski teardrop stones for an elegant and retro look. The design comes from Isabelle Grace's Gypsy Glam look that encourages a fearless sense of self and the courage to live life as an adventure. What better gift to give to your children as they

enter the turbulent teenage years? The earring hangs on a gold-plated lever back wire and hangs approximately two inches. Priced at \$46, it's an affordable token of your love and support.

Related Link: [Product Review: A Diaper Bag Fashion Statement](#)

You can shop more custom looks from Isabelle Grace at their website isabellegracejewelry.com or check out their [Facebook](#) and [Twitter](#) pages!

Product Review: The Next Best Crib Mattress to Help You Become a Parenting Pro





By [Rachel Sparks](#)

This post was sponsored by Colgate Mattress.

This [product review](#) features the newest technology and innovation for baby sleeping gear. Colgate Mattress, the leading USA-based infant mattress manufacturer, has introduced a new mattress that will ensure your baby sleeps safely and lets you have a sound night of rest. You'll be confident in offering your own [parenting tips](#) after you buy this amazing mattress!

This product review of Colgate Mattresses will help you and your love slay at parenting!

Released March 20, 2018, the newest sleeping technology for infants is the best the market has to offer. The Colgate zenBaby collection offers three types of mattresses for your little one's needs. The Hybrid 2-in-1 cares for your baby up

through toddler ages. This mattress features varying degrees of stiffness to develop posture and, above all, safety. The 2-Stage mattress is a lightweight option composed of dual zone certified eco foam. Colgate's third option, the Portable Crib Mattress, is ultra-lightweight for parenting on the go. The mattress's cover is tear-resistant, waterproof, and easy to clean.

Related Link: [Product Review: Make Relaxation a Reality While Traveling with Your Baby This Summer](#)

While these mattresses evolve to your children's growing needs and to your desires for versatility, they also promote child safety. KulKote technology is a water-based coating design that adapts to your baby's temperatures, maintaining cool comfort.

What other product review can help your little one feel like a [celebrity baby](#)? Colgate produced the first foam crib mattress from sustainable plant-based oils. All of Colgate's products are hypoallergenic, odorless, and GREENGUARD Gold and CertiPUR-US safe for no harmful emissions. You can feel like parent of the year by buying something that's both great for your baby and the planet!

Related Link: [3 Must-Have Items for Running Errands with Yours Kids](#)

When you buy a Colgate mattress, you know you're buying quality. The Hybrid 2-in-1 mattress from the zenBaby collection was announced the Juvenile Products Manufacturer Association (JPMA) 2018 Innovation award during its release last month. Priced at \$273.99, it's the most expensive of the zenBaby options, but well worth the investment into a healthy baby and your peace of mind. The 2-Stage is priced at \$218.99 and the Portable Crib Mattress is at an affordable \$64.99.

We love the peace of mind Colgate's zenBaby mattress collection gives us. Are you ready to buy one or two for

the babies in your life? Check out their website at colgatekids.com or check out their [Twitter](#), [Facebook](#), or [Instagram](#).