

Relationship Advice: When Is the Old New Again?



By Dr. Jane Greer

Jelena is back! [Justin Bieber](#) and [Selena Gomez](#) are officially back together. This is an instance when what was once old and finished can become new again. Rekindling a relationship in this way can sometimes mean a couple was never really over the feelings they shared for each other the first time around, or that with the passage of time they are simply ready to give it another try. Sometimes extenuating circumstances such as illness can play a role and help them realize what is truly important. With this in mind, an end is not always really an end, and you might have an opportunity one day to reconnect with an old love if they're single, too. If that happens, it

may give you both a chance to deal with unfinished business, and to move forward the way you may have always hoped you would.

How, then, can you get from Point A – a breakup – to Point B – a revived romance?

So many things can bring a relationship to a grinding halt despite the fact that two people still feel love for each other. Career opportunities that force people to live in different places, or one of you wanting one thing – such as marriage or a family – when the other isn't quite ready. Negative parental pressure can also tear two people apart even if they don't really want to say goodbye. In these cases it isn't the feelings people have for each other that threaten the relationship, it is the life/work balance and other outside forces. This can become especially hard to cope with if one or the other jumps into a new relationship quickly to get over the hurt and disappointment of the loss. Even considering that, there still might be feelings of hope that someday they will find their way back to each other and their connection will resume.

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Sometimes this can occur with simple good luck – two people find themselves living in the same city again. It can also happen more dramatically, such as when someone becomes ill, as Selena has been with lupus which required a kidney transplant earlier this year. That sort of event can change your perspective and make you question your priorities, turning the small issues that once seemed so important in the past into meaningless details in the present. It may make you more

willing to compromise over differences that previously you might have stood your ground on. It might also make you realize that you don't want to waste any more time hoping and waiting, and one or the other might reach out. When one does that, if the other person is receptive and welcomes the contact, it can leave room to pick up where you left off, rebuild, or even lay down new tracks.

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If you have been in a relationship that ended, and find yourself suddenly single and thinking about a former love, if they are also single, it might be a chance to call or write to them. If that person is sick, you can reach out in the name of friendship and offer caring support in those hard times. By doing so you open the door which might lead to something bountiful for both of you, and give new life to the connection you once shared and cherished.

Whatever happens going forward, it seems clear that Selena and Justin indeed have a bond together that has endured.

Please tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on [Facebook](#), at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Celebrity News: Selena Gomez's Friends Want Her 'To Be Cautious' with Justin Bieber



By [Karley Kemble](#)

Recently reunited [celebrity couple Selena Gomez](#) and [Justin Bieber](#) are as happy as ever, and want to do things right this time around. Though the couple spent most of their past relationship as an on-again-of-again couple, they have both grown individually in the years they've been apart. In the latest [celebrity news](#), friends are a bit wary that the celebrity couple is back together, reports [UsMagazine.com](#). Sources close to Gomez, including her bestie Taylor Swift,

report that they want her “to be cautious” dating Bieber again. Though her friends admit the singer has certainly changed for the better, they also know how much hurt he has caused Gomez in the past. Here’s to hoping they continue to go strong!

This celebrity news is definitely the talk of Hollywood at the moment. What are some things to be careful about if you’re getting back together with an ex?

Cupid’s Advice:

No matter what people say, getting back with an ex isn’t always a bad idea. Like Gomez says – the heart wants what it wants, right? However, it is important to be cautious when you jump back into a relationship with someone. Cupid has the scoop:

1. Think about their motives: While this might be unsettling, you need to consider your ex’s feelings. Are they genuinely wanting to give it another go, or are they just using you to fill a void? You don’t want to get burned again, so be careful and really think this through before you jump back in.

Related Link: [Celebrity News: It’s Official! Selena Gomez & Justin Bieber Are Back Together](#)

2. Think about your feelings: Similarly, it’s important to be careful that you’re really interested in giving it another shot. If you just want to get back with them because you don’t want to go to your bestie’s wedding by yourself or are lonely in general, you should reconsider your priorities. Don’t invest your time into your ex if you aren’t going back into

the relationship with the right intentions.

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3. Beware of old habits: As they say, old habits die hard. While you might be thinking that your ex has completely changed for the better, it's important to be realistic. There's still potential for the habits that previously affected your relationship to creep back into the picture, so don't put your ex on a pedestal quite yet.

Have you ever gotten back with an ex? How were you careful? Let us know below.

Celebrity News: It's Official! Selena Gomez & Justin Bieber Are Back Together





By [Karley Kemble](#)

After a roller coaster of a week for [Selena Gomez](#), it appears she and [Justin Bieber](#) are officially a couple again! [UsMagazine.com](#) reports Gomez “has always had feelings” for Bieber, so this [celebrity news](#) is not too surprising for their inner circle. Since 2011, the [celebrity couple](#) has had a longstanding on-again, off-again history, and they went their separate ways for good three years ago. After Gomez’s kidney transplant over the summer, Bieber reached out to check in with her. While they kept things platonic at first, it wasn’t long before old feelings resurfaced. According to their pals, their time apart has allowed each of them mature and “move past” the drama they used to have, and the rekindled celebrity couple is happier than ever!

**This celebrity news has us reeling!
What are some ways to decide**

whether or not to get back together with your ex?

Cupid's Advice:

Sure, you broke up for a reason. But sometimes, it's impossible to get that one person out of your head. If you're thinking of getting back with an ex, Cupid has some ways to help you decide if it's the right move:

1. Enough time has passed: If it's been awhile since you've gone your separate ways and you've had the chance to grow individually, then you might be ready to give it another shot. Time apart allows for clarity, after all. Maybe they were the right person for you, just at the wrong time in your life.

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2. You're miserable without them: It goes without saying, but if you want to get back with your ex simply because you are lonely, that isn't a good idea. However, if your break-up has truly made you realize your ex is your better half, then you should definitely consider getting back together. Second chances aren't always a no-go!

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3. You can easily fix what was broken: Perhaps the reason you two broke up wasn't anything personal; they just worked too much, or the distance was too challenging. If the big issues aren't big anymore, why not give it another shot? It could turn out to be something wonderful.

Have you ever gotten back with an ex? How did you make your decision? Let us know!

Celebrity News: The Weeknd 'Really Didn't Trust' Selena Gomez's Ex Justin Bieber



By [Karley Kemble](#)

[Selena Gomez](#) and The Weeknd may have broken up, but it's clear the [celebrity exes](#) may still have drama between them. In the latest [celebrity news](#), a source close to The Weeknd questioned Gomez's rekindled friendship with her ex-boyfriend, [Justin Bieber](#). Following a major kidney transplant earlier this summer, Bieber reached out to Gomez and the celebrity exes kept in constant contact after that. According to

UsMagazine.com, The Weeknd trusted his ex-girlfriend, but “really didn’t trust” Bieber’s intentions. Gomez and Bieber have been spotted hanging out with each other since news of her split with The Weeknd became public. Maybe Gomez isn’t so sick of that same old love, after all?

In this celebrity news, it seems that ex relationships caused some turmoil in a current relationship. What are some ways to keep your past relationships from dictating your current or future ones?

Cupid’s Advice:

Break-ups are almost always rough. While it may seem challenging to heal, it’s important to maintain a strong sense of self. Cupid has some tips that you can implement into your life to help keep your past from dictating the future:

1. Respect the past: Your past relationship ended for a reason. You don’t have to forget the good times you had. Respect the relationship for all that it was, because it probably was right for you at that point in your life.

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2. Be present: If you spend your time dwelling on what used to be, it’ll be super challenging to find happiness in another relationship. Yes, you should respect the past for what it was, just know you are a different person in the present. Learn from your past self and relationship, and fully embrace yourself for who you are presently.

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3. Do not fear vulnerability: Maybe your last relationship ended badly, and it has taken you forever to move on. As much as that sucks, if you fear vulnerability you're doing yourself a disservice. Starting a relationship with someone new is always going to be scary – so be open to the greatness that could come from it.

Do you have any other tips to share? Comment below with your thoughts.

Celebrity Break-Up: Selena Gomez & The Weeknd Split After 10 Months of Dating





By [Karley Kemble](#)

[Selena Gomez](#)'s heart wants what it wants, and apparently it's not The Weeknd. In the [latest celebrity news](#), the former couple has ended their 10-month relationship, according to [UsMagazine.com](#). News of this [celebrity break-up](#) is a surprise to many, as they appeared "stronger than ever" just last month. Gomez has reportedly been back in contact with ex-boyfriend [Justin Bieber](#) after undergoing a kidney transplant, but the two are just on friendly terms. Hang in there, Selena and The Weeknd!

This celebrity break-up has us wondering if Selena Gomez will be getting back together with Justin Bieber anytime soon! What are some ways to cope with a recent break-

up?

Cupid's Advice:

Break-ups are almost always difficult to overcome. While it may seem like you will never be able to get over your ex, we promise it's possible. Here are some ways to get that ex off your mind:

1. Write it out: In this digital age, it's easy to want to take your feelings to social media. Don't. Put your phone away, shut down your laptop, grab a pen and piece of paper, and start writing. You'll find it to be very therapeutic!

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2. Talk it through: Find a good friend, and ask them to sit down and listen. Make it clear that you just want them to hear you out for now – they can give their personal opinions when/if you are ready for it.

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2. Get out of town: Sometimes the best thing you can do for yourself is to get out of town. It removes yourself (temporarily) from the memories, and will help clear your mind.

How have you coped after a break-up? Share in the comments below!

Get a Knockout Look with This One-Two Punch in Hairstyles



When you pick up the latest copy of your favorite hair magazine, you'll find all kinds of interesting looks that'll likely draw your interest. The big question is, which one should you try? Are any of them worth a go, or should you stick to the same style you've been wearing for a few years now? If you're looking for a new look, you couldn't do better than picking what are considered two of the hottest trends of the moment, namely hair extensions and balayage. While each is a phenomenal opportunity for you to upgrade your 'do in style, when combined they can be even more of a showstopper.

Here's what you should know about these two of the most in-demand hair looks around.

Balayage—Is It Worth All the Fuss?

Balayage is a hair technique that's been getting tons of press as of late. All the latest Hollywood actresses, models, and music stars, such as Heidi Klum, Selena Gomez, Halle Berry, Ciara, Jennifer Anniston, and Jourdan Dunn, have been donning looks that are based on the balayage process in which color is "painted" into the hair by hand, rather than stylists using foil. Jennifer Lopez, who's been known to have arguably the best hair in the City of Angels, has been a great example of a star who's worn a balayage-based style with extraordinary flair.

The technique looks much like the ombré style, and, in fact, women frequently use the names interchangeably, although they are not the same at all. Since balayage is a technique itself, it can be used to achieve an ombré style. Otherwise, it's identifiable trait is that it starts higher on the head than the ombré look does, but both have the characteristic gradation in color, going from dark to a much lighter shade, with ombré extending all the way down to the very tips, or ends, of the hair.

Balayage is well-loved for many reasons. One of them includes the fact that it doesn't quite require as much maintenance as the ombré style. It's not unheard of for women with balayage to not need any kind of touch-up for as long as six months, even. Another reason why it's much loved is that it's fine for all different hair types and lengths (except super-short styles).

Hair Extensions

Not only has Jennifer Lopez donned tresses with balayage, but she's also been photographed with stellar hair extensions. She joins a long list of actresses and other celebs, such as Jessica Alba and Paris Hilton, who've discovered this amazing way to go glam really fast. Non-celebs are also increasingly getting them added; even teens are opting for extensions so they can be prom-ready. On a slightly more serious note, more women are also discovering that extensions, while being great to add length can, more importantly, also add density; for women with thinning hair, it's therefore a true godsend. They no longer feel embarrassed by their thinning hair.

Before you dash off to your stylist to get extensions, make sure this is one of their areas of concentration. What you want to do is go to a salon with a hair specialist who really knows how to apply hair extensions, like Colorado's Elle B, a full-service [hair extension salon in Denver](#), with specialists in hair extensions who are 100 percent certified. If you go with an uncertified specialist, it's a huge gamble; you run the risk of having it poorly done that can ruin your own hair. Hair loss has even been reported. A well-qualified specialist can guide you about the best products you should use to avoid any kind of long-term harm to your hair.

Balayage Plus Hair Extensions

What many women don't realize is that they can get various treatments done on their hair extensions as if it were their natural hair. Remember, hair extensions made of human hair are still human hair, which means a stylist can still treat the hair with the balayage process to help you achieve incredibly streaked hair just as if it were done au natural. This combination creates a truly original crown of hair that would surely set you apart and thoroughly confuse anyone about what's real and what's not.

Long and Short of It

Getting either balayage or hair extensions, or both, is a great way to add dimension and density to your hair. It can add a fresh new look and produce a fresh new you. If you're looking to free yourself from the same styles, try these hot looks out for a change.

What celebrity hair trends have you been dying to try? Share below!

Relationship Advice: What We Can Learn From Trials & Triumphs of Celebrity Relationships





By [Dr. Jane Greer](#)

Selena Gomez was seen cuddling up with The Weeknd while he relaxed with some video games recently. This is a perfect example of a low-key date. Couples sometimes think they must have constant excitement to keep the spark alive in their relationships; however, that is simply not the case. There are so many ways to share quality time, and a well-planned, expensive evening or afternoon is just one of many routes to take to create those special moments.

If you and your sweetheart are having difficulty finding ways to share some quality time, never fear. Check out some [relationship advice](#) to help you move forward!

Whether you are dating or married, finding time to be together and then deciding how you are going to spend it can be

challenging. Many believe that if it doesn't require effort and money, it might not be worth it, or that their partner won't be interested. But so often people don't have the energy or extra minutes in a day it would take to choose a restaurant, make a reservation, find the right exhibit at a museum, and therefore the whole thing might simply not happen at all. There is no question that sometimes extravagant nights out are fun, but the pressure to get them just right can be overwhelming. Instead, consider a low-key date which can be a great way to spend quality time with a loved one. It can be as simple as watching a good movie, ordering your favorite take-out, or each doing what you like while being in the same room, which was the case with Selena and The Weeknd. One of you might want to play video games while the other puts together a photo album, or one of you might want to read a book while the other reads the newspaper.

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If you and your partner have been passing each other most days as you run around keeping your lives in order, but rarely have time to focus on each other, take the pressure off and plan a low-key date. All you really need is to find a few hours in your schedule when you can be together in the same room. One extra benefit it provides is a break from all your other social responsibilities with family and friends. You don't have to be a celebrity to appreciate a few hours out of the limelight. You can snuggle and watch your favorite show on Netflix, or play cards, or learn how to play chess, or even take a walk. It's an opportunity to let your hair down and be real with each other, free from having to dress up and put too much attention on what you're wearing and how you look. The goal is to be together sharing time and space. Sidestep the fancy schmancy and make it easy peasy. Instead of thinking big, think small and turn it into great fun. The most important thing is that you are devoting time to each other.

It will be more doable if it is simpler to plan, and often can be as enjoyable.

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Selena and The Weeknd have the right idea. Just being together is the only real requirement of a happy date.

To keep up with Dr. Jane Greer, please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Celebrity Couple News: Selena Gomez Believes The Weekend Adds Positivity To Her Life





By [Marissa Donovan](#)

[Selena Gomez](#) considers boyfriend The Weeknd to be her best friend. According to an interview with [Instyle.com](#), the former Disney star shares that she was easily influenced before when it came to making choices about her life, but those choices were not based on who she was dating. She shares that she dates someone to add to her life, not to complete her. Over the summer, the [celebrity couple](#) has been seen at Coachella and celebrating Gomez's 25th birthday. It looks like the music loving couple are really in love!

This happy celebrity couple isn't looking to change each other! What are some ways you can support your partner choices instead of influencing them?

Cupid's Advice:

While being in a relationship, you might come across situations when your partner needs support instead of your input. It's very tricky to be both supportive and honest for your partner, but there are ways to make it work! Check out these ideas for how to be supportive instead of influencing your partner:

1. Hear them out: Your partner may want to change their career path or not want to change their plans for the day. Before responding with your thoughts, ask why and listen to what they have to say. This better your communication skills in your relationship instead of jumping to conclusion about their ideas.

Related Link: [Selena Gomez and The Weeknd Show Off Their Celebrity Relationship During Toronto Getaway](#)

2. Try to understand their reasons: Acknowledging their reasons will allow you understand their past experiences and feelings towards the choices they are making. Your thoughts could be biased because you have not experienced or have had the same feelings as your partner. Your partner will appreciate your willingness to see from their point of view.

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3. Think of the negative effects of influencing them: It's easy to influence your partner out of a life changing decision and sometimes that deeply impact's their emotions towards life. One negative effect could be ruining your relationship by influencing different choices, instead of the one your partner wanted. Act as a friend and be supportive even when you don't agree with a partner's choice.

Do you agree with Selena that you need someone to add to your life instead of complete it? Let us know in the comments!

Fashion Trend: Splash Around in Crop Top Bikinis



By [Marissa Donovan](#)

A new bikini trend is happening, and it's the crop top bikini! A crop top bikini can be off-the-shoulder or have full-shoulder tops. It's a new swim wear trend that's perfect for your next vacation or poolside [date night](#). The best thing about this [fashion trend](#) is how easy it is to match with everyday clothing and other beach apparel.

Check out the many styles of this new fashion trend and see which one is right for you!

The V-Neck Crop Top: The V-neck styled bikini is a flirty cut that can pass off as a normal crop top! As seen on the model below, you can wear dangling earrings with the bikini to accessorize the look.



MinkPink Just
Peachy Cropped
Rash Guard
Photo:
pacsun.com

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The Cut Out Crop Top: The cut out style allows you to adjust how tight you want your crop top to be on your chest. The ties and the cut out area are also a playful detail to your beach ready look. Try finding one with a colorful print that fits you!



Open back
pineapple crop
top bikini from
Mauna Loa
Beachwear.
Photo: Etsy.com

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The Scoop Neck Crop Top: The scoop neck style is a sweet and simple take of the crop top bikini. The scoop neck gives your chest more coverage compared to the other crop top bikinis. This surfer girl look is cute for the beach or the pool!



Crop Top Bikini
in Aqua from

Eulalee Swim.

Photo: Etsy.com

Related Link: [Product Review: Celebrity Style Goes to The Beach](#)

Bandeau Crop Top: This is the most popular style that many retail bathing suit wear has been selling. Celebrities such as [Selena Gomez](#), Hannah Stockings, and Emily Ratajkowski have even been spotted wearing this styled crop top! This style is also best for tanning compared to the other crop tops.



Emily Ratajkowski

Photo:

emrata/Instagram

Will you be wearing this fashion trend to the beach or pool this summer? Let us know in the comments!

Fashion Advice: Choosing the

Best Bathing Suit for Your Body Type



By [Marissa Donovan](#)

Have you spent hours online trying to find a new bathing suit? Maybe your body has transformed since you last bought one, or maybe you just want to add another one to your collection. Either way, Cupid has you covered!

Check out our [fashion advice](#) on choosing the best bathing suit for your body type!

Flat Chest and Flat Bottom: Ruffles and bright colors are your

friends! Ruffles can make your chest appear naturally fuller without having to get a bathing suit with extra padding. Bright colors also define the ruffles more than black or white. Find a cheeky cut bikini or swimsuit bottom to show off where your butt lifts, instead of hiding it with a full coverage bathing suit.



Photo:

Forever21.com

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Busty Chest and Wide Bottom: Embrace swimsuits and bikinis with mini skirts and underwire lining attached. Mini Skirts are cute and flirty, but will also accentuate your curves. To avoid bathing suit top mishaps, get a bathing suit with thick straps and underwire lining to keep you safe from slip ups!



Photo: Asos.com

Related Link: [Product Review: Celebrity Style Goes to The Beach](#)

Wide Hips and Short Legs: The retro high cut one piece swimsuit is a great match for your body type. This style of swimwear will elongate your legs and give you a fuller butt. [Selena Gomez](#) and [Kylie Jenner](#) seem to love this style as well, since they've been trend-setting the swim wear!



Photo:
Windsorstore

.com

Related Link: [Look and Feel Beautiful This Summer in Plumeria Swimwear!](#)

Maternity: It's best to get a swim suit that is a little loose around your belly and covers your skin from getting burned. Find a tankini styled bathing suit to make beach days feel like a breeze while you are pregnant!



Photo: Macys.com

What look is your favorite from this list? Leave your thoughts in the comments!

Celebrity Beauty Tips: Dazzle this Summer with Sunset Eyes





By [Marissa Donovan](#)

Get inspired by the summer landscape by making your eyeshadow looks match! This buzzing celebrity beauty trend involves using sunset tones for a bold style. [Selena Gomez](#) and Hailey Baldwin have been seen trend-setting this make-up look. Although the two stars have been seen with bright pinks for their interpretations of the style, there are many ways to achieve this [beauty trend](#)!

Check out these celebrity beauty tips so you can have sunset eyes, too!

1. Hot Pink Sunset Eyes: Use a creamy hot pink eyeliner on the tops of your eye lids and extend for an winged look. Add the eyeliner to the bottom of your eyelid and then coat your lashes with your choice of mascara.



Photo:
inkajaarola/Instagram

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2. Natural Blush Pink Sunset Eyes: Find light pink eyeshadows with glitter and without glitter. Apply a non glittered pink eyeshadow to both eyelids. For the bottom of your eyelid, apply the glittered pink eyeshadow. Apply a brown mascara for a natural look that you can wear for a [date night](#)!



Photo:
emilydoes_makeup/Instagram

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3. Light Orange and Yellow Sunset Eyes: Accent brown eyes with the pop of light shades of light orange and yellow. First apply the yellow to the tops of your eyelids, then blend in your desired amount of orange shadow. To make your look extra bold, apply yellow eyeliner around your eye ducts.



Photo:
elishavajoymakeup/Instagram

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4. Coral Pink and Gold Sunset Eyes: Apply a fiery coral pink eyeshadow and streak the color against your brow bone. Take a shimmery gold eyeliner and apply the liner around your tear ducts. This look is sure to wow your make-up loving friends!



Photo: marianeka_/Instagram

Have you seen other celebrities wearing this look? Tell us in the comments!

5 New Fitness Trends to Help You Get a Celebrity Body



By [Melissa Lee](#)

It seems like everyone's hitting the gym to get their ideal summer body before strutting across the beach, but sometimes doing the same strength training and cardio routine can get

pretty repetitive. There are always tons of new fitness trends circulating social media, but the best (and most effective) ones are always celeb-approved!

Check out these fitness trends guaranteed to help you get a celebrity body!

Try out some of these celebrity-approved fitness trends to get in the best shape of your life:

1. Ballet Beautiful: Endorsed by Victoria's Secret Angels galore, Ballet Beautiful is a fairly new workout trend that is intended to mix athleticism and classical ballet in order to help you get the most lean, toned body possible. The [website](#) offers global access, online workouts, and customized private training. If you're interested in taking a class and live in New York City, they have two locations in Soho and the Upper East Side.

2. Indoor Rowing: This may sound like an odd form of exercise, but Duchess of Cambridge [Kate Middleton](#) is a huge fan of indoor rowing, so why not try it out? This full body workout is becoming more and more popular as [rowing clubs](#) open throughout New York City and Los Angeles. However, the most important aspect of this fitness trend is to learn the technique and maintain a steady pace in order to avoid injury.

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3. Aerial Yoga: Aerial classes aren't the most recent fitness trend, but they're approved by stars like [Khloe Kardashian](#), Vanessa Hudgens, and Sarah Hyland. This [activity](#) is designed to explore, refine, and advance traditional asana. If you're interested, there are tons of aerial classes available

throughout New York City.

4. SoulCycle: It feels like every celebrity is obsessed with SoulCycle, but it's for good reason since it's so effective! These classes consist of high power indoor cycling, but they center in on having fun while getting a good workout in. Celebs like Demi Lovato, [Lady Gaga](#), [Selena Gomez](#), and Kelly Ripa all approve!

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5. Dogpound: Alright, ignore the odd name and focus in on the fact that this is another Victoria's Secret Angels-endorsed fitness trend. This NYC based gym is *super* intense, and offers private training, boxing, group training, nutritional programs, and more. Models like Ashley Graham adore Dogpound and their high intensity workouts (along with the amazing results!).

What are some of your favorite fitness trends? Share your thoughts below.

Celebrity Interview: 'Mom vs. Matchmaker' Star Carmelia Ray Dishes on Celebrity Relationships & Expert Love Advice



By [Delaney Gilbride](#)

The mother of all matchmakers is back and ready to tackle every and any matchmaking challenge that comes her way! Carmelia Ray's hit show on Myx TV, *Mom vs. Matchmaker*, is in full swing after the show's second season debuted on Tuesday, March 14th. Yearning singles couldn't be more hyped! Ray integrates her 20-plus years of experience as a celebrity matchmaker, certified dating coach, and online dating expert to battle it out with determined mothers in order to find the perfect suitor for struggling singles on her stirring reality TV show. In our exclusive [celebrity interview](#), the matchmaker spills her expert [dating advice](#) as well as her views on the hottest [celebrity couples](#).

Carmelia Ray Talks Season Two of Mom vs. Matchmaker

The saying “mother knows best” truly came into play during filming of the second season of *Mom vs. Matchmaker* – so much so that the expert needed a little help herself as she went head-to-head with the mothers. “I thought the moms were fiery last season,” Ray shares, “but that was a fondue compared to the blazing competitors this season! I had to bring in a smoking hot love assistant, Patrick, to keep up with all that fire.”

Related Link: [‘Martha & Snoop’s Potluck Dinner Party’ Producer SallyAnn Salsano Talks About Her Hit Reality TV Shows & Possible ‘Jersey Shore’ Revival](#)

Moms were ready to give their all following the success of the show’s first season, and they sure didn’t disappoint. The process of being a matchmaker isn’t an easy one, *especially* if you’re butting heads with the mother of a client. Ray recalls working with a mother who called herself the “Mafia Mom” and, boy, did she mean it. The mothers participating in this season showed up “ready to rumble,” making it deliciously exciting for both Ray and her viewers.

Matchmaker Gives Love Advice on the End of “Cuffing Season”

With warm weather just around the corner, Ray’s [love advice](#) for the end of “cuffing season” – or winter flings – is short and sweet. “It’s time for spring cleaning!” she exclaims. This advice is both literal and metaphoric when it comes to your life. “Clear out your clutter – in your mind, on your social media, and with your love life. Dump anything or anyone that doesn’t serve you or what you stand for.” Although we all know

too well how rough it is to end a winter relationship following long nights of cuddling and cocoa, Ray advises us to leave all of that in the past. The matchmaker thrives off of her ability to connect singles with their life mates and says, "Helping people find love is the best reward I could ever imagine." So how could her advice possibly steer us wrong?

Related Link: [Reality TV Star & Cookbook Author Kathy Wakile Hosts Book Signing at Cabo in Rockville Centre](#)

As for finding someone special in the heart of spring, Ray mentions that if you're looking for love, you *have* to have a plan. "It's amazing how many singles who are looking for love don't date!" Ray shares. "My number one tip for someone looking for love is to make sure they have a dating strategy and plan in order to find love. You cannot go into dating without a plan for how, where, and when you plan to be dating."

An Inside Look at Celebrity Relationships

Since Ray has been coined "the celebrity matchmaker," it's only fitting that we asked her a few questions regarding the most popular couples in Hollywood. As for [Selena Gomez](#) and the Weeknd, the dating expert totally understands why the public adores their relationship. "They get each other's lifestyle and understand the hardships of dealing with their lives constantly being under scrutiny," she says. "This musical pair is an undeniable force and notable power couple." The matchmaker adds that "there's something incredibly undeniable about young, attractive, talented, celebrity couples, especially when they combine forces and publicly display their affection and respect for each other."

Related Link: [Celebrity Interview: 'The Arrangement' Star Lexa](#)

[Doig Says Views Can 'Expect a Bit of Everything'](#)

When it comes to favorites, Ray gushes over her all-time favorite celebrity couple: Goldie Hawn and Kurt Russell. She believes there is so much to learn from them. "To be married and stay married in the world of music, TV, and entertainment is already a huge testament of their devotion, love, and loyalty for one another, despite the bumps," she shares. We strive to have relationships that last a lifetime, which is why Ray does the job that she does. It's people like her that help singles like us get over our insecurities about love and jump into it with open arms!

You can connect with Carmelia Ray socially on Twitter, Instagram or Facebook @carmeliaray. Don't forget to hashtag #askmomvsmatchmaker if you have specific questions about your dating life you'd like answered by Carmelia Ray or her team.

Selena Gomez and The Weeknd Show Off Their Celebrity Relationship During Toronto Getaway





By [Whitney Johnson](#)

Lucky lady! [Selena Gomez](#) and new boyfriend The Weeknd are looking awfully cozy lately. According to [EOnline.com](#), the duo were spotted on a [celebrity vacation](#) in his hometown of Toronto during a quick break in his sold-out tour. The pair wasn't shy about their love and blossoming celebrity relationship: They were spotted strolling hand-in-hand and sneaking in kisses for one another. They also grabbed a bite to eat at the diner inside of the Thompson Hotel and attended a screening of *Get Out*. In the wake of the Disney's darling revealing *Vogue* interview, we love seeing how happy she is with her [celebrity relationship](#)!

These singers both seem so happy with their celebrity relationship. What are some ways to show off your love for your partner?

Cupid's Advice:

After a tumultuous time, Gomez is reveling in her new romance – and we couldn't be happier for her. Her recent PDA-filled trip with The Weeknd got us thinking: What are some other ways to show off your love? Consider the dating advice below:

1. Talk about them: Don't be shy about your relationship! Whether you're with your significant other and a group of pals or just out with your buddies, talk about your partner and how happy they make you. Not only will they feel special (if they're there), but you may even inspire a friend to start looking for their own special someone.

Related Link: [New Celebrity Couple Selena Gomez & The Weeknd Look Affectionate on Latest Dinner Date](#)

2. Write a love letter: ...Or a simple Post-It note that says you're thinking about them. Hide it in their car, in their purse, or in their wallet, so they'll find it when they're least expecting it. You can even set a reminder on their phone with a sweet message for them. This idea is a great way to tell them just how much you care, even if you aren't together! Plus, they won't be able to resist showing off your sweet gesture to their friends.

Related Link: [Celebrity Vacation: Selena Gomez & The Weeknd Spend Alone Time in Italy](#)

3. Plan a date night: Thanks to the hustle and bustle of life, it's easy to lose track of time and suddenly wonder when you last enjoyed a romantic evening together. Plan a special date at your favorite restaurant or the coffee shop where you first met. Tell the waiter or barista that you're celebrating your relationship, and they'll likely offer you a free dessert or special table. In this case, a little effort goes a long way!

What's your favorite way to show off your feelings for your

significant other? Tell us in the comments below!

New Celebrity Couple Selena Gomez & The Weeknd Look Affectionate on Latest Dinner Date



By [Delaney Gilbride](#)

In [latest celebrity news](#), this new [celebrity couple](#) are no strangers to knowing that the heart wants what it wants. World

renowned pop-star Selena Gomez, 24, and “Starboy” singer The Weeknd, 26, were spotted unable to keep their hands to themselves yet again at celebrity hangout, Tower Bar and Restaurant, in West Hollywood Sunset Tower Hotel on Monday, February 6th. According to UsMagazine.com, the new celebrity couple was seen making their way to the back of the restaurant quickly while holding hands. This hot new duo has no problem sharing their [celebrity relationship](#) with the public; after their romantic meal, Selena was seen hugging the singer from behind before exiting in a car together. Ever since the two were first spotted kissing outside the Giorgio Baldi eatery in Santa Monica January, 10th, it’s been pretty clear that they may just be the hottest celebrity couple of the year!

This new celebrity couple is wasting no time to get to know one another. What are some unique ways to get to know someone you’ve just started dating?

Cupid’s Advice:

Selena and The Weeknd’s hot new celebrity relationship has us on the edge of our seats for what’s to come with these two in 2017. How is it that they’ve just started dating and yet it seems like they’ve known each other a lifetime? Cupid’s here to help you with the latest [dating advice](#):

1. Talk about your interests: If you’re *really* into the person you’ve just started dating, you’re going to want to get to know each other better. Don’t be afraid to dig deep within yourself and your new significant other in order to get to know what they like and dislike. And who knows? You may have more in common than you thought!

Related Link: [Selena Gomez & The Weeknd Spend Alone Time in Italy](#)

2. Eye contact, eye contact, and more eye contact: The way you interact with the person you've just started dating is extremely important. If you're having a conversation with the person you're supposedly *all about* and you're on the phone the whole time, your relationship won't go anywhere fast! You have to show the person you're with that you're interested in what they have to say; it'll go a long way.

Related link: [Find Out How Bella Hadid Feels About The Weeknd & Selena Gomez's New Romance](#)

3. Invite your new beau around your friends: There's no better way to get to know somebody than in a social setting, especially if it's your BFF's! This is a good way to watch how your new significant other interacts with people when it's not just the two of you in one place. You'll definitely learn new things about each other with your friends around.

Are you in a new relationship? Tell us how you got to know more about each other below!

Celebrity Getaway: Selena Gomez & The Weeknd Spend Alone Time in Italy





By [Cortney Moore](#)

[Selena Gomez](#) and The Weeknd have taken their romance to a new level! The new couple were seen traveling through Italy this weekend. According to onlookers, the pair were unable to keep their hands off each other during their [celebrity getaway](#) in Florence and Venice. "Selena was very sweet and very loving. She would caress his face and kiss him often," an insider told [Eonline.com](#), "They are exclusively dating each other." The insider also made it a point to say, "Abel [The Weeknd] is extremely romantic, and their time in Italy was perfect." Despite how quick it seems this [celebrity couple](#) is moving, the pair are keeping their time. Gomez is "focusing on getting herself back together," while The Weeknd is recovering from his break up with Bella Hadid. Regardless, this musical pair are definitely enjoying each other's company.

Not everyone gets to indulge in a weekend in Italy as was the case with this celebrity getaway. What

are some good ideas for stay-at-home vacations?

Cupid's Advice:

Who needs to spend all that money when “stay-cations” are a thing! You don't need to go abroad to have a good time, everything you need for a good vacation is right at home. If a stay-at-home vacation is something you're interested in, then try one of these great ideas Cupid has lined up for you:

1. Disconnect: The first thing you should do is turn off the wifi. When you're on vacation, you're outside doing things instead of staring at a computer screen all day. Take this time to kick your technology addictions. Experience the world again without cell phones, tablets and laptops. You'll be surprised how refreshed you'll feel without these items.

Related Link: [Celebrity Exes: Find Out How Bella Hadid Feels About The Weeknd & Selena Gomez's New Romance](#)

2. Go camping: This can be done whether you have a backyard or not. Just get your hands on a tent and set it up outside or in your living room. Grill up the food of your choice and roast marshmallows while you engage in camp-like activities. It will feel like you've escaped to the great outdoors without all the traveling.

Related Link: [New Celebrity Couple: Why Selena Gomez & The Weeknd Went Public With Their Relationship So Soon](#)

3. Pamper yourself: The best part of a vacation is the relaxation. Take a nap, make some cucumber water and sip it throughout the day like you're at the spa. You'll feel even better if you give yourself a makeover, because when you look your best, you'll feel your best. Top the night off with a dinner date, and it'll almost be like you've gone on a real

vacation.

Have you ever tried a stay-cation? What activities did you try at home?

New Celebrity Couple Look 'Smitten' While Hanging Out With Friends



By [Whitney Johnson](#)

She sings "The Heart Wants What It Wants," and it looks like

her heart isn't denying it's feelings for her new man! As reported by EOnline.com, Selena Gomez and The Weeknd (real name: Abel Makkonen Tesfaye) put their [celebrity relationship](#) on display and spent a fun night out in Hollywood with some of their famous friends, including French Montana and Jaden Smith. An onlooker says the celebrity couple looked "smitten" as they left Dave and Buster's holding hands at 3 a.m. "Selena looked so happy, and Abel was very chill, very relaxed," the insider added.

This celebrity couple is definitely making a splash in Hollywood! What are some unique ideas for introducing your new partner to your friends?

Cupid's Advice:

This musical duo recently put their celebrity relationship to the ultimate test and enjoyed a night of fun and games with friends. If you're looking for a unique way to introduce your beau to your buddies, consider this [dating advice](#):

1. Keep it casual: A sit-down dinner is too formal for this lighthearted first meeting. Instead, take a cue from this celebrity couple, and plan a game night! Head to your local arcade, or be even more low-key and play some board or card games at home.

Related Link: [New Celebrity Couple: Why Selena Gomez & The Weeknd Went Public With Their Relationship So Soon](#)

2. Take advantage of an upcoming event: Is there a birthday party or engagement shower on your calendar already? If so, it's a great opportunity to bring your new man. That way,

there's less pressure on you to plan the perfect outing.

Related Link: [Celebrity Exes: Find Out How Bella Hadid Feels About The Weeknd & Selena Gomez's New Romance](#)

3. Head to happy hour: Everyone loves a reason to get together after a long work day. Invite your closest friends for a after-work drinks at a nearby bar. An added bonus: A beer or glass of wine will help you keep your nerves in check!

Got any tips for introducing a new partner to your pals? Tell us in the comments below!

Celebrity Exes: Find Out How Bella Hadid Feels About The Weeknd & Selena Gomez's New Romance





By [Cortney Moore](#)

It looks like everything is going well for The Weeknd and [Selena Gomez](#). However, it seems that not everyone is happy about the [celebrity couple](#)'s new romance. According to [EOnline.com](#), Bella Hadid isn't happy about her celebrity ex moving on without her and has even unfollowed Gomez on Instagram in retaliation to the new couple's PDA photos. "She is actually not over The Weeknd. She still loves him," a source shared with *E!*. "It really hurt her seeing Selena be all up on her man. She still feels like they have a connection." Though Hadid and Gomez have been cordial to each other on Instagram, the pair are also not good friends, so Gomez has no issue enjoying her dates with The Weeknd. However, the plot thickens with this love story since another source told *E!* that The Weeknd has always "had a thing for Selena." Only time will tell if Hadid can get over her [celebrity ex](#).

These celebrity exes probably aren't on the best of terms at the moment. What are some ways to keep things civil when your ex moves on with someone else?

Cupid's Advice:

Dealing with exes can be tricky. Although you may be angry or hurt about the breakup, there's no need for additional drama. If you've noticed that your ex has moved on with someone else, then let Cupid help you keep things civil between you and your ex with the following tips:

1. Cut them off: People struggle with this, but cutting off communication with your ex is the best way to get over them, especially if you notice they've been dating again. Speaking to an ex regularly or stalking their social media accounts are just a way of latching on to the "good old times." Remember that you broke up for a reason, so it's important to not fixate on them. And don't worry about being the "uncool" ex; you don't *have* to be friends with an ex!

Related Link: [New Celebrity Couple: Why Selena Gomez & The Weeknd Went Public With Their Relationship So Soon](#)

2. Get your date on: If cutting them out of your life isn't an option, another great way to be civil towards your ex is to date other people. Going out and having fun will release endorphins in your body that will help you forget the heartache you experienced during the break-up. However, make sure you're out dating for your own enjoyment, not because you're in competition with your ex and their new partner.

Related Link: [Celebrity Couple Bella Hadid & The Weekend Call](#)

[It Quits After Almost Two Years](#)

3. Find a focus: Being single can be also be a good thing. It allows you the freedom of making those big changes in your life. Take on a new hobby, find a job you love, study something that you've always found interesting. Whatever it is you've wanted to do, pursue it and make it a priority. Distracting yourself from the breakup will allow time to heal your heart. And with a healed heart, it'll be much easier to keep things civil with your ex.

How have you coped with an ex moving on? Share your stories and advice below!

New Celebrity Couple: Why Selena Gomez & The Weeknd Went Public With Their Relationship So Soon





By [Mallory McDonald](#)

A new [celebrity couple](#) is starting to form and with it has come a lot of controversies! [EOnline.com](#) reported that [Selena Gomez](#) and The Weeknd are in a new relationship despite both of them having recent [celebrity exes](#). "At first, Selena and Abel wanted to keep their relationship a secret," a source said. "But they've decided they really don't care if everyone knows about them." A second source added, "Selena was focusing on getting herself back together and Abel was just getting out of a relationship, plus putting out his new album. Abel and Bella also were on and off towards the end of their relationship, so getting into something brand new was not what Abel was looking for." Apparently, the Weeknd has always thought Gomez was extremely talented and beautiful, so it isn't a complete surprise to see the two of them together!

This new celebrity couple isn't holding back! What are some reasons

to go public with your new relationship right away?

Cupid's Advice:

Making a relationship public right away may seem like a bad idea but it can be good for the right reasons:

1. Exclusive relationship: If you and your partner are in a committed and exclusive relationship, it could be a good way to decide to take things public.

Related Link: [Why Celebrity Exes Justin Bieber & Selena Gomez Can't Quit Each Other](#)

2. Strong communication: In a new relationship, everything can seem pretty simple but it won't always stay like that especially if you go public. So make sure you and your partner have a strong base before taking things public.

Related Link: [Celebrity Couple Bella Hadid & The Weeknd Call It Quits After Almost Two Years](#)

3. Make a statement: Going public so soon in a new relationship can be a good way of making a statement that despite it being new, you are serious about developing the relationship further.

When did you decide to take your relationship public? Comment below!

Why Celebrity Exes Justin Bieber & Selena Gomez Can't Quit Each Other



By [Cortney Moore](#)

It seems that celebrity exes [Justin Bieber](#) and [Selena Gomez](#) just can't get over each other! This shouldn't be much of a surprise seeing as the pair have had a tumultuous on-and-off [celebrity relationship](#) since 2010. In the latest development of their confusing relationship, Gomez took to Instagram to reply to one of Bieber's post that asked fans to not be rude to his new "friend" Sofia Richie. "If you can't handle the hate then stop posting pictures of your girlfriend lol – it should be special between you two only," the 24-year-old singer told her [celebrity ex](#). Unhappy with the response, Bieber fired back with "It's funny to see people that used me

for attention and still trying to point the finger this way. Sad. All love. I'm not one for anyone receiving hate." The pair went back and forth with shady insults, but ultimately Bieber deleted his Instagram account after the public spat. According to a source on Eonline.com, the former couple's failed relationship was due to bad timing. "They were very in love at one point and went through a lot and so some feelings just don't go away."

These celebrity exes just keep coming back to each other. What are some ways to get over your first love?

Cupid's Advice:

A first love can either be an amazing experience or a painful one. The memories left in the wake of first love can stick with you forever, but it's never good to dwell on the past for too long. Instead of fixating on what was, let Cupid help you get over your first love and move on with the following tips:

1. Find support: All breakups are painful, but parting with a first love can be traumatic. For this reason it may be in your best interest to not go through it alone. Don't be afraid to find solace with your family, friends, or even support groups. Make sure you're taking care of your mental and physical self.

Related Link: [Celebrity News: Selena Gomez Wants a 'Low Key' Guy Who Isn't 'Terrified' Of her](#)

2. Improve yourself: Find qualities in yourself that you feel may need a little improvement and work to make them better. These can be traits in your personality, or hobbies that you participate in. Giving yourself a project to focus on will

keep you distracted from heartbreak.

Related Link: [Celebrity News: Justin Bieber Hangs with Selena Gomez Look-alike in Miami](#)

3. Have faith: It's also important for you to stay positive! Sure, you've broken up with your first love but you will find love again. Don't let yourself enter a dark place of negativity. Stay open to dating new people and giving love a chance to bloom. You won't be able to have lasting relationships if you're assuming the worst in people.

Have you ever had to move on from an ex? How did you do it? Share your stories and tips in the comments.

Celebrity News: Selena Gomez Wants a 'Low Key' Guy Who Isn't 'Terrified' Of her





By [Nicole Caico](#)

Singer and single celebrity, [Selena Gomez](#), talked about her ideal relationship for the September issue of *Vogue Australia*. According to [UsMagazine.com](#), after publicly dating [Justin Bieber](#) and being linked to Orlando Bloom, Gomez would be happy to have a low-profile [celebrity relationship](#). In her interview with *Vogue*, the 24-year-old says, "I'd be so stoked with a writer or producer or actor who is low-key, but those kind of guys are terrified of me!" Gomez says she believes her single celebrity relationship will remain because, "Nobody would want to throw themselves into that situation where it was so heightened publicly, like, why would they?"

This celebrity news has us shocked that someone so successful could have trouble finding guys to date! What are some ways to attract the

kind of people you'd be interested in dating?

Cupid's Advice:

Even when you're Selena Gomez, finding good guys is difficult. In order to have a successful relationship, there needs to be some level of compatibility between two people, and to find that you need to attract the right type of people. Cupid has some tips:

1. Know yourself: The first step to attracting people you'd be interested in dating is knowing what kind of people you're looking for. Evaluate what you personally need from someone you'd be dating, and only spend time with people who bring that to the table. You should also do your best to be yourself, because you'll only attract people you'd actually click with if you behave like your genuine self.

Related Link: [Celebrity News: Lauren Conrad Opens Up About Long Ago Split from Jason Wahler](#)

2. Birds of a feather flock together: Know what type of person you're looking to date, and go to a place where you'd find those type of people. If you're not into partying, don't go looking for your prince charming in a bar. If you're looking to date someone fit, hit the gym. If you're looking to date someone who works hard, consider someone in your work place or someone a co-worker knows.

Related Link: [Why Rihanna & Drake Haven't Made Their Celebrity Relationship Official](#)

3. Keep an open mind: While knowing what your ideal man or woman would be like is important, it is also important not to count people out because they don't check all of your boxes. Keeping an open mind and considering more than one time of

person will give you many more people to choose from, and you'll attract more suitors.

What do you do to attract the right type of people? Comment below!

5 Celebrity Couples We Want to Reunite



By [Katie Gray](#)

We love it when our favorite stars become a [celebrity couple](#). However, sometimes the [celebrity relationship](#) doesn't last and

they have to go their separate ways. Some of our favorite celebs even had [celebrity weddings](#) and children together. That doesn't mean we can't remember the good memories though. Here's to nostalgia and wishful thinking!

Cupid has compiled the five celebrity couples we want to reunite:

1. Miranda Lambert & Blake Shelton: They were the cutest country couple! Miranda Lambert and Blake Shelton are both country music artists, singers and songwriters. They were a match made in heaven. Their celebrity wedding was beautiful and we loved it when they performed songs together. Sadly, they got divorced. However; they left us with a lot of great music!

2. [Taylor Swift](#) & Taylor Lautner: Who could forget Taylor and Taylor? People loved to joke that if they got married, their names would both be Taylor Lautner. The singer, Taylor Swift, and the actor, Taylor Lautner were a pretty pair. They even participated in the film *Valentine's Day* together, and it was awesome. Sometimes young love doesn't last though, but it was fun while it lasted!

Related Link: [Celebrity Couples Saving The Earth](#)

3. [Selena Gomez](#) & [Justin Bieber](#): Remember the height of the Bieber Fever? Pop singers Selena Gomez and Justin Bieber were a hot item. Their relationship took several twists and turns in the media. Fans loved that they were together. Even though the celebrity relationship ended in a break-up, they still have respect for one another and are proud when the other person accomplishes something. Luckily, they've both come out with catchy songs for us to jam to!

4. [Reese Witherspoon](#) & [Ryan Phillippe](#): Reese Witherspoon is America's Sweetheart. When she met Ryan Phillippe while they starred in the cult classic film, *Cruel Intentions*, they hit it off. He attended her birthday party and she said to him, "Are you my present?" So cute! They had a celebrity wedding and have two children together. Sometimes good things come to an end so better things can fall together. They both co-parent as a family unit and have moved on. However; they were the 'it' couple for several years.

Related Link: [Bigger Is Better: Top 6 Celebrity Couple Engagement Rings](#)

5. [Gisele Bundchen](#) & [Leonardo DiCaprio](#): Gisele Bundchen is the highest paid supermodel in the world. She was also famously a Victoria's Secret angel. When she dated, Hollywood heartthrob, Leonardo DiCaprio, it was the most beautiful couple ever. He is known for dating supermodels but their relationship actually lasted a few years. The pair remain good friends though. When she gave birth to her babies with Tom Brady, he even sent her a gift. See, sometimes you can be friends with your ex-partner!

What celebrity couples do you want to reunite?

Celebrity News: Justin Bieber Hangs with Selena Gomez Look-alike in Miami



By [Cortney Moore](#)

[Justin Bieber](#) is making [celebrity news](#) once more, after being spotted with model Alexandra Rodriguez, who some believe shares an uncanny resemblance to his ex-girlfriend [Selena Gomez](#)! The public watched Bieber and Gomez's rollercoaster on-and-off [celebrity relationship](#) from 2009 to 2015. However, it seems that Bieber has moved on to become a [celebrity couple](#) with Rodriguez, though they have yet to confirm whether or not they're official. According to [UsMagazine.com](#), Bieber was seen getting very close to Rodriguez in Miami this week. Onlookers told *Us* that "Bieber affectionately held onto the brunette beauty's waist," which indeed sounds like this pair could actually be a celebrity couple!

This celebrity news proves that old habits die hard. What are some ways to determine your “type”?

Cupid's Advice:

When we're dating, there are always a few common traits that we gravitate towards. We often look for these traits in a partner and then call them our “type.” For those who are unsure of what their type is, Cupid is here to help you determine which is best for you:

1. Shared interests: A simple and straight forward way to determine your type is by finding interests you both share. If you tend to like people who like the same things you do, then you can determine that your type must be compatible with your hobbies and lifestyle. At the very least, your type should show an interest in the things you do.

Related Link: [Former Celebrity Couple News: Selena Gomez Spotted at Justin Bieber Concert After Kissing Post](#)

2. Similar energy levels: Another important trait in finding your type is knowing how energetic you want them to be. If you like being active then you want someone that will be active with you. If you prefer low energy activities, you'll need someone who likes doing that as well. Dating a person who has an opposing energy level from your own is not the right type for you.

Related Link: [New Celebrity Couple: Justin Bieber Reveals New Romance with Hailey Baldwin](#)

3. Mutual desire: Hopefully if you're trying to get into a serious relationship, you want someone who is attracted to you the same way you are to them. Don't try to force anything that isn't there. If you're not desiring to be in another's

presence then they are not your type. A relationship without desire or passion is a friendship, go find someone who can satisfy your romantic needs.

Do you know your type? How did you figure it out? Share your stories below.

Relationship Advice: Are Your BF and Best Friend Too Close for Comfort?



By Dr. Jane Greer

Recent images of [Selena Gomez](#) with [Katy Perry](#)'s boyfriend Orlando Bloom looking cozy together had people talking about whether a [celebrity relationship](#) was brewing, but the women cleared up the [celebrity news](#), quickly promising there was nothing inappropriate going on between them. Selena took to Twitter to endorse Katy's quick response to the pictures. Katy addressed the drama surrounding the two of them, calling it a "dumb conspiracy." While Katy is clearly confident there's nothing going on with them, sometimes remaining secure in your relationship when your partner has close female friends can be challenging.

This gives us the opportunity for important relationship advice around the following question: Is there such a thing as being too close to your girlfriend's boyfriend, and is there a point when it can and does feel threatening?

When we become close to someone, our natural instinct is to share them with the other people we are close to. Eventually you want to introduce your new boyfriend to your best friend so you can proudly show them how great the other is. You might even end up spending a lot of time together as a group. Sometimes, this can lead to a separate connection between your significant other and your friend. That is all okay to a point.

Related Link: [Relationship Advice: Why Are Women Attracted to Unavailable Men?](#)

However, there is a definite line that exists which defines how close the two most important people in your life can get to each other, and that is based on the fact that you are sexually intimate with your boyfriend so there is a clear element of exclusivity that should never be violated by either party. As long as the connection remains about sharing the strong feelings they have for you, it is all good. If there is ever a point when you might feel threatened or begin to doubt their intentions, then follow this [relationship advice](#) tip and start to think about putting boundaries in place. How can you tell if that time has come?

The first red flag is if you start to feel left out. If your boyfriend and best friend develop inside jokes that you are not a part of, or they find reasons to spend time together away from you – even if you are sick or out of town – it is only natural to wonder if something is brewing between them. Another indication of a problem could be if your friend is admiring you so much that she starts to dress and act like you. If it begins to appear that she almost wants to be you, which can sometimes be flattering, but usually means she is jealous of what you have and might want it for herself, you should absolutely be on guard.

Related Link: [Relationship Advice: 5 Ways to 'Affair-Proof' Your Relationship](#)

The best way to gauge when and if that line is being crossed is to trust your feelings and go with your instincts. If it is all positive, and your interactions are supportive and caring, then that is exactly what love and friendship is about. But if you start to feel uneasy, uncomfortable or a sense of competition surfaces from your friend, that is a good time to start setting limits on how much time you spend together as a group, and begin to monitor what you share with your friend so you can build your own sense of identity separate from her, which is a great piece of relationship advice. By doing this, you can protect yourself and not have to worry about being

betrayed by someone close to you.

In Selena Gomez and Katy Perry's situation, all is above board. With these tools in place, you can make sure it will be for you, too

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.