

MHC

MAKING HAPPY COUPLES

SEXUAL WELLNESS 101

What Your Body
Wants You To Know

GHOSTING, BREADCRUMBING?

Learn How to Handle Them

DO OPPOSITES REALLY ATTRACT?

How To Love Someone Who is
Nothing Like You.

A Prioritized Marriage

Meet Amberly & Joe Lambertsen



VOL. 10

The Happiness of the Dominican Republic

If there's one thing the Dominican Republic taught us, it's that joy doesn't ask about your bank account. From the moment you set foot in this country, you feel it—music in the streets, laughter on every corner, families gathered on doorsteps, neighbors sharing stories, friends dancing like no one's watching.

What struck us most is how happiness here isn't reserved for special occasions or certain lifestyles. Whether in the bustling heart of Santo Domingo or a small town by the coast, people simply know how to enjoy life. Being together is enough. Connection is enough.

And maybe that's the lesson the rest of us need to take home: that happiness isn't built on what you have, but on who you share it with. The Dominican Republic radiates this truth. It's not about grand gestures or perfect circumstances—it's about laughing a little louder, dancing a little freer, and cherishing the company around you.

So here's to the DR for reminding us that love and joy are universal languages—and that sometimes, the richest moments in life cost nothing at all.

**With love, and a little extra sunshine,
Daniel & Daniella**



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Do Opposites Really Attract?

How to Love Someone Who's Nothing Like You

Hey yin-and-yang lovers!

One of you thrives at parties and makes besties with strangers in line at the grocery store. The other would rather stay home in sweats bingeing crime docs with zero small talk involved. Sound familiar?

Welcome to the wild ride of dating your opposite. Whether it's introvert vs. extrovert, spender vs. saver, or planner vs. free spirit, relationships between personality opposites are more common than you'd think—and they *can* absolutely work. But they require patience, perspective, and the occasional compromise over whether your weekend plans include crowds or the couch.

Here's how to make your personality differences a strength instead of a struggle:

1 Appreciate, Don't Try to "Fix" Each Other

Your partner isn't a problem to solve—they're a person to understand. Just because they don't express love the same way or approach life like you do, doesn't mean they're doing it wrong. Instead of trying to change each other, shift the mindset to: **What can I learn from the way they see the world?**

2 Meet in the Middle (Not Always, But Often)

Maybe you hate loud gatherings, but your partner thrives in social settings. You don't have to attend **every** event, but showing up for the important ones means a lot. And in return, your partner should be just as willing to slow down, stay in, and respect your need for downtime. Balance, baby.



3 Make Space for Each Other's Needs

Opposites often have different emotional and energy needs. One of you may recharge through solitude, while the other feels drained by silence. The solution? Talk about it. Give each other permission to recharge the way you need to, without guilt. Alone time isn't rejection—it's self-preservation.

4 Leverage Your Differences as Strengths

Different perspectives can make your relationship **better**. The planner keeps life organized, the spontaneous one keeps things exciting. The homebody creates a cozy, calm space; the social butterfly pulls you out of your shell when needed. Together, you're a whole spectrum of strengths.

5 Don't Assume, Ask

Don't let your differences lead to assumptions or unspoken resentment. Instead of thinking, "They never want to go out with me," ask, "Would you be up for joining me for this one event?" Likewise, instead of assuming your partner is bored at home, check in with, "Are you feeling recharged or a little stir-crazy?" Asking invites understanding.

Being different doesn't mean being incompatible. In fact, it often means you balance each other out in the best ways. When both partners respect and celebrate those differences, the relationship becomes richer, more dynamic, and full of unexpected growth.

Because opposites don't just attract—they evolve **together**.

Ghosting, Breadcrumbing, and Other Dating Trends

(and How to Handle Them)

Hey there — Modern dating comes with its own glossary, and half the time it feels like we're trying to translate texts instead of build real connection. Let's decode five of the most confusing dating trends — and how to deal when they show up in your DMs.

1. Ghosting

What It Is: Someone disappears without explanation after you've been talking or dating.

How to Handle It: Don't chase them. Closure doesn't come from someone who vanished—it comes from **you** deciding it's not about your worth. - **Block, unfollow, and protect your peace.**

2. Breadcrumbing

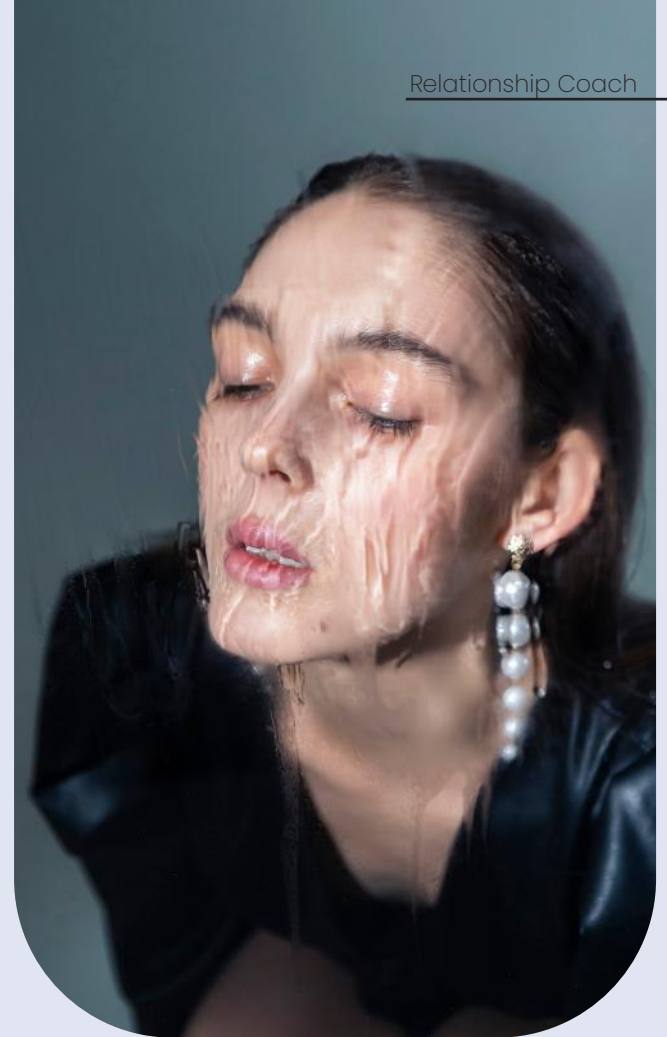
What It Is: They keep you around with occasional flirty texts or likes but never commit or follow through.

How to Handle It: Call it out. "Hey, I'm looking for something more consistent. Are you?"
- **If they dodge, you dip.**

3. Benching

What It Is: They keep you "on the bench" while they explore other options—then check in when they're bored.

How to Handle It: Ask yourself: "Do I feel prioritized?"
- If not, step off their roster. **You deserve starting lineup energy.**



4. Zombieing

What It Is: They ghosted you... then suddenly pop back up like nothing happened.

How to Handle It: A simple "No thanks" or silence speaks volumes. - **Don't let them gaslight your memory.**

5. Situationships

What It Is: You're kinda together... but not really. Labels are dodged, but emotions are involved.

How to Handle It: Get clear on what you want.
- Communicate it directly: "I'm looking for a relationship. Where do you stand?"

Dating doesn't have to be a maze. Know your worth, trust your instincts, and don't settle for confusion disguised as chemistry. You're not too much—you're just asking for clarity.

Lily's Love Lounge: **The Art of Flirting** in Long-Term Relationships

How to keep the playful energy alive—even after years together

Let's be honest—when you first start dating, flirting is basically a second language. You're trading smirks, sending cheeky texts, and brushing knees like you're in a rom-com montage. But fast-forward a few years (or even just a few seasons of your favorite series), and suddenly flirting turns into grocery lists and sharing a phone charger.

So how do you bring the **fun** back when real life kicks in?

Why Flirting Still Matters

Flirting isn't just about seduction. It's about connection, energy, and emotional spark. It reminds your partner: "Hey, I still see you—not just as my co-renter or dinner buddy—but as someone I genuinely want."

Even small flirtations build anticipation, foster attraction, and make your relationship feel light, fun, and alive. And guess what? You don't have to be **naturally flirty** to get good at it again. You just have to be intentional.

Dr. Lily's Real-Life Flirting Tips for Long-Term Lovers

1. **Send a Text You Would've Sent When You First Met** – We're talking inside jokes, a random compliment, or **that** emoji. You know the one. Bonus points if it makes your partner blush mid-meeting.
2. **The 5-Second Touch Rule** – Grab their hand while walking. Kiss them a little longer than usual. Place your hand on their back while they're making coffee. Those five seconds say, "You still do it for me."





3. **Use Your Eyes** – Eye contact is criminally underrated in long-term relationships. Look at them like you want them, not like you're trying to figure out if they fed the cat.

4. **Sneaky Compliments** – Try saying something like: "I know I see you every day, but damn—you look good right now." Unexpected, direct, and totally effective.

5. **Steal a Moment in Public** – Whether you're at a party, dinner with friends, or the grocery store—pull them aside, whisper something flirty, or give them **that** look. It's bold, it's fun, it reminds you both that your private connection is alive and well.

The Secret Sauce? Playfulness

Flirting is less about perfection and more about **presence**. It's a shared wink, a joke no one else gets, a quick booty grab while brushing past each other in the hallway. It's how you say, "I'm still excited about you," even when life feels serious.

Dr. Lovegood's Challenge of the Month

Each of you must flirt at least once a day—in whatever way feels natural. It could be physical, verbal, subtle, or silly. Just commit to keeping the flirt game alive for 7 days. Then check in: Did things feel lighter? Did you laugh more? Did you... not want to take the trash out in silence?

Flirting in a long-term relationship doesn't mean pretending you're newlyweds—it means **choosing** play, attention, and spark... over autopilot. It's not about being sexy all the time. It's about reminding each other:

"I still think you're hot—and I still love making you smile."

Now go wink at your partner. No reason. Just because you can.



A Prioritized Marriage

Amberly & Joe Lambertsen on Laughing, Intimacy, and Intentional Love

Amberly and Joe Lambertsen are the kind of couple who make you feel like you've known them forever. Married for 14 years, parents to two kids, and co-creators of A Prioritized Marriage, they've built more than just a life together—they've built a movement.

Through honest conversations, family life education, and a whole lot of shared memes, this Utah-based duo is teaching couples how to stay connected in the middle of real life. From back-deck rituals to NICU pizza nights, their approach to love is refreshingly grounded and genuinely inspiring.

In a nutshell

How long have you been together?

About to hit the 15-year mark

Do you have kids?

We have two kids, a boy and a girl, who are just 16 months apart.

Where do you live?

Utah

What do you do for work?

Amberly works with Utah's SNAP-Ed program, and Joe works in vendor management.

A fun fact about you as a couple:

From the night we first really talked, we've spoken or seen each other every single day since. No breaks, no skipped days—just steady, intentional connection from the very beginning.

What dynamics or rituals do you have that make you unique as a couple, and that you would recommend to others?

We send each other memes and reels all day—it's our love language.

For our readers who might be interested in your resources, what is the best way for them to follow or reach you?

aprioritizedmarriage.com

"Prioritize Your Marriage" podcast on your favorite app Instagram, TikTok, Facebook, Threads, and YouTube at [@aprioritizedmarriage](https://www.instagram.com/aprioritizedmarriage).

“You don’t need a big reset—just one intentional choice at a time.”

Let’s start with your story—how did you meet, and how has your relationship evolved since those early days?

We first crossed paths in high school, when we had a class together and saw each other here and there in the neighborhood. But we didn’t officially meet or start talking until a few years later. Once we connected, everything clicked. Our early relationship was full of laughter, long walks, and evenings spent together while I worked on homework.

Now, almost 15 years later, not much has changed. And also, everything has. There’s still a lot of laughter, but our long walks have turned into slow wanders around the backyard, watering flowers or catching up on the day while we sit on the deck. And we still enjoy just being around each other, even if one of us is working.

What inspired you to start A Prioritized Marriage? Was there a turning point in your own relationship that led to it?

I’ve always been a hopeless romantic, someone who believes deeply in the power of love and connection. When I started college, I wasn’t even sure what path I wanted to take until I found Family Studies. On the very first day of the program, I heard someone say they wanted to become a marriage educator and that excited me!

At the same time, I had a personal blog where I shared snapshots of our marriage—the fun adventures, the everyday moments, and the challenges and joys we faced together.



Combining my passion for learning about relationships with my love of writing and storytelling, I realized I could create a space that helps couples not just survive but truly prioritize and enjoy their marriages every day.

That’s how A Prioritized Marriage was born! It evolved from a college passion project and personal blog into a platform dedicated to helping couples find creative, practical ways to keep their connection strong, no matter what stage of life they’re in.



One of your key messages is that marriages should come first—even before parenting. Why is that so important to you?

Marriage is truly the foundation of your entire family. When your relationship with your partner is strong, it sets the tone for everything else—parenting, managing a household, running a business, or facing life's unexpected challenges. Every piece of life is important, and working together at those things requires a strong foundation.

Putting your marriage first doesn't mean parenting or other responsibilities get less attention. It means you're building a partnership that can handle all those roles with teamwork, respect, and joy. When your marriage is nurtured and prioritized, you're creating a steady, loving base that supports your whole family's well-being.

When your kids grow up and start their own lives, the marriage you've cultivated can really take flight. That strong, fun foundation you've maintained through every stage gives you the freedom and closeness to live the life you've always dreamed of—together, as a team.

What does prioritizing your marriage look like on a regular Tuesday — not just on big anniversaries or date nights?

Prioritizing your marriage happens in the small, everyday moments—especially on an ordinary Tuesday. It might look like a quick check-in to ask: What's going well? What do you need help with? How can I support you this week? It's taking time to connect personally—not just as co-parents or roommates, but as partners who enjoy each other.

It could be sharing a laugh, sending a thoughtful text, or sitting together for a few minutes before bed. It's about finding time to connect, expressing love, and staying grounded in who you are as a couple—every single day.

Marriage doesn't have to be perfect—it just has to be prioritized.



Physical intimacy is a big part of your content. What helped you two feel more confident talking about it openly—and what do you wish more couples knew?

Physical intimacy is such an important part of marriage, but it's often one of the hardest things to talk about. What helped us feel more confident was simply choosing to talk about it—over and over again—in small, honest ways. The more we opened up, the more normal and comfortable those conversations became.

I wish more couples knew that discussing sex doesn't take away the mystery or magic. Those discussions actually add to intimacy and enjoyment. It can be vulnerable to express your desires, ask questions, or bring up what's working and what's not. But when you push past the discomfort, you create space for deeper connection.

Your background or culture might make these conversations feel extra hard. Start small and build from there. The more you talk about physical intimacy, the more natural it will feel.

How has your understanding of love languages changed your communication as a couple?

Learning about love languages changed the way we communicate by helping us show love in ways that actually resonate with each other. In the beginning, it was easy to default to the ways we personally feel loved—but understanding our individual love languages helped us become more intentional about speaking each other's language, not just our own.

We also learned that love languages aren't rigid categories. You might have a primary love language, but all five matter to some degree, and they can shift in different seasons of life. The real secret? It's not just about how you give love, but how you listen, respond, and intentionally connect in the ways your partner needs.

And when it comes to something like Words of Affirmation—it's more than compliments or saying, "I love you." It's about being specific, sincere, and thoughtful in the way you encourage and uplift your partner. Even a short, meaningful message can go a long way.



What's a myth about marriage that you hear often—and completely disagree with?

One myth I hear all the time—and completely disagree with—is the idea that once you have kids, they come first, and your marriage can wait until they're grown. The truth is, if you're not making time to prioritize your relationship every single day, there may not be much of a marriage left to return to once the kids are out of the house.

Your marriage is the foundation of your family. When that connection is strong, everything else—parenting, household management, even the hard seasons—becomes more manageable because you're approaching it as a team.

We're seeing more and more gray divorce—divorce among couples over the age of 50—who find themselves disconnected after years of focusing on everything but each other. That's why it's so important to nurture your relationship now, even in the busiest seasons. You're not just preserving your marriage—you're building a future you'll both want to be part of.

You're both busy people. How do you create space for quality time and connection in the middle of real life?

For us, it all comes down to being intentional. We schedule time together like we would any other priority. We protect that time by being present, having fun, and choosing connection over distraction. Life gets busy, but your relationship still deserves a spot on the calendar.

What are some of your go-to rituals, habits, or check-ins that keep you emotionally connected?

- Weekly marriage meetings
- Lunch dates or date nights
- Hanging out on the back deck (no phones!)
- Sending each other memes and reels all day (seriously—it's our love language)

You're also parents! What's one way parenting has strengthened your marriage—and one way it challenged it?

Parenting has both challenged and strengthened our marriage in the same way: it's made us function as a true team. Our kids constantly bring new challenges, and often, we don't have all the answers.

This uncertainty calls for patience, communication, and connection—reminding us that it's us against the problem, not against each other. That mindset doesn't just help when parenting gets tough—it shapes how we handle everyday life, too. Whether it's managing work stress, household tasks, or unexpected curveballs, approaching life as partners in problem-solving keeps our relationship strong and united.

What's been your most memorable marriage "reset" moment?

When our youngest was in the NICU, life felt upside down—but we stayed grounded in each other. Weekly date nights, laughing with nurses, picnics outside the hospital. Those little pockets of connection made all the difference.

What's one lesson about marriage you learned the hard way—and now love sharing with others?

Love alone isn't enough. You need intention, effort, and consistency. You don't need a big reset—just one intentional choice at a time.

And finally, if you wanted to change the world one happy couple at a time, how would you complete this phrase: Why Don't We _____?

Why Don't We Create the Marriage We Always Dreamed Of—Starting Today?

Not someday. Not after the kids are grown. Right now. One small moment, one intentional choice at a time.



Amberly and Joe Lambertsen are living proof that love doesn't just survive the chaos—it can thrive in it. They remind us that it's not grand gestures, but small, consistent choices that shape a relationship worth having. Their journey through education, parenting, NICU challenges, and everyday life shows that intentional love is more than a mindset—it's a practice.

If you're looking for a roadmap for connection that's real, doable, and rooted in joy, Amberly and Joe offer one simple invitation:

Why don't we create the marriage we always dreamed of—starting today?



Sexual Wellness 101

What Your Body Wants You to Know

When it comes to health, we often think about diet, exercise, and sleep—but your sex life? Yep, that matters too. Sexual wellness is a vital (and often overlooked) part of overall well-being. Your libido, your ability to manage stress, and even the strength of your pelvic floor can reveal a lot about your health and happiness.

Here's how tuning into your sexual wellness can help you feel better in and out of the bedroom.

1. What Your Sex Drive Is Trying to Tell You

Think of your sex drive as your body's built-in check engine light. When everything's balanced, desire flows more naturally. But when something's off, your libido often feels it first.

A dip in sex drive can signal:

Stress overload: Cortisol, the stress hormone, is a major libido-killer.

Hormonal changes: Shifts during your cycle, pregnancy, postpartum, or perimenopause can all affect desire.



Sleep or diet issues: If you're running on empty, your sex drive usually takes a back seat.

Relationship disconnect: Sometimes it's not physical at all—it's about emotional intimacy.

Takeaway: Instead of ignoring changes in your sex drive, pay attention. It's your body's way of saying, "Hey, something needs care here."

2. Sex & Stress: The Pleasure Prescription

Stress is everywhere—work, family, bills, life—but here's the good news: sex (and pleasure in general) is one of the most natural stress relievers you've got.

Here's why:

Orgasms release oxytocin (the cuddle hormone) and endorphins (the feel-good chemicals).

Pleasure lowers cortisol levels, helping you feel calmer.

Even non-sexual intimacy—like cuddling, kissing, or a long hug—can shift your nervous system into relaxation mode.

And yes, solo sex counts! Masturbation isn't just fun; it's a legit form of self-care that helps regulate stress and boost mood.

Takeaway: Next time you're feeling overwhelmed, think of pleasure as part of your wellness routine—just like going for a jog or meditating.

Even non-sexual intimacy—like cuddling, kissing, or a long hug—can shift your nervous system

3. Pelvic Floor 101: Why It's a Game-Changer

If you've never thought about your pelvic floor before, now's the time. This group of muscles supports your bladder, uterus, and bowels—but it also plays a huge role in sexual function.

A strong pelvic floor means:

Increased blood flow to your genitals (hello, stronger orgasms).

More control during sex (for both you and your partner).

Better bladder control (yes, less leaking when you sneeze or laugh).

How to strengthen it:

Kegels: The classic squeeze-and-hold exercise.

Pilates or yoga: Both work wonders for pelvic health.

Breathwork: Believe it or not, deep breathing helps relax and engage these muscles properly.

Takeaway: Think of your pelvic floor like your core—it's essential, and strengthening it can transform your confidence and your sex life.

Listen to Your Body

Your sexual wellness isn't separate from your health—it's part of your health. Low libido, high stress, or pelvic floor issues aren't just bedroom problems; they're signals from your body that deserve attention.

So the next time you're tempted to brush them off, remember: caring for your sexual health is self-care. And when you do, the payoff isn't just better sex—it's a healthier, happier you.



Fall/Winter 2025 Tailoring

A Fresh Take on the Classic Suit

This fall/winter season, tailored suits for both her and him take center stage, refreshed, modern, and unapologetically comfortable. Let's dive into how suiting evolves and how to make it your own.

Fluid Silhouettes & Comfort-First Cuts

Suits are shedding rigidity in favor of movement. Think wide-leg trousers, easy drape, and jackets that adapt to the body gracefully, modern tailoring that moves with you, not against you.



Blazer - ZARA



A Warm, Layered Color Palette

Neutral tones, grey, beige, and black remain wardrobe essentials. Earthy options like camel, chocolate brown, and sandy hues bring warmth and texture.

Jewel Tones & Metallic Accents

For those keen on bold statements, rich jewel shades like emerald green, sapphire blue, and deep burgundy add instant luxury. Metallic touches in buttons or fabrics, such as silver, gold, or bronze, elevate looks with subtle glam.

Split Trousers: Reveal & Refine

A modern twist: trousers with side slits. Functional and fashion-forward, they bring movement and allow those statement shoes to shine.

Corpcore Meets Creative Tailoring

The “Corpcore” aesthetic continues, think power dressing with contemporary flair. From sharp suits to fluid minimalism and oversized elegance, suiting blends professionalism with personality.

Structure With a Soft Edge

Shoulder pads are back, but lighter and more refined. Subtle, sculpted structure revitalizes tailoring without the drama of the 1980s; it's powerful yet polished.



Miu Miu
Hair clip

miu
miu

Accessorize to Personalize

Your suit radiates personality with the proper styling:

For her: play with ties, brooches, bold heels, or sleek oxfords

For him: experiment with pocket squares, cufflinks, colorful socks, or even minimalist sneakers.

Accessories bring character and make tailored outfits uniquely yours.

Why These Suits Stand Out

Versatile Elegance: These looks shift effortlessly from boardroom to evening outings.

- **Inclusive & Adaptable:** Whether gender-neutral or distinctly masculine/feminine, these suits cater to all.

- **Modern Heritage:** Classic tailoring gets a modern makeover, respecting tradition while embracing the now.



Autumn/Winter 2025 is all about tailored suits that marry elegance with ease. Neutral foundations, earthy warmth, jewel-colored drama, and thoughtful accessories define a versatile wardrobe that feels both timeless and fresh. Elevated tailoring isn't going anywhere; it's evolving with style and comfort at its core.



How to Prevent and Treat Under-Eye Bags and Dark Circles

A Complete Guide for Women and Men

By: Itzel Vega



Tired of looking tired? Under-eye bags and dark circles are common concerns for both women and men, and while they can be stubborn, they're not unbeatable. Understanding what causes them and how to care for the delicate eye area properly is key to achieving a fresher, more youthful look. Here's everything you need to know to tackle those under-eye issues head-on.

What Are Under-Eye Bags?

Under-eye bags are mild swelling or puffiness beneath the eyes. They occur when fluid builds up or fat shifts in the lower eyelids. Usually, this fat is held in place by a structure called the orbital septum, but over time, this barrier weakens and fat protrudes, creating visible puffiness. Additionally, excess skin can sag and contribute to the appearance of bags.

Types of Under-Eye Bags

Fat Accumulation Bags

The most common type is caused by an excess of fat beneath the eyes. They tend to be firm and may appear yellowish or have small white bumps.

Excess Skin Bags

Often related to aging, sun exposure, smoking, and poor nutrition. As skin loses elasticity, it begins to sag, forming loose skin around the eyes.

Fatigue-Related Bags

Lack of sleep and stress can trigger cortisol release, which leads to puffiness in both the upper and lower eyelids.

What Are Dark Circles?

Dark circles are areas of darker pigmentation or swelling under the eyes. They may appear bluish, brownish, or purplish depending on the underlying cause.

Types of Dark Circles

Pigmented Dark Circles

Caused by excess melanin. Common in darker skin tones, they appear orange, brown, or black.

Prevention: Use sunscreen and antioxidant-rich creams with Vitamin C and E.

Vascular Dark Circles

The result is from dilated blood vessels and thin skin. They appear bluish or purplish and are often linked to lack of sleep, alcohol, or smoking.

Treatment: Eye creams with caffeine or Vitamin K and gentle lymphatic drainage massage.

Deep Tear Trough Circles

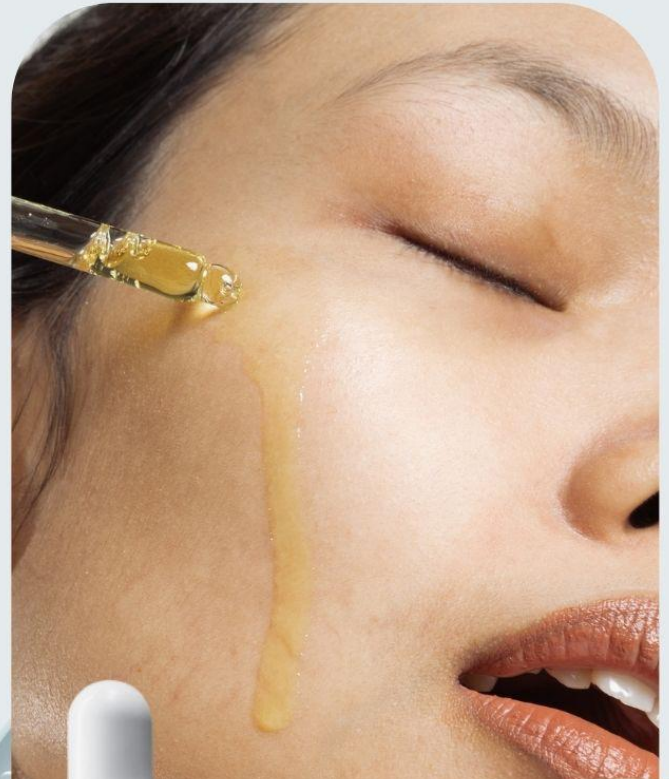
Caused by aging and skin thinning. These dark circles appear as a hollow groove from the inner eye to the cheek.

Solution: Requires consistent skincare and may benefit from dermatological treatments.

Everyday Tips to Prevent and Treat Bags and Circles

While causes vary, most under-eye concerns can be improved with simple daily habits and targeted treatments.

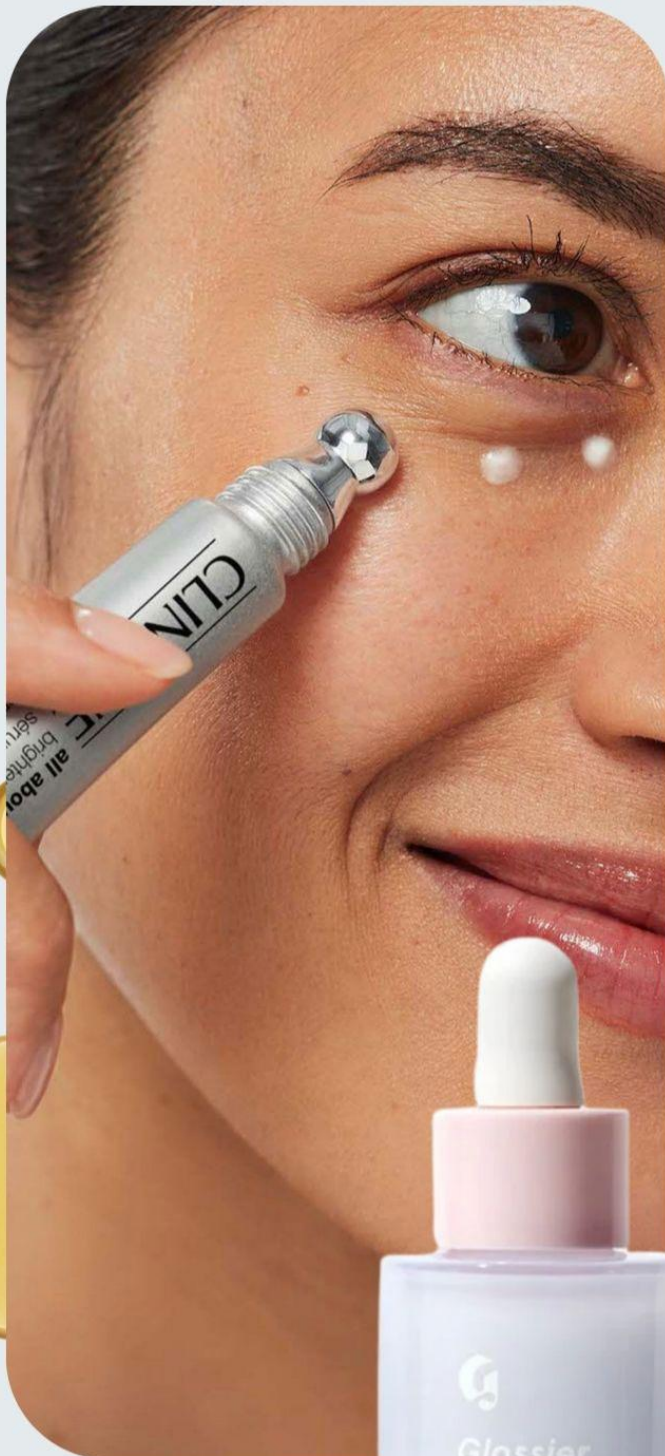
1. Apply Cold Compresses.
2. Get More Sleep.
3. Sleep With Your Head Elevated.
4. Stay Hydrated.
5. Use Cold Tea Bags



La roche-posay
Hyalu B5 Eye Serum



The ordinary
Caffeine Solution Eye serum



Clinique-
All about Eyes De-Puffing serum



Abib
Collagen eye patch
Jericho rose jelly



Glossier -
Super Bounce Serum

Apply Eye Creams or Serums

Look for products that contain:

- Hyaluronic Acid for hydration and plumpness
- Vitamin C for brightening and antioxidation
- Caffeine to reduce puffiness
- Vitamin B5 to repair the skin barrier

Lifestyle Habits to Prevent Eye Bags and Circles

Prevention is just as important as treatment. Adopt these healthy habits for long-term results:

- Apply Cold Therapy after late nights or long workdays.
- Sleep on Your Back to reduce fluid retention around the eyes.
- Follow a Balanced Diet low in sodium to prevent bloating and fluid retention.
- Avoid Excess Sun Exposure and use sunglasses and high-SPF sunscreen.
- Do Facial Exercises to strengthen and tone eye muscles.
- Always Remove Makeup before bed using a gentle cleanser.
- Limit Salt Intake to reduce water retention.
- Protect and Hydrate Your Skin daily with quality skincare.

Under-eye bags and dark circles are not just about tiredness; they reflect your lifestyle, genetics, and skin health. With proper care, targeted products, and small changes in your daily routine, you can significantly improve your eye area's appearance and regain a refreshed, youthful look.

Because your eyes say more than words, let them shine bright.



Stuck in the Netflix loop?

Enjoy 52 surprise dates to break the routine and have more fun together!

Why Don't We Date? is the ultimate gift for couples who want to shake things up and reconnect in fun, unexpected ways. With 52 creative date ideas, this product lets you step out of auto-pilot, try something new, and rediscover each other - in a fun way!

Perfect for lazy nights in, spontaneous weekends, or when you are stuck asking, "So... what should we do tonight?"

PRICE: \$24.99

52 Surprise Date ideas

Great for couples at any stage

Buy it at: makinghappycouples.com





Are You Ready to Level Up Your Relationship?

Is your relationship ready for a fresh challenge? Take this quiz to find out if it's time to level up your connection and discover new ways to grow together.

01. How often do you surprise each other with something special?

- ☐ A) All the time—spontaneous gifts, plans, and surprises!
- ☐ B) Only on special occasions like birthdays or anniversaries
- ☐ C) Occasionally, but we could do more of it
- ☐ D) We don't really surprise each other much

02. Do you discuss your relationship goals as a couple?

- ☐ A) Yes, regularly—we're always on the same page about our dreams!
- ☐ B) Sometimes, but we could definitely talk about it more
- ☐ C) We've had the conversation once or twice, but not in a while
- ☐ D) No, we focus more on individual goals than shared ones

03. How do you handle disagreements?

- ☐ A) We communicate openly and resolve things together right away
- ☐ B) We talk it out eventually, but it might take a little time
- ☐ C) We tend to avoid conflict or sweep things under the rug
- ☐ D) We rarely argue, but when we do, it's tough to work through

04. How often do you try new things together?

- ☐ A) All the time! We're constantly pushing ourselves to try new activities and experiences
- ☐ B) Occasionally—we enjoy mixing things up, but don't always prioritize it
- ☐ C) We're in a bit of a routine, but every once in a while, we try something new
- ☐ D) We mostly stick to what we know and like, rarely trying new things

05. How well do you communicate about your needs and desires?

- ☐ A) We're open and honest about everything—it's a big part of our relationship
- ☐ B) We communicate well, but sometimes we hold back or don't speak up right away
- ☐ C) We talk about some things, but other topics are harder to bring up
- ☐ D) We struggle with communication and sometimes don't know how to express our needs

06. Do you prioritize each other's emotional and physical needs?

- ☐ A) Absolutely—we're always checking in on each other, both emotionally and physically
- ☐ B) We do our best, but sometimes life gets in the way
- ☐ C) We try, but we're both busy and often forget to check in
- ☐ D) We could work on being more in tune with each other's needs

07. How do you celebrate your relationship?

- ☐ A) We love celebrating—date nights, special surprises, little tokens of appreciation
- ☐ B) We celebrate on special occasions but could do more to celebrate the everyday moments
- ☐ C) We don't really celebrate much, it's more about the big events
- ☐ D) We don't really celebrate our relationship, it feels a bit routine

08. How do you support each other's individual growth?

- ☐ A) We actively encourage each other's passions, hobbies, and career goals
- ☐ B) We support each other, but it's something we could do more intentionally
- ☐ C) We tend to focus on our own things, but we try to be there for each other
- ☐ D) We struggle to give each other space for personal growth or pursuits

Results



If you mostly answered A's: You're Already Leveling Up!

You and your partner are already doing great things to nurture and grow your relationship. You communicate openly, surprise each other, and keep things fresh. Keep it up—you're on the right track! But there's always room for new adventures to make your bond even stronger.

If you mostly answered B's: You're on the Right Path—But There's Room to Grow

You and your partner are on a solid foundation, but there are some areas where you could take things to the next level. Whether it's communication, trying new things, or celebrating more often, small changes can help elevate your relationship to new heights. Keep building and stay connected!

If you mostly answered C's: It's Time for a Relationship Refresh

It seems like you and your partner might be stuck in a bit of a routine. While your connection is strong, adding more surprises, deepening communication, and setting shared goals will help elevate your relationship. Consider tackling a new challenge together or setting aside intentional time to nurture your bond.

If you mostly answered D's: Time to Level Up, Stat!

Your relationship might be feeling a little stagnant, and that's okay! Relationships go through phases, but this is your chance to hit the reset button and level things up. Start by discussing your needs, trying new things, and setting relationship goals. It's time to invest in each other and bring the spark back into your connection.

Why don't we cook?



Prep Time:
25 minutes



Cook Time:
15 minutes



Servings: 6 tacos
(about 3 per
person — unless
someone gets
competitive)



Total Time:
40 minutes

Taco 'Bout Love: Build-Your-Own Taco Night



1 Sizzle Up the Protein
In a skillet, cook your protein with taco seasoning until browned and delicious. Warm the black beans separately.

2 Taco Bar Setup:
Lay out all toppings buffet-style. This is where you get creative and build your flavor masterpieces.

3 Make it a Moment:
Light candles, pour some margaritas, and play a Latin-inspired playlist. It's taco time, baby.

4 Get Rolling:
Each person builds their own tacos with whatever they love—no judgment (even if someone puts sour cream *under* the cheese).

Add Some Spice:

Mini Taco Challenge:

Each person makes a surprise taco for the other. Whoever gets the best reaction wins dessert.

Spice Roulette:

One taco has a sneaky hot sauce surprise. Who will take the heat?

Taco Bar Base

- 6 small corn or flour tortillas (warmed)
- 1/2 lb ground beef, chicken, or mushrooms (for a veg-friendly twist)
- 1 tablespoon taco seasoning (or mix chili powder, cumin, paprika, garlic powder)
- 1/2 cup canned black beans (rinsed and warmed)
- 1/2 cup shredded cheese (cheddar, pepper jack, or cotija)

Fun Fillings & Toppings

- Sliced avocado or guac
- Fresh pico de gallo or chopped tomatoes
- Diced red onion
- Pickled jalapeños
- Sour cream or Greek yogurt
- Shredded lettuce
- Lime wedges
- Hot sauce for the brave



What to Watch Before You Merge Money (or Lives)

Financial Red Flags in a Relationship

It's easy to get swept up in romance—spontaneous trips, surprise gifts, late-night takeout every other night. But if you're starting to think long-term with your partner, it's time to look beyond the heart-eyes emoji and pay attention to money habits. Financial compatibility isn't about who earns more—it's about trust, transparency, and shared values. Here are some red flags to look out for before you combine accounts, move in, or say “I do.”

1 Avoiding All Money Conversations

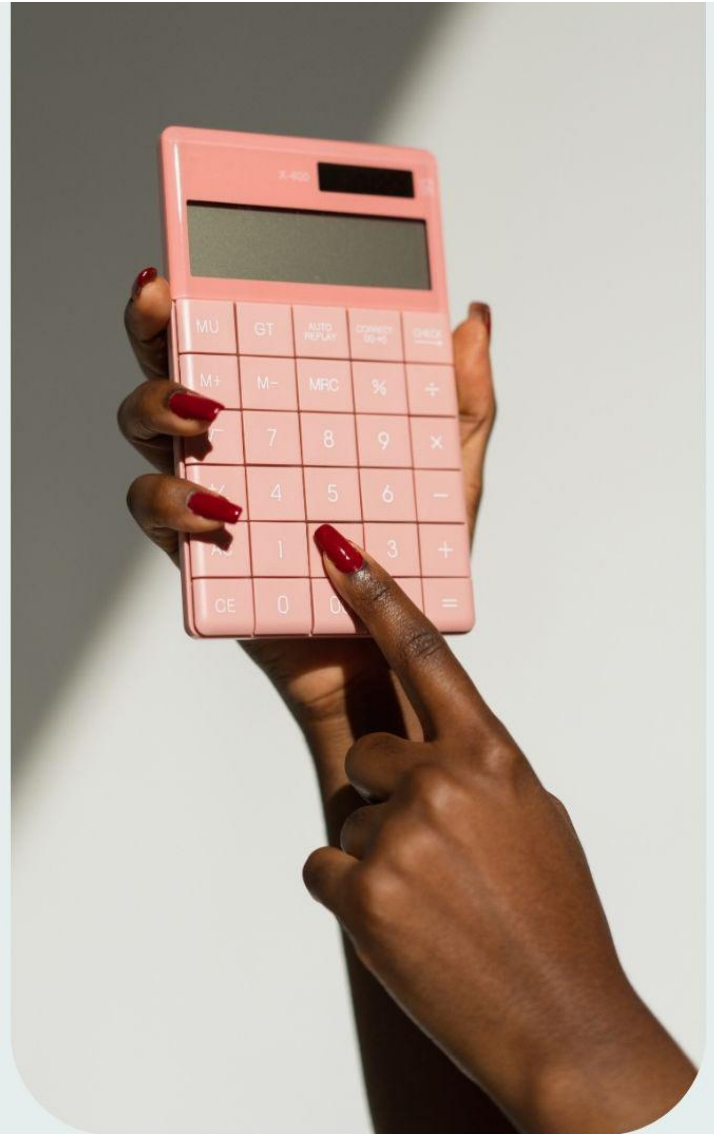
If your partner changes the subject every time you bring up money or “doesn't believe” in budgets, that's worth noting. Silence around finances often leads to misunderstandings—or worse, hidden issues.

What to Do: Ease into the conversation. Ask about future goals or values around spending. If they still resist, consider whether you're willing to commit without clarity.

2 Living Large with No Visible Income or Plan

Lavish dinners, new gadgets, spontaneous trips—fun, right? But if your partner consistently lives beyond their means without explanation or a financial plan, that lifestyle might come at a cost you'll later share.

What to Do: Ask gentle questions about how they manage their finances. Are they using credit cards? Do they have a budget? Transparency is key—especially if you're expected to contribute or keep up.



3 Hiding Purchases or Debt

Secret credit cards. Hidden Amazon packages. “Oh, I've had this forever.” If your partner hides purchases or downplays debt, that's a red flag for trust and financial alignment.

What to Do: Create a no-judgment zone to talk about spending habits. It's not about shaming—it's about building honesty and shared accountability.

4 Zero Savings and No Interest in Building One

Everyone starts somewhere, and not having savings doesn't automatically mean trouble. But if your partner shows zero interest in building an emergency fund, saving for the future, or preparing for life's curveballs, that's a long-term risk.

What to Do: Talk about why saving matters to you. Try setting a small shared savings goal to build the habit together.



5 Financial Control or Power Plays

If one person controls all the finances, makes every decision, or uses money to guilt or manipulate the other, it's a major red flag. Money should never be used as a tool for control.

What to Do: Healthy relationships require financial equality. You don't need to split everything 50/50, but both partners should have access to information, decision-making, and financial freedom.

6 No Financial Goals—Short or Long Term

A partner who doesn't have (or want) financial goals might also struggle with long-term planning in other areas. If they're content to "wing it forever," you'll likely face frustration when trying to build a shared future.

What to Do: Try goal-setting together: even something small like saving for a weekend getaway. See if they're open to building a future—or just coasting in the present.

Every couple has financial quirks, but when you start noticing patterns that point to secrecy, irresponsibility, or control, it's time to hit pause and talk. These red flags don't mean the relationship is doomed—but they do mean it's time to get real, get honest, and decide whether you're building the same future. Because love is great, but aligned values (and a shared savings account) are even better.

The 5 don'ts for Dating Each Zodiac Sign

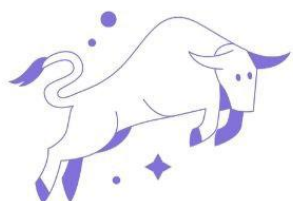
Astrological Boundaries You Shouldn't Cross if You Want Love to Last

By: Mariamely Leoni



Aries

- Don't make them wait—impatience is their love language.
- Don't smother them—they need space to lead.
- Don't downplay their wins—they need to feel seen.
- Don't bring unnecessary drama—they hate emotional detours.
- Don't challenge their authority publicly—they'll come for your crown.



Taurus

- Don't rush their decisions—slow and steady wins their heart.
- Don't mess with their routine—change must come with comfort.
- Don't lie—they have a memory like an elephant and a grudge to match.
- Don't be stingy with affection or gifts—they measure love in tangible ways.
- Don't interrupt their downtime—it's sacred.



Gemini

- Don't try to tie them down—freedom fuels their love.
- Don't get too serious too soon—they need lightness.
- Don't ignore their ideas—they live for mental stimulation.
- Don't shut down communication—they'll spiral in silence.
- Don't bore them—variety is their love potion.



Cancer

- Don't dismiss their feelings—they feel everything deeply.
- Don't criticize their family or home—those are sacred.
- Don't break their trust—it takes years to rebuild.
- Don't joke about their sensitivity—it's not a flaw.
- Don't be emotionally unavailable—they need to feel you.

Love might be a universal language, but each zodiac sign has its own dialect—and more importantly, its own red flags. If you've ever felt like you're walking on eggshells around your partner or unintentionally pushing their buttons, the stars might have the answer. Understanding what not to do in a relationship based on your partner's sign could be the difference between building lasting love or crashing into cosmic chaos.

Let's break it down sign by sign. Here are the top 5 DON'Ts for dating each zodiac sign—straight from the stars.



Leo

- Don't ignore them—attention is their love language.
- Don't embarrass them in public—they value pride.
- Don't take without giving—they need admiration and praise.
- Don't dim their shine—celebrate their light.
- Don't forget special dates—they love grand gestures.



Sagittarius

- Don't clip their wings—freedom is their oxygen.
- Don't be clingy—they need space to wander.
- Don't limit their dreams—they live to expand.
- Don't be overly emotional—they prefer light-hearted honesty.
- Don't skip adventure—they bond through exploration.



Virgo

- Don't be messy or disorganized—chaos stresses them.
- Don't ignore the details—they notice everything.
- Don't take their helpfulness for granted—it's their love language.
- Don't dismiss their worries—they overthink with reason.
- Don't rush their healing process—they need time to feel safe.



Capricorn

- Don't waste their time—they value purpose.
- Don't ridicule their goals—they're builders by nature.
- Don't push for vulnerability too soon—they open slowly.
- Don't act irresponsibly—maturity is sexy to them.
- Don't expect instant results—they play the long game.



Libra

- Don't bring constant conflict—they crave peace.
- Don't be rude or vulgar—they value class and harmony.
- Don't pressure them to decide quickly—they weigh every angle.
- Don't ignore your appearance—aesthetics matter to them.
- Don't isolate them—they thrive in social environments.



Aquarius

- Don't stifle their individuality—they need to feel unique.
- Don't follow tradition blindly—they think outside the box.
- Don't demand constant emotionality—they connect intellectually first.
- Don't be narrow-minded—they need visionary partners.
- Don't pressure them to "belong"—they redefine connection.



Scorpio

- Don't betray their trust—you may never get it back.
- Don't invade their privacy—they guard it fiercely.
- Don't play mind games—they're the masters of it.
- Don't withhold affection—they need intensity and depth.
- Don't lie—even white lies feel like poison to them.



Pisces

- Don't be harsh or cold—they absorb emotional tone.
- Don't mock their dreams—they're sacred.
- Don't avoid emotional conversations—they live for depth.
- Don't demand logic 24/7—their world is poetic.
- Don't make them feel alone—they thrive in soul-deep connection.

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