

HOW
**ATTACHMENT
STYLES SHAPE
YOUR RELATIONSHIP**

ESSENTIAL
**SKIN CARE
TIPS**
FOR COUPLES

**SEX MYTHS
THAT ARE
HOLDING YOU
BACK**

**LOVE
WITHOUT
LIMITS**

Meet Aria Diana & Skye Arun



Broken Noses & Big Love in Buenos Aires

So... turns out Pilates can be dangerous. Who knew?

On our second day in Argentina (yes, day two), I decided to try the Pilates studio closest to our new place. I was feeling all zen and healthy—until, in what can only be described as a freak and embarrassingly dumb accident, I broke my nose. On a Pilates reformer. I mean... who does that?

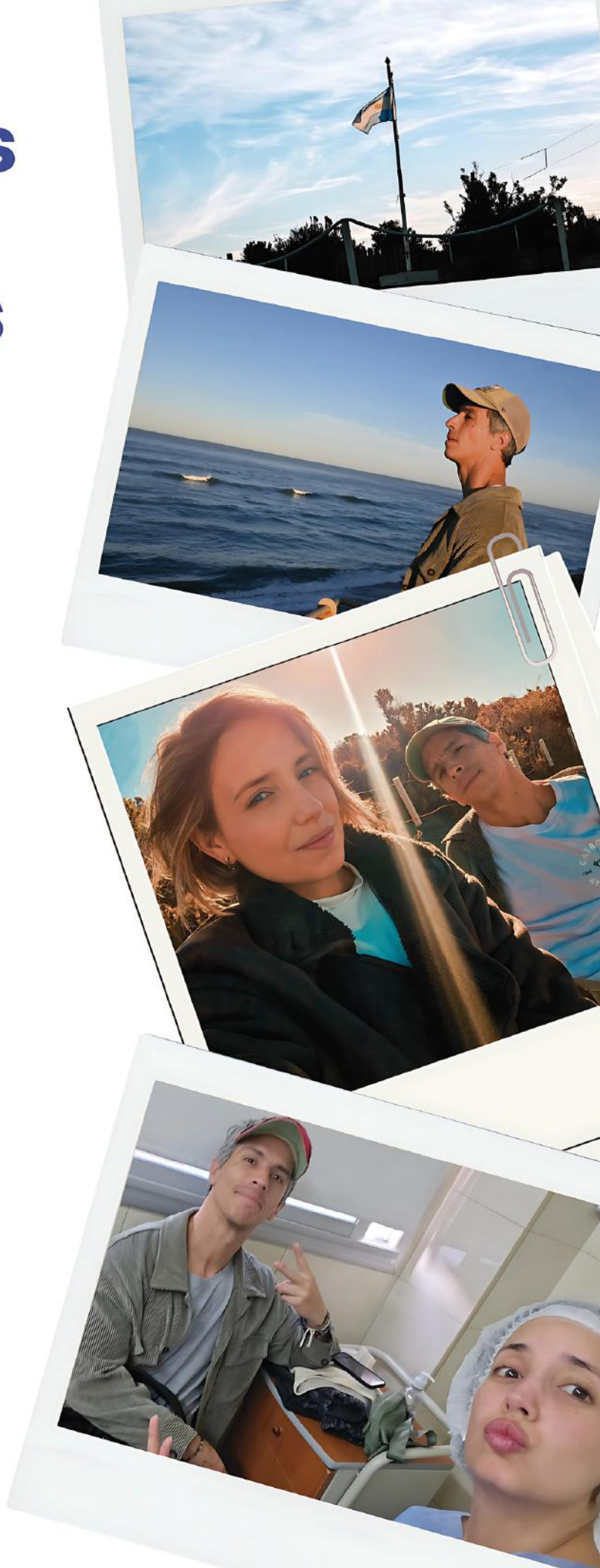
What followed was a complicated surgery, a very swollen face (I was convinced it would never go back to normal), and a lot of time spent doing absolutely nothing. I couldn't cook, clean, work, or even chew properly. And through it all, Daniel showed up like the MVP he is.

He took over everything—from running the house and blending my food (yes, blending) to keeping our business alive and our lives moving forward. When I felt completely deformed and down, he always showed up to make me feel my best.

So, today's note is a little less about romance and a lot more about real love—the kind that looks like warm soup, patience, and a partner who holds it all down when you literally can't.

So, a massive shoutout to **me** for choosing a great partner (lol), an even bigger appreciation post for Daniel for being the real deal, and a heartfelt thank you to Argentina for “not so gently” reminding me of just how lucky I am.

**With Love,
Dani**





Content

- | | | | |
|-----------|--|-----------|---|
| 2 | Editor's note | 22 | Inspiring Couples
The story of Sarah Jessica Parker & Matthew Broderick |
| 4 | Tips & tricks
The couple's guide to choosing without chaos | 24 | Why don't we cook together?
Romantic Ravioli with brown butter sage sauce |
| 5 | Relationship Coach
How to build real connections without rushing | 26 | Why don't we date?
Photo Scavenger hunt! |
| 7 | Dr. Lilly Lovegood
How your attachment style shapes your relationships | 27 | Finance for couples
How to navigate financial stress together |
| 10 | Real couples, real stories
Meet Aria Diana & Skye Arun | 29 | Product of the month
The pasta date night kit! |
| 14 | Let's talk about sex, baby!
Sex myths that are holding you back | 30 | Quizz
What's your couple's vibe? |
| 17 | #Outfitoftheday
Fashion trends for couples in 2025 | 32 | Horoscouple
Understanding Your Partner's Drive |
| 20 | Why don't we... care?
Essential skincare tips for couples | | |



Decision-Making Without Drama:

The Couple's Guide to Choosing Without Chaos

Hey lovebirds!

Whether it's picking a movie, deciding on weekend plans, or making big life choices, decision-making as a couple can sometimes feel like a battle of wills. Sound familiar? One of you wants sushi, the other wants pizza. One is all about a beach vacation, the other dreams of hiking in the mountains. And don't even get us started on choosing a Netflix show!

The good news? It is possible to make decisions together without turning every choice into a debate (or a silent standoff). Here's how to keep the peace and make decisions together—without the drama!

1 IDENTIFY THE "BIG DEAL" VS. THE "NO BIG DEAL" DECISIONS

Not every choice needs a full-blown negotiation. Before things get tense, ask yourselves: *Is this really worth the debate?* If it's something small (like dinner plans), consider taking turns deciding to keep things fair. But if it's a major decision—like moving in together or finances—take the time to talk it through. Knowing when to let go and when to dig deep is key.

2 PLAY TO YOUR STRENGTHS

You don't *both* have to weigh in equally on every decision. If one of you is more organized, they might be better at handling travel plans. If the other has a better eye for decor, maybe they take the lead on home styling. Trust each other's strengths and divide decision-making accordingly.

3 TRY THE "TWO YES, ONE NO" RULE

This rule is a relationship lifesaver. It works like this: If it's something that affects both of you, it takes *two yeses* to move forward, but just one no to reconsider. This helps avoid resentment and ensures that neither partner is forced into something they're uncomfortable with.



4 WHEN IN DOUBT, FLIP A COIN (OR USE THE 5-MINUTE RULE)


For those tiny decisions that somehow feel impossible (looking at you, Friday night dinner plans), don't waste 30 minutes debating. Try these:

- **Flip a coin** if it truly doesn't matter.
- **The 5-minute rule:** Set a timer—if you can't decide in 5 minutes, go with the first reasonable choice. Sometimes, making any decision is better than making no decision.

5 COMPROMISE WITHOUT KEEPING SCORE

A healthy relationship is built on compromise, but the key is to avoid keeping a mental scoreboard. Instead of "I picked last time, so it's your turn," shift the mindset to "How can we make this work for both of us?" Sometimes that means finding a middle ground (half-action, half-romance movie?), and sometimes it means genuinely doing what makes the other person happy—without expecting something in return.

Decision-making doesn't have to be a battleground. By setting priorities, playing to each other's strengths, and embracing a little compromise, you'll turn those tense debates into smooth, stress-free choices. And hey, if all else fails...rock-paper-scissors never hurts!

A small bouquet of pink flowers with green stems is in the top left corner.

Slow Dating:

How to Build Real Connections Without Rushing

In a world of instant gratification, ghosting, and lightning-speed swipes, it's easy to feel like dating has become more about momentum than meaning. That's why this month, I want to talk to you about a refreshing and powerful shift in the dating world—**slow dating**.

It's not about playing games or making people wait. It's about **intention**. It's about making space for connection, clarity, and confidence—without the pressure to define everything on date two or three.

WHY SLOW DATING IS WORTH THE HYPE

1. It Prioritizes Connection Over Chemistry

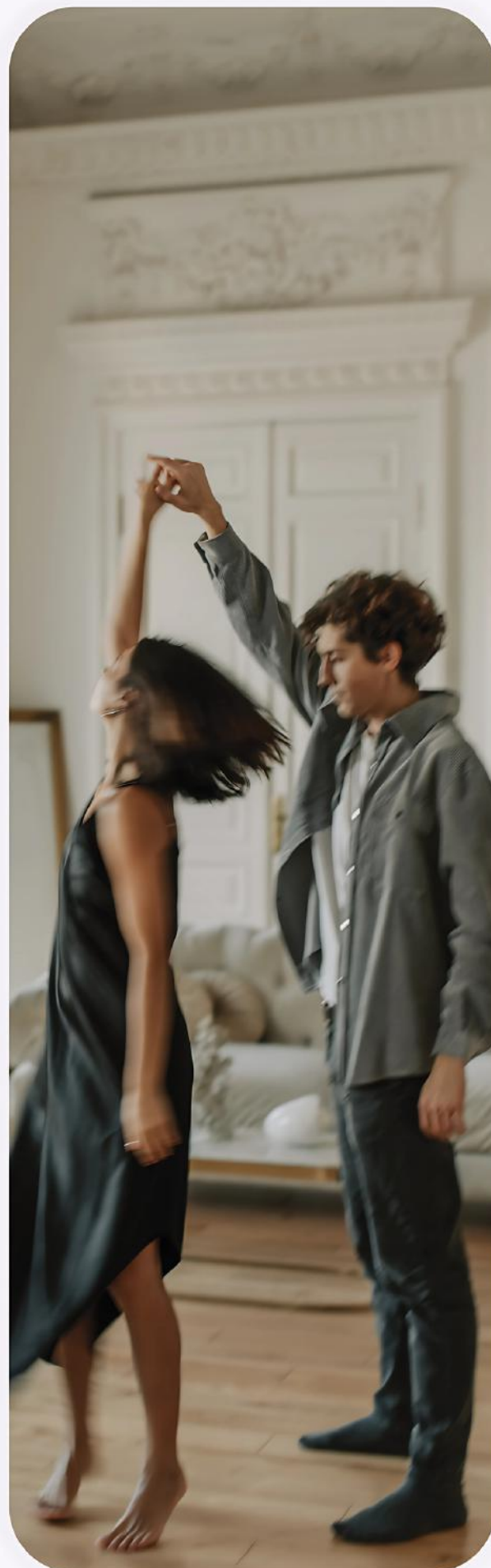
That initial spark is exciting, but chemistry alone isn't a foundation for lasting love. Slow dating gives you time to look beyond surface attraction and get to know someone's values, communication style, and emotional availability.

2. It Reduces Burnout

Dating fatigue is real. When you're constantly matching, chatting, meeting, and moving on, it's easy to feel drained. Slow dating helps you stay grounded, selective, and intentional—no more swiping out of boredom or pressure.

3. It Builds Trust (The Real Kind)

Trust isn't built through back-to-back dates—it's built over time. Slowing down lets you observe how someone shows up consistently, how they handle conflict, and whether they follow through on their words.





HOW TO PRACTICE SLOW DATING IN A FAST-PACED WORLD

Be Honest About Your Intentions ✨

Let potential matches know you're not in a rush. Say something like, "I'm looking to really get to know someone and take things one step at a time." You'll weed out the ones looking for a quick fix.

Ask Better Questions, Earlier ✨

Move beyond "What do you do for work?" and ask things like:

"What makes you feel most alive?"

"How do you handle hard days?"

"What are you most proud of?"

These kinds of conversations deepen the connection without forcing commitment too soon.

Don't Confuse 'Slow' with 'Stuck' ✨

Slow dating isn't about dragging your feet. It's about staying present, checking in with yourself, and letting things unfold naturally—with momentum, but without pressure.

Date One Person at a Time (If That Feels Right for You) ✨

Dating multiple people can be exhausting and distracting. If someone feels promising, give them focused attention. See what grows when you're actually paying attention.

Embrace the Journey, Not Just the Outcome ✨

Slow dating is about being curious, not just "getting the guy" or "sealing the deal." When you approach dating as an experience of self-discovery, every date adds value—no matter the outcome.

If fast dating leaves you feeling anxious, drained, or disconnected, maybe it's time to slow things down. Real connection takes time—and you deserve that time.

Whether you're just getting back out there or you've been dating for a while, remember: it's not about how quickly something starts. It's about how deeply it grows.

Take your time. Be intentional. Love slowly, but fully.

Love, attachment, and you

How Your Attachment Style Shapes Your Relationships

Welcome back to Lily's Love Lounge, where we keep it **real, relatable, and ridiculously useful** when it comes to relationships.

Have you ever wondered why some people seem to cling for dear life in relationships while others treat love like a casual weekend hobby? Maybe you're the type who feels secure, chill, and drama-free — or perhaps you're somewhere in between.

Spoiler alert: **It's not just you—it's science!**

Your attachment style plays a major role in how you love, communicate, and handle conflict. So, let's break it down and figure out which category you fall into.

The Four Attachment Styles (a.k.a. Your Love Personality)

1 Secure Attachment (a.k.a. The Relationship MVP)

Who you are:

- Comfortable with intimacy, trust, and independence.
- Can express your feelings without spiraling into overthinking.
- You handle conflict without turning it into a full-blown soap opera.

How you love:

You're basically a unicorn in the dating world. You communicate openly, don't ghost, and don't get overly anxious about where things are going. Your relationships tend to be stable, healthy, and drama-free — which, let's be honest, is sexy.

Potential challenge:

Dating someone who's avoidant or anxious? You might feel frustrated by their push-pull dynamic. Patience is key!



2 Anxious Attachment (a.k.a. The Overthinker in Love)

Who you are:

- You crave reassurance and affection (please text back ASAP, thanks).
- You tend to overanalyze your partner's words, texts, and tone ("Are they mad at me?")
- You sometimes feel insecure about whether your partner really loves you.

How you love:

You give your all in relationships, but you need consistency and reassurance. If your partner suddenly seems distant, your brain goes into overdrive wondering what went wrong. You love deeply—but sometimes, you worry too much.

Potential challenge:

You might unintentionally push people away with clingy behavior. Learning to self-soothe and build emotional security can help.

3 Avoidant Attachment (a.k.a. The Emotional Escape Artist)

Who you are:

- You love your independence and keep your emotions on lock.
- You get uncomfortable with too much closeness (“Do we really have to talk about our feelings right now?”).
- You struggle with vulnerability and might ghost when things get too serious.

How you love:

You want connection, but deep down, intimacy can feel suffocating. When conflict arises, you tend to shut down, detach, or disappear. You’re drawn to strong, independent partners—but might struggle when they want more emotional depth.

Potential challenge:

Learning to trust and let people in is key. Vulnerability isn’t weakness—it’s strength.



4 Fearful-Avoidant Attachment (a.k.a. The Emotional Tug-of-War)

Who you are:

- You crave love but also fear getting too close.
- You might sabotage relationships before they get too serious.
- You struggle with mixed signals (“Come here, wait—go away”)

How you love:

You have an inner battle going on—part of you wants deep connection, but another part is terrified of it. You might find yourself bouncing between clingy and distant behaviors. It’s exhausting—for both you and your partner.

Potential challenge:

Healing past wounds is crucial. Therapy, self-work, and a patient partner can help you create healthy and secure relationships.





So, How Does This Impact Your Love Life?

Your attachment style influences:

- How you communicate (Do you open up or shut down?)
- How you handle conflict (Do you fight, flee, or freeze?)
- How you express love (Do you crave closeness or need space?)

Understanding your attachment style can transform your relationships. The more aware you are, the better you can work on your emotional triggers and build a stronger, more balanced connection.

Dr. Lilly Lovegood's Love Challenge

Want to put this into practice? Here are three exercises to improve your attachment style:

- **Journal Your Triggers** – When you feel anxious or distant in a relationship, write down what triggered you. Over time, you'll notice patterns and can work on breaking them.
- **Communicate, Communicate, Communicate** – Instead of assuming your partner knows what you need, express it clearly. Example: "I feel disconnected when we don't check in during the day—can we work on that?"
- **Build Self-Security** – A healthy relationship starts with you. Work on your confidence, self-love, and emotional regulation. The more secure you feel within yourself, the healthier your relationships will be.



Your attachment style isn't a life sentence—

it's a starting point for growth. Whether you're secure, anxious, avoidant, or somewhere in between, self-awareness is the key to building stronger, healthier relationships. So, take a deep breath, embrace the journey, and remember — love isn't about perfect attachment, it's about learning, evolving, and showing up for yourself and your partner.

In a nutshell

How long have you been together?

We started dating in 2012 & got married in 2015.

Do you have kids?

No kids, no plans to have them, but we have LOTS of plant babies.

Where do you live?

San Francisco East Bay.

What do you do for work?

Aria is a somatic relationship coach supporting the non-monogamous. Skye is an award-winning film director, photographer, music producer & DJ.

A fun fact about you as a couple:

We were a 99% match on OkCupid in 2012, back when online dating was still the Wild West.

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

Morning Ritual: Coffee, cuddles, oracle card pulls, meditation, and gratitude-sharing.

Evening T.E.A.M. Check-in:

- Touch – A moment of physical connection.
- Educate – Something new we learned that day.
- Appreciate – A thank you for something our partner did.
- Memo – A request, reminder, or plan.

How can readers follow or reach you?

Instagram: @aria_diana

Website: AriaDiana.com

Substack Newsletter: Weekly insights on **somatic tools for non-monogamy, relationship security, and emotional regulation.**



LOVE WITHOUT LIMITS

Meet Aria Diana & Skye Arun

In a world where love is often confined to rigid structures, Aria Diana and Skye Arun challenge the norm. Aria, a trauma-informed relationship coach and author of *Navigating Non-Monogamy with Aria Diana*, helps individuals cultivate self-awareness and deeper relationships. Skye, an award-winning film director, photographer, and music producer, has brought his creative vision to brands like Nike, The New York Times, and Red Bull.

Together, they've built a relationship grounded in trust, curiosity, and an ever-expanding view of love. Their journey into non-monogamy isn't about having multiple partners—it's about deepening their connection to themselves and each other. In this conversation, they share their love story, the rituals that keep them strong, and insights into practicing love with intention.

Q: Your connection seems effortless, almost as if you recognized each other before you even met. How did your love story begin?

A: Our paths crossed through storytelling and a shared curiosity about the world. With dueling careers in journalism—her as a writer, him as a photojournalist—it felt like we were writing chapters of the same book before we even met.

“Living in NYC, our paths kept crossing in random ways”

What truly connected us was realizing we were both raised in pacifist Quaker communities, learning to listen for wisdom in silence. From the start, it felt like we had been speaking the same language before we even exchanged words. There was this instant recognition—Oh, there you are. I’ve been waiting for you.

Q: What qualities do you admire most in each other—things that would be hard to find in another partner?

A: We cherish the deep emotional and self-growth work that has become the foundation of our relationship.

Aria admires Skye’s ability to remain calm in uncertainty, a skill honed from his time as an EMT. He holds space for big emotions in a way that makes the world feel softer. She also loves how he finds meaning in life’s quiet moments, turning the ordinary into something sacred.

Skye admires Aria’s fearless heart, her courage to create, and her unwavering belief that love isn’t just something you feel—it’s something you practice. He’s in awe of her ability to turn ideas into reality and the way she shares her wisdom so generously.

Q: When did you decide to open your relationship, and how did that evolve?

A: It began on one of our first dates in 2012. Over candlelit drinks, Aria admitted she’d always been curious about dating women but hadn’t explored it. Skye encouraged her, asking, “Well... is there anyone you’re attracted to?” Turns out, there was—and Skye thought she was hot too! A few flirty nights later, we had our first threesome, opening the door to something new.

San Francisco in 2017 changed everything. We found a vibrant community of non-monogamous friends who introduced us to concepts like compersion, metamours, and kitchen table polyamory. **Looking back, it doesn’t feel like we ‘opened’ our relationship—it feels like we grew into it, hand in hand, heart in heart.**





Q: Non-monogamy brings growth but also challenges. What were the biggest lessons from your first year?

A: Pros

- Freedom to express our desires authentically.
- A richer network of love and support.
- More intentional communication.

Challenges:

- Navigating jealousy and insecurity with patience.
- Time management—balancing multiple relationships takes planning.
- Facing external judgment from those who don't understand.

Q: With multiple connections, how do you maintain confidence in your bond, especially when one of you is on a date with someone else?

A: We remind ourselves that their joy isn't a threat—it reflects the love we share. Seeing each other light up with someone else doesn't diminish what we have; it adds warmth to our connection.

We also lean on rituals—sending a sweet note before a date or planning something nourishing for ourselves. Whether it's a cozy bath, a favorite movie, or time with friends, we fill our own cups so love feels abundant, not scarce.

Q: For people curious about non-monogamy but unsure where to start, what advice would you give?

A: Start with your 'why.' Non-monogamy isn't a fix for a struggling relationship—it's about expanding love, not patching up cracks.

Expect growing pains, but don't fear them. Learn to self-regulate, build emotional literacy, and communicate clearly—assumptions are the enemy of connection. And don't forget to celebrate the joy, growth, and new ways of loving that make it all worthwhile.

Q: Aria, your work now helps others navigate non-monogamy. How did this path emerge for you?

A: Initially, non-monogamy was just a personal journey, but I realized most struggles weren't about non-monogamy itself—they were about how we were taught to love.

I combined my passions—somatics, emotional regulation, and communication—to help people create nourishing, intentional relationships. What started as a shift in my own life became a calling—to help others not just survive non-monogamy, but thrive in love and connection.

Q: Looking back, what would you tell yourselves at the start of your relationship?

A: Love deeply, but don't hold too tightly. Your relationship will evolve, and that's something to embrace, not fear. Growth means change, and that's a sign you're still learning, expanding, and becoming more of who you're meant to be.

Q: What rituals or activities keep your connection strong?

- Daily walks—time to dream, decompress, and connect without distractions.
- Creative collaborations—sharing projects in their rawest form before they're polished.
- Silent presence—morning meditations and quiet, cozy mornings.
- Adventures—trying new things together, keeping life full of excitement and wonder.

Q: If you had to describe your relationship in one sentence, what would it be?

A: "More love is more love."—Love isn't about ownership—it's about expansion. Non-monogamy has shown us that love isn't a limited resource; it's infinite when nurtured with intention. The connections we form don't take away from us—they enrich us, challenge us, and invite us to grow.

Q: How would you complete this phrase:

**"WHY DON'T WE...
PRACTICE LOVE LIKE
AN ART FORM?"**

Love isn't a fixed state—it's something we co-create every day. Like art, it requires care, curiosity, and a willingness to color outside the lines. Instead of following a script, we should explore, make mistakes, and discover new shades of connection we never knew existed.



Aria and Skye's journey is a testament to the idea that love is not about limitation, but expansion. Their story challenges traditional narratives, proving that relationships thrive on trust, communication, and an open heart.

For those curious about non-monogamy, their advice is simple—approach it with intention, embrace challenges as growth, and communicate with honesty. Their relationship is an ever-evolving journey shaped by curiosity, connection, and the courage to love beyond the expected.

"Love isn't a cage—it's a garden. Give it space, air, and sunlight, and watch it bloom in ways you never imagined."

Sex myths that are holding you back

(And What's Actually True)

Let's be honest—when it comes to sex, we've all heard some questionable advice. From movies that make it seem like orgasms just *happen* instantly to outdated beliefs about what a "healthy" sex life looks like, there are plenty of myths that can mess with your expectations.

It's time to clear things up. Here are some of the biggest sex myths out there — and the truth that will actually help you have better, more fulfilling intimacy.

1 Myth #1: "Good Sex Is Always Spontaneous"

The Reality: The idea that great sex just happens is one of the biggest misconceptions out there. Sure, when you're in the early stages of a relationship, you might be tearing each other's clothes off at random moments. But over time? Life gets busy, stress kicks in, and waiting for the "perfect moment" might mean waiting forever.

The Fix: Planned sex can be just as exciting—if not more—because it builds anticipation. Whether it's scheduling a date night with the intention of getting intimate or sending flirty texts throughout the day to get things going, a little effort goes a long way.



2 Myth #2: "Orgasms Should Happen Every Time"

The Reality: While orgasms are amazing, they're not the only measure of good sex. The belief that every intimate encounter has to end with fireworks can put unnecessary pressure on both partners, leading to anxiety instead of enjoyment.

The Fix: Shift the focus from "finishing" to pleasure. Sometimes, intimacy is about connection, exploration, and feeling good in the moment. Plus, when you remove the pressure to orgasm, you may actually find it happens more naturally.

3 Myth #3: "Men Always Want More Sex Than Women"

The Reality: This outdated stereotype has been debunked over and over. Libido isn't just about gender—it's influenced by hormones, stress, emotional connection, and individual personality. Plenty of women have higher sex drives than their male partners, and plenty of men experience fluctuations in desire.

The Fix: Instead of assuming who should want sex more, have open conversations about your needs and desires. If there's a difference in sex drives, find a balance that works for both of you.

4 Myth #4: "You should just 'know' what your partner likes"

The Reality: No one is born a mind-reader, and yet, many people expect their partners to just know what they like in bed. This myth leads to frustration when needs aren't met and partners feel like they're "doing something wrong."

The Fix: Communication is everything. Talk about what feels good, what turns you on, and what you'd love to explore. Need a fun way to start the convo? Try a sexy "Would You Rather" game or make a pleasure list together.

5 Myth #5: "Lube Is Only for People Who Have a Problem"

The Reality: Let's set the record straight—lube is not just for people who struggle with dryness. In fact, using lube can make any sexual experience more pleasurable by reducing friction and increasing sensitivity.

The Fix: Treat lube like an enhancement, not a backup plan. Whether you're having penetrative sex, enjoying foreplay, or trying something new, a little extra slickness can make a big difference.



Good sex is about what works for you and your partner, not what society says it should look like.



6 Myth #6: "Bigger Is Always Better"

The Reality: Despite what pop culture says, size does not determine sexual satisfaction. In fact, studies show that pleasure is more about technique, emotional connection, and knowing how to please your partner than any specific physical attribute.

The Fix: Focus on what really matters—communication, exploration, and mutual pleasure. Instead of fixating on size, explore different positions, techniques, and ways to maximize sensation.

7 Myth #7: "Couples Who Have More Sex Are Happier"

The Reality: Research has found that while sex is important, **more sex doesn't automatically mean a better relationship**. In fact, studies suggest that couples who have sex once a week are just as happy as those who have it more often.

The Fix: Instead of chasing a number, focus on quality over quantity. A fulfilling sex life is about connection, emotional intimacy, and ensuring both partners feel satisfied—not about meeting some imaginary standard.

Ditch the Myths, Enjoy the Pleasure

Believing in these sex myths can create unnecessary pressure and unrealistic expectations, making intimacy more stressful than enjoyable. The truth? Good sex is about what works for you and your partner, not what society says it should look like.

So, let go of outdated ideas, embrace open communication, and focus on what truly feels good. Your sex life should be about pleasure, connection, and fun—no myths attached.

Style in Perfect Harmony

Fashion Trends for Couples in 2025

By Esmeralda C

Fashion has always been a powerful form of self-expression, and in 2025, couples are taking it to the next level. This year's trends embrace coordination, individuality, and sustainability, allowing partners to showcase their unique personalities while complementing each other's style. Whether you're looking for subtle matching outfits or bold statement looks, here are the top fashion trends for couples in 2025.



Miu miu
Bucket hat



Sareilly Sareilly
sunglasses

Statement Accessories for Couples

Accessories are a subtle yet powerful way to coordinate outfits. In 2025, couples are embracing matching jewelry, sunglasses, hats, and handbags to add a touch of unity without going overboard.

Tip: Invest in personalized accessories, such as engraved bracelets or custom sneakers, to showcase your connection in a chic, meaningful way.



Coordinated, Not Identical

Gone are the days of wearing identical outfits. In 2025, couples are opting for color-coordinated ensembles rather than exact matches. Think complementary shades, similar patterns, or matching accessories that subtly link both outfits. This approach keeps things stylish and effortless without looking overly staged.

Tip: Try wearing the same color palette in different shades—like navy and sky blue or beige and camel—for a refined, harmonious look.

Sustainable Fashion Together

Eco-conscious fashion is no longer just a trend; it's a lifestyle. Couples are embracing sustainable fabrics, vintage pieces, and ethical brands to make a statement about their values. Whether it's thrifting together or investing in high-quality, timeless pieces, sustainability is the ultimate fashion-forward move in 2025.



**Two Third
Sustainable
fashion - Pants**

Retro Revival: '90s & Y2K Influence

The nostalgic comeback of '90s and early 2000s fashion continues, and couples are embracing this aesthetic with baggy jeans, oversized blazers, crop tops, and chunky sneakers. Coordinating in vintage-inspired pieces gives a playful yet trendy vibe that turns heads.

Tip: Try matching in denim-on-denim looks or rocking coordinated retro sneakers for a cool throwback style.

**Nike
dunk low**



Blazer - Zara**Power Dressing for Two**

For couples who love a polished and sophisticated look, power dressing is the way to go. Tailored suits, structured coats, and monochrome outfits exude confidence and class. This trend works for both casual and formal occasions, making it a versatile go-to for stylish duos.

Tip: Experiment with gender-fluid fashion by swapping blazers, trousers, or statement accessories to create a modern, chic aesthetic.



My name is Esmeralda Chavez, originally from Venezuela and living in Miami since 2017.

I studied Fashion Business and Fashion Photography at the Marangoni Institute. As the designer and CEO of CrystalDust, my handmade accessories brand, I see fashion as an artistic expression of individuality. Writing is another passion of mine, and I pour my creativity into every word.

Luxe Athleisure & Streetwear

Comfort meets high fashion in 2025 with the evolution of luxe athleisure and elevated streetwear. Couples are rocking stylish jogger sets, sleek sneakers, and high-end sportswear pieces that transition seamlessly from casual outings to date nights.

Tip: Try matching designer sneakers or layering with stylish bomber jackets in complementary colors.



**Sweater
Aspen
oversize -
Cider**

The Rise of Gender-Neutral Fashion

Fashion in 2025 is embracing inclusivity, and gender-neutral styles are at the forefront. Many couples are ditching traditional gender norms and opting for fluid silhouettes, oversized pieces, and unisex designs that allow for creativity and expression.

Tip: Share and mix pieces from each other's wardrobes—oversized blazers, relaxed-fit jeans, and unisex sneakers are must-haves.



Essential Skincare Tips for Couples

By: Itzel Vega

When we think of beauty, our minds often associate products and routines focused on women, but beauty is a topic for everyone, regardless of gender. Especially when it comes to skincare, since both men and women must pay due attention to maintaining healthy skin, now that we're entering the warmer season in the northern hemisphere, we must take preventative measures to protect our skin.

Skin cancer is one of the most common types of cancer, and despite being preventable in most cases, it remains a constant concern.

Sun protection prevents cancer and premature skin aging, such as wrinkles and sunspots.

Why not take care of ourselves together?

If you haven't started implementing a skincare routine yet, now's the perfect time! And what better way to do it than with your partner? Here are the essential steps to get started.

Let's give your skin some love!

1. Wash your face

The first step to healthy skin is to keep it clean. Wash your face daily in the morning and night with a soap appropriate for your skin type. This removes dirt, excess oil, and impurities that accumulate daily. Remember that clean skin is the foundation of any effective treatment.

2. Apply tonic water to improve hydration

After cleansing your skin, it's vital to tone it. Tonic waters such as calendula or rose are perfect for hydrating and balancing the skin. Apply it with a cotton ball or directly with your hands, and let it air dry. This will refresh your face.

For her:
XeraCalm A.D
Ultra-Rich
Cleansing Bar
Avène

1

For him:
Clenance
Cleansing Gel
Avène

1

For him:
Thermal Spring Water
Face
Avène

2

For her:
Thermal Spring
Water Face
Mist La Roche
Posay

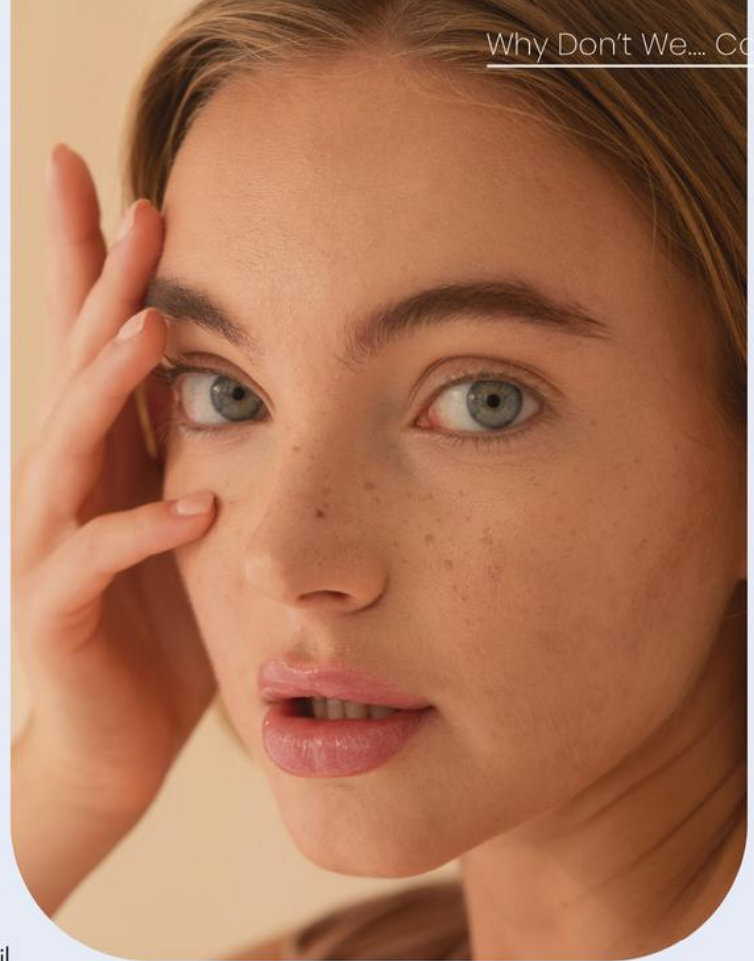
2

3. Serum for more radiant skin

Applying serums can make a difference in your routine. Depending on your skin's needs, you can opt for hyaluronic acid for deep hydration, niacinamide to improve texture and reduce dark spots, or rosehip to heal and regenerate. These products are highly concentrated and help treat specific skin problems.

4. Eye Contour

The eye area is very delicate and is often where the first lines appear. Therefore, it's essential to use a special eye cream. These creams are lighter and help reduce puffiness, dark circles, and signs of premature aging.



For her: L'Oréal Paris Revitalift 1.5% Pure Hyaluronic Acid



For him: Ceramide Serum Cetaphil



For him: L'Oréal Paris Revitalift Triple Power Anti-Aging Eye Cream Treatment



For her: Avocado Cream Kiehl's



For him: Clinique For Men Maximum Hydrator



For her: Clinique Moisture Surge 100H



Sun Intense Protect Avène

5. Facial Moisturizer

Next, apply a moisturizer appropriate for your skin type. Choosing a cream that suits your needs, whether you have oily, dry, combination, or sensitive skin, is essential. Hydration is vital to keep your skin supple, smooth, and protected from external damage.

6. Sun Protection

The most crucial step of all is sunscreen. Whether it's cloudy or you're staying indoors, sunscreen should be applied every day. Ultraviolet (UV) radiation from the sun is the leading cause of skin damage, causing everything from dark spots to skin cancer. Apply a broad-spectrum sunscreen with an SPF of 30 or higher and reapply every two hours if exposed to the sun.

So now you know that taking care of yourself together is the first step to achieving healthy, radiant skin. Start today and show off healthier skin!



Sarah Jessica Parker and Matthew Broderick

A Broadway Love Story That Stands the Test of Time

Sarah Jessica Parker and Matthew Broderick have been partners in love and life for over 30 years, a rare feat in Hollywood's ever-changing relationship landscape. Their bond, built on shared values, mutual admiration, and a deep-rooted friendship, has endured the pressures of fame, career demands, and raising a family—all while keeping their relationship remarkably private and grounded.

A Serendipitous Beginning

Their love story began in 1991 when Parker's brothers, who were friends with Broderick, introduced them. At the time, Matthew was directing a play, and Sarah, already a rising star, found herself drawn to his intellect and wit. Sparks flew, but it wasn't a whirlwind romance—it was a slow, steady burn that grew into something unshakable.



Sarah Jessica Parker and Matthew Broderick's love story began in 1991 with a quiet, genuine connection.

Over the years, they've prioritized friendship, family, and privacy.

Together, they've weathered challenges and shared the stage, building a love that lasts. Their story proves that true love is a daily choice.

Six years later, in 1997, they tied the knot in a surprise wedding that caught even their closest friends off guard. Guests arrived expecting a casual party but were instead greeted by Parker and Broderick exchanging vows in an intimate ceremony. Ever the style icon, Parker defied convention by wearing a black dress, a decision she later admitted was made to avoid turning the event into a spectacle.

Balancing Fame and Family

Unlike many Hollywood couples, Parker and Broderick have always been fiercely private about their relationship. While Parker skyrocketed to international fame as *Sex and the City*'s Carrie Bradshaw, and Broderick cemented his legacy in theater and film, they made a conscious decision to keep their personal life separate from the glitz and glamour of their industries.

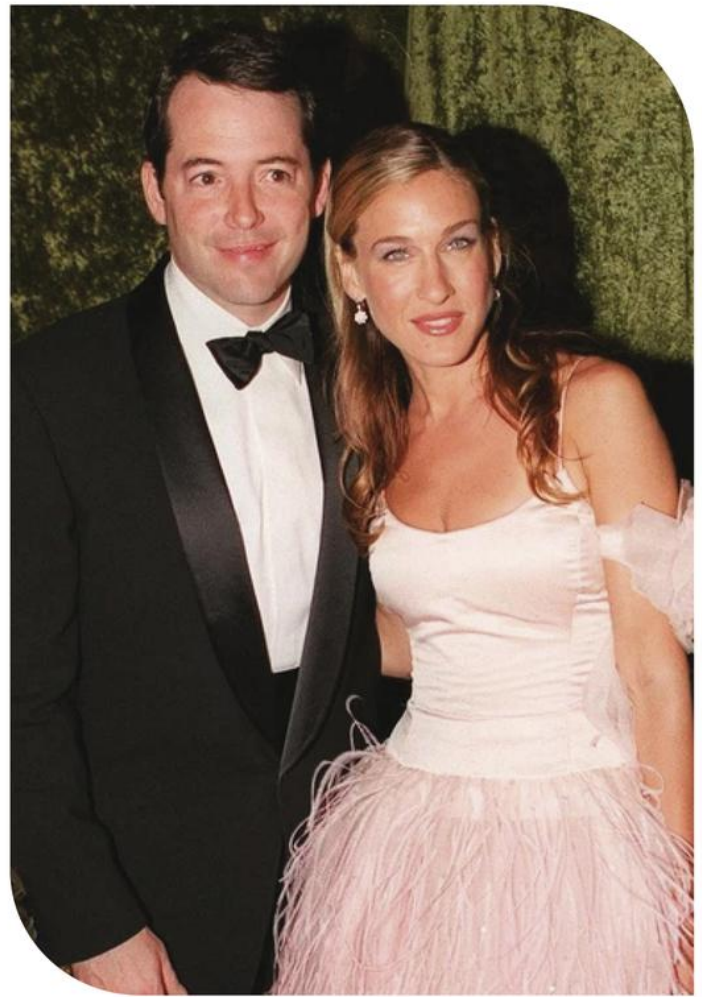
Their greatest achievement together, however, is their family. They welcomed their son, James Wilkie, in 2002, and seven years later, twin daughters, Marion and Tabitha, were born via surrogate. Parenthood became their greatest shared project, and Parker has often spoken about how their family dynamic keeps them grounded.

Weathering Challenges Together

No long-term relationship is without its challenges, and Parker and Broderick are no exception. With demanding careers and time spent apart for work, maintaining a strong connection required effort. However, they never lost sight of the foundation of their marriage—friendship and communication.

Matthew once shared that the secret to their lasting relationship is simple: "We really are friends beyond everything else, and we talk a lot." Parker echoed this sentiment, saying, "I love Matthew Broderick. Call me crazy, but I love him. We are very devoted to our family and our lives. I love our life."

Their love for the arts has also played a role in keeping them close. In 2020, they starred together in the Broadway revival of *Plaza Suite*, marking a special milestone in their relationship as they took the stage as a couple for the first time in decades. Sharing their passion for theater only strengthened their bond, proving that love and creativity can thrive side by side.



"We really are friends beyond everything else, and we talk a lot."

The Key to Their Enduring Love

While Hollywood often romanticizes grand gestures and picture-perfect relationships, Parker and Broderick prove that true love is built on something far simpler: respect, humor, and a commitment to growing together. They've never tried to be a "power couple" or dominate headlines with their relationship; instead, they've focused on what matters—each other.

Through the years, they have remained steadfast, navigating life's highs and lows with grace. Their story serves as a reminder that the best love stories aren't about perfection, but about two people who choose each other every single day.



Romantic Ravioli with Brown Butter Sage Sauce

A rich, nutty sauce over pillowy ravioli filled with creamy ricotta and spinach—it's comforting, elegant, and perfect for sharing.

For the Ravioli Filling

(Skip this section if using store-bought ravioli)

- 1 cup ricotta cheese
- 1/2 cup cooked spinach (chopped and squeezed dry)
- 1/4 cup grated Parmesan cheese
- 1 egg yolk
- Salt & pepper to taste

A pinch of nutmeg (optional, but adds a cozy touch)

For the Pasta Dough (optional)

- 1 1/2 cups all-purpose flour
- 2 large eggs
- 1/2 teaspoon salt
- A splash of olive oil

For the Sauce

- 4 tablespoons unsalted butter
- 6-8 fresh sage leaves
- 1 garlic clove, smashed
- Salt, to taste
- Grated Parmesan, for finishing
- Cracked black pepper (always welcome)

Instructions

If Making Pasta from Scratch

1. On a clean surface, pile the flour and make a well in the center. Crack in the eggs, add salt and olive oil, and mix until a dough forms. Knead for about 8 minutes, then wrap in plastic and let it rest for 30 minutes.
2. Roll the dough into thin sheets using a pasta roller or rolling pin. Try to get it as thin as you can without tearing it.

Make the Filling

Mix ricotta, spinach, Parmesan, egg yolk, salt, pepper, and nutmeg until smooth and creamy.

Assemble the Ravioli

1. Place a teaspoon of filling every 2 inches on one pasta sheet.
2. Brush around the filling with a bit of water, then lay another sheet on top.
3. Press down gently around each filling mound to seal, then cut into squares (or use a ravioli cutter if you're fancy).
4. Press edges with a fork to seal tighter if needed.

Cook the Ravioli

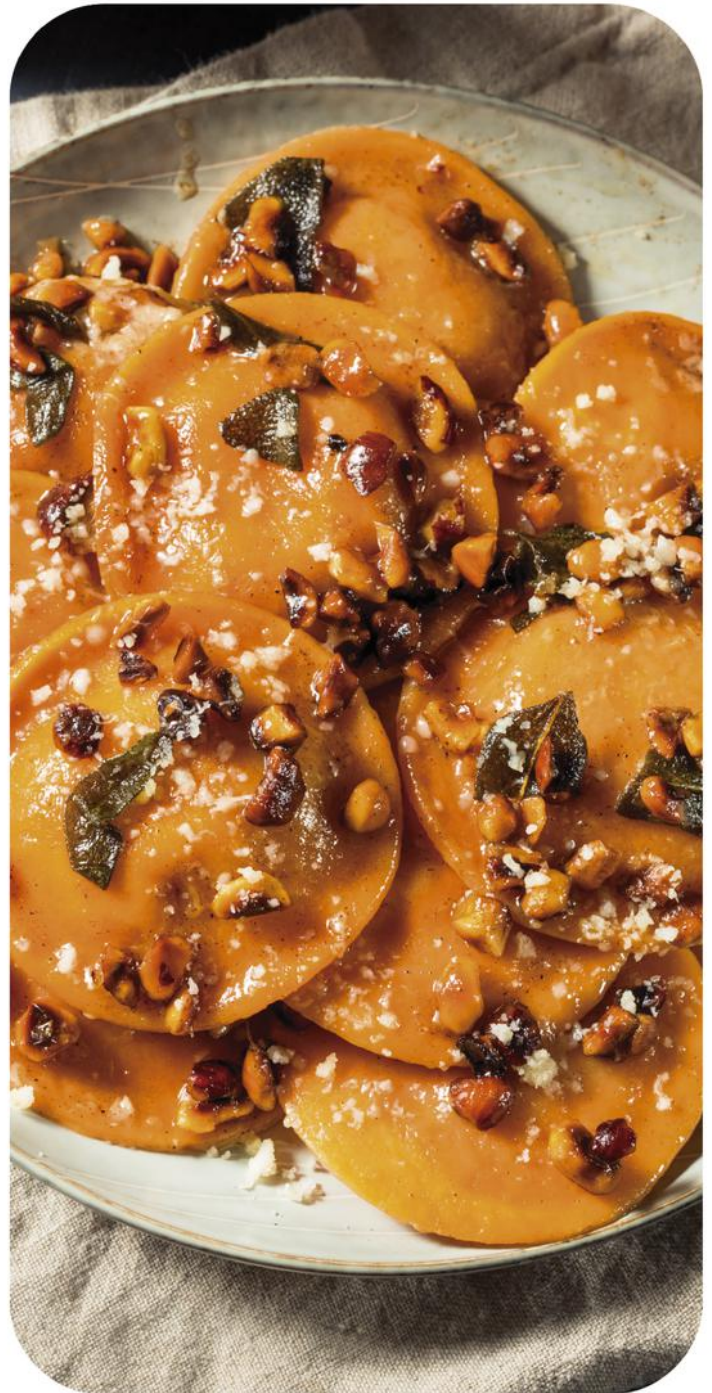
Bring salted water to a boil. Gently drop in ravioli and cook for about 3 minutes, or until they float to the top. Don't overcook—these babies are delicate!

Make That Sexy Sauce

1. In a skillet, melt butter over medium heat. Add the sage leaves and smashed garlic.
2. Cook until the butter starts browning and smells caramel-nutty. The sage should crisp up—YUM.
3. Remove from heat, discard garlic, and immediately pour the sauce over the hot ravioli.

Plate it Like You Love Them

Top with more Parmesan, a crack of black pepper, and maybe a few extra crisped sage leaves for the 'Gram. Serve it with a glass of red wine (Chianti or Pinot Noir pairs beautifully) and a smile.



Pro Tips:

- Feeling extra? Add chopped walnuts or a drizzle of balsamic glaze on top.
- No time to make pasta? Store-bought cheese ravioli totally works. The brown butter sage sauce is the real star here.
- Leftover filling? Spread it on toasted bread the next day. You're welcome.



Photo Scavenger Hunt – Get That Insta Moment!

Make a list of silly or random photos to capture around town: “A selfie with a street performer,” “A funny face at a local restaurant,” or “An impromptu dance in a public place”. Head out together, and take the best photos you can. At the end, compare your results and pick your favorites for an epic couple’s album.

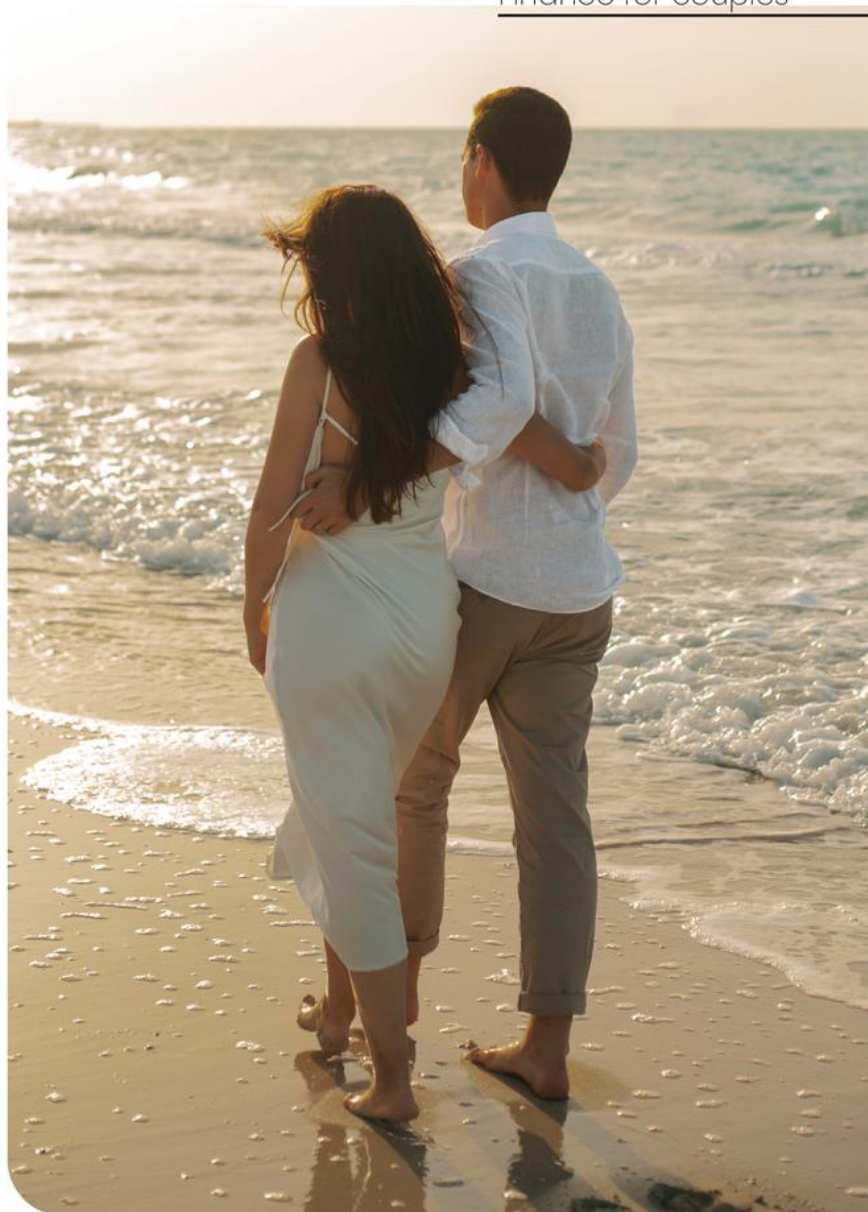
Here are some fun ideas for poses and snaps

- A dramatic pose in front of a fountain
- A photo imitating a statue
- Jumping in sync mid-air
- Pretending to be tourists at a place you both know well
- Feeding each other something from a street vendor
- Wearing something funny from a souvenir shop

The Emotional Side of Money in Relationships:

How to Navigate Financial Stress Together

Money is more than just numbers in a bank account—it's deeply emotional. Our spending and saving habits are shaped by childhood experiences, personal values, and even past financial traumas. In relationships, these differences can lead to stress, misunderstandings, and conflict. But the good news? Understanding the emotional side of money can help couples communicate better, make smarter financial decisions, and strengthen their relationship. Here's how to navigate money stress together.



1: Understand Your Money Mindset

Every person has a unique "money mindset" shaped by their upbringing. Some people grew up in frugal households where every dollar was stretched, while others were taught that money is meant to be enjoyed. These perspectives affect how each partner approaches finances in a relationship.

How to Do It:

- Have an open discussion about how money was handled in your family growing up.
- Identify whether you or your partner lean toward being a saver, spender, investor, or avoider when it comes to finances.
- Recognizing these differences helps you find common ground.

2: Identify Financial Stress Triggers

Money-related stress can come from many sources—debt, job insecurity, overspending, or even feeling like one partner has more control over finances than the other. When financial stress builds up, it often spills into other areas of the relationship.

How to Do It:

- Pay attention to when financial conversations lead to stress or arguments.
- Identify what specifically triggers anxiety—lack of savings, impulse spending, or disagreements about financial priorities.
- Once you know the triggers, work together on solutions rather than avoiding the conversation.

3: Create a Judgment-Free Zone for Money Talks

Talking about money shouldn't feel like a battlefield. Many couples avoid financial conversations because they fear judgment or criticism. But bottling things up can lead to resentment. The key is to create a safe space where both partners can talk openly.

How to Do It:

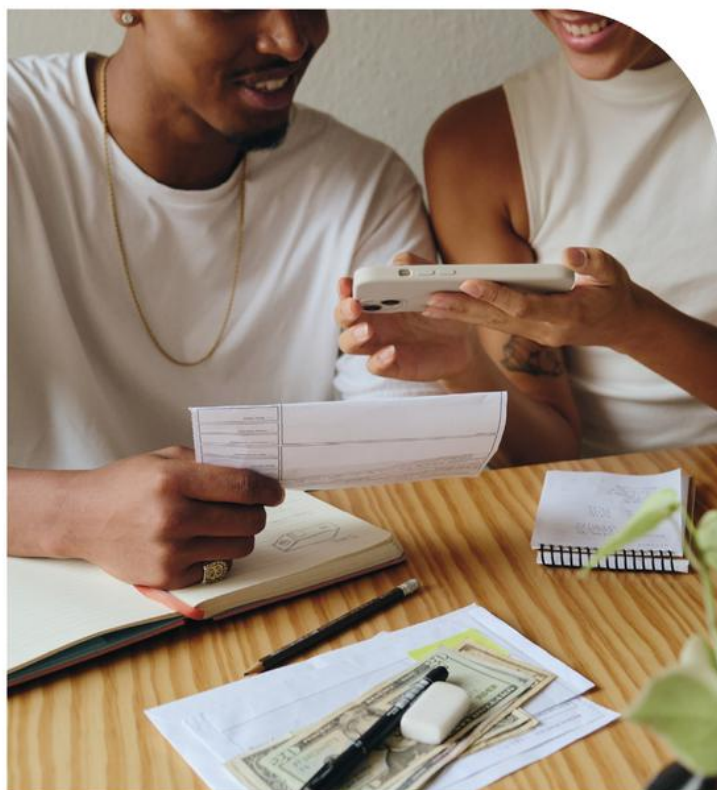
- Set a money check-in date once a month where you discuss finances without distractions.
- Use "I" statements instead of blame (e.g., "I feel stressed when we don't have a budget," instead of "You always overspend!").
- Celebrate financial wins together to keep the conversation positive.

4: Balance Different Spending Habits

It's common for couples to have different money personalities—one might be a spender, while the other is a saver. This contrast can lead to tension if not managed properly.

How to Do It:

- Set spending boundaries that work for both of you—agree on fun money budgets so each partner has personal spending freedom.
- Compromise on big purchases by discussing priorities and timing.
- Use budgeting apps to track spending and avoid financial surprises.



5: Address Power Dynamics in Money Decisions

If one partner earns more or manages most of the finances, it can create an imbalance in the relationship. Feeling financially dependent or excluded from decision-making can lead to resentment.

How to Do It:

- Regardless of who earns more, both partners should have an equal say in financial decisions.
- If one partner handles the budget, have regular check-ins so both are informed.
- Consider splitting expenses fairly based on income rather than a strict 50/50 model.

6: Work Toward Shared Financial Goals

Having a common financial goal—whether it's buying a home, saving for travel, or getting out of debt—can turn money from a source of stress into a team effort.

How to Do It:

- Set short-term and long-term financial goals together.
- Create a vision board with financial milestones you want to achieve as a couple.
- Reward yourselves when you hit major financial goals—like saving a certain amount or paying off a loan.



Product of the month

The pasta date night kit!

Craftly's pasta making kit is everything you need for a deliciously fun night in. With a rolling pin, cutting wheel, ravioli stamp, 2 spice blends, 3 natural pasta dyes, 2 invitation cards, and a step-by-step recipe booklet, this all-in-one set turns your kitchen into a cozy Italian escape. Perfect for beginners and seasoned chefs alike!

Cook, laugh, and get a little messy—together.

PRICE: \$49.95

Fun & interactive gift for couples

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Find it at: <https://www.etsy.com/shop/doyourgin>

What's Your Couple's Vibe?

Find out what type of couple you and your partner are by answering these fun questions! Are you more of the adventure-seeking duo, or do you thrive on cozy nights in? Let's find out!

01. How do you typically spend your weekends together?

- ☐ A) Exploring new places
- ☐ B) Cooking and trying new recipes
- ☐ C) Binge-watching our favorite shows
- ☐ D) A mix of everything!

02. What's your go-to date night activity?

- ☐ A) Dinner and a movie
- ☐ B) Game night or trivia
- ☐ C) Outdoor adventure
- ☐ D) Just relaxing at home

03. If you could choose one vacation destination, where would it be?

- ☐ A) A tropical beach resort
- ☐ B) A cozy mountain cabin
- ☐ C) A busy city with lots to explore
- ☐ D) A road trip with no set destination

04. How do you usually spend your evenings together?

- ☐ A) We're out and about, discovering new places
- ☐ B) Cooking, talking, and maybe doing a little DIY project
- ☐ C) Snuggling up and watching a series
- ☐ D) Catching up, chilling, and maybe planning for the next adventure

05. What's your idea of a perfect Sunday?

- ☐ A) Brunch, followed by a fun day out
- ☐ B) A slow morning, followed by a relaxing afternoon together
- ☐ C) A day of outdoor activities like hiking or biking
- ☐ D) Something spontaneous that we decide on together in the moment



06. When you plan a night out, who does the planning?

- ☐ A) We both jump in together, and it's a team effort
- ☐ B) One of us takes the reins while the other supports
- ☐ C) One of us does the planning, and the other follows along
- ☐ D) We both like to keep it chill and decide last minute

08. What's your partner's ideal way to unwind after a long day?

- ☐ A) A walk around the neighborhood
- ☐ B) A glass of wine and some quiet time
- ☐ C) Going for a run or hitting the gym
- ☐ D) A funny TV show and snacks

07. How do you handle disagreements?

- ☐ A) We talk it out calmly and find a solution
- ☐ B) We'll talk it through, but it takes some time to process
- ☐ C) Sometimes we need a little space before we come together to discuss it
- ☐ D) We tend to let things slide and avoid conflicts

results

The adventurous duo

If you mostly answered A's: The Adventurous Duo
You and your partner are all about exploration and trying new things. Whether it's a spontaneous weekend trip or an unexpected activity, you love discovering the world together. You thrive on excitement and always have something new on your calendar!

The Cozy Creators

You two are all about creating memories at home. Cooking together, having a long chat, or tackling a DIY project is your version of a perfect date night. You feel most connected when you're building something meaningful together, whether it's a meal, a piece of furniture, or a deeper bond.

The Chill explorers

If you mostly answered C's: The Chill Explorers
Your vibe is all about balance—you love the great outdoors but also treasure a quiet night in. Whether you're hiking up a trail or binge-watching a new show, you enjoy mixing it up and finding ways to have fun and relax. You're always game for adventure but value your downtime too!

The Spontaneous

If you mostly answered D's: The Spontaneous Lovers. You and your partner are easy-going and spontaneous. Plans can change at the drop of a hat, and you're always up for whatever the moment calls for. You love keeping things fresh and unpredictable, and your relationship thrives on new experiences and flexibility!



Understanding Your Partner's Drive

The Secret to Zodiac Compatibility

By: Mariamely Leoni

In the past few articles, I have been sharing the elements that define each sign's characteristics. Today, we are going to explore what keeps each sign motivated. These motivations fall into four categories: personal (or self-centered), family-oriented, social, and transcendental. I will explain each in detail, but first, I want to mention something important: many people talk about sign compatibility, and while that's an interesting topic, I firmly believe that where there is acceptance, understanding, and respect, there is compatibility.

Let me explain this with a personal example. My husband's motivations, based on his natal chart (not just his Star sign), are personal and transcendental, while mine are family-oriented and social. At first glance, we might seem completely incompatible—even opposites. However, knowing this before we got married allowed us to have open conversations, set boundaries, and establish agreements that work for both of us. So, not being astrologically "compatible" doesn't mean you can't make a relationship work.

Understanding these motivations can deepen our relationships by helping us appreciate what drives our partners. A **personal-motivated** partner may need space to pursue their goals, while a **family-oriented** one prioritizes emotional closeness. A social partner thrives on shared experiences, while a **transcendental** one seeks meaning and purpose.

Rather than seeing differences as obstacles, we can use this knowledge to create balance, set healthy boundaries, and support each other's growth. After all, compatibility isn't about being the same—it's about understanding, respecting, and embracing what makes each of us unique.

Now that we understand the different types of motivations, let's explore how they relate to the zodiac signs. Each sign has a dominant drive that influences its approach to relationships, goals, and personal fulfillment.

Personal or Self-Centered Motivation (Aries, Taurus, Gemini)

These signs are primarily driven by their individual desires, achievements, and self-improvement. They seek personal success and independence, often prioritizing their own ambitions over external influences.



Aries

Thrives on challenges and competition. They are natural leaders, always striving to be first and prove themselves. Their motivation comes from personal victories and new experiences.



Taurus

Is focused on stability, comfort, and material success. Their drive is rooted in creating a secure life for themselves, and they work hard to ensure they have the luxury and peace they desire.



Gemini

Is intellectually curious and thrives on mental stimulation. They are motivated by learning, communication, and the pursuit of knowledge, always seeking new ideas and experiences to keep them engaged.

Social Motivation (Libra, Scorpio, Sagittarius)

These signs thrive on human connection, whether through relationships, friendships, or societal impact. Their fulfillment comes from engaging with others and being part of something bigger than themselves.



Libra

Is driven by relationships and social harmony. They seek balance, meaningful partnerships, and a sense of belonging in their social circles.



Scorpio

Forms deep, transformative connections. While they may seem intense and private, their motivation comes from building trust and emotional intimacy with others.



Sagittarius

Is motivated by exploration, culture, and expanding their worldview. They love meeting new people and forming connections that broaden their perspectives.

Family-Oriented Motivation (Cancer, Leo, Virgo)

For these signs, family and close relationships are their foundation. They prioritize nurturing, loyalty, and creating a harmonious home environment.



Cancer

Is the ultimate caretaker. Their emotional depth and strong intuition make them deeply devoted to their loved ones, and their happiness is tied to the well-being of their family.



Virgo

Thrives on challenges and competition. They are natural leaders, always striving to be first and prove themselves. Their motivation comes from personal victories and new experiences.



Leo

May seem self-centered, but their heart beats for their loved ones. They take pride in being a protector and provider, and their motivation stems from creating a warm, loving environment.

Transcendental Motivation (Capricorn, Aquarius, Pisces)

These signs are guided by a sense of higher purpose. Whether through career ambitions, spiritual growth, or humanitarian efforts, they are motivated by something beyond the material world.



Capricorn

Is focused on legacy and long-term impact. Their drive comes from a desire to build something lasting, often working tirelessly to achieve their higher goals.



Aquarius

Seeks progress and change. They are motivated by innovation, humanitarian efforts, and the pursuit of knowledge that benefits society as a whole.



Pisces

Is deeply spiritual and intuitive. They are driven by emotions, dreams, and a desire to connect with something greater than themselves, often feeling called to artistic or healing professions.

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