



*For Immediate Release*

**Five Long Distance Relationship Tips: Meeting in Person for the First Time. Also! Enter for a Chance to Win a 5-Night Gourmet Inclusive Vacation Getaway to Mexico**

Phoenix, Arizona -- July 29<sup>th</sup>, 2009—SheKnows ([www.sheknows.com](http://www.sheknows.com)) and LovingYou.com ([www.lovingyou.com](http://www.lovingyou.com)), have joined together to offer readers a chance to win a luxurious 5-night Gourmet inclusive vacation getaway for two to El Dorado Royale, A Spa Resort, by Karisma along the Riviera Maya, Mexico valued at \$2,800! SheKnows.com and LovingYou.com readers have the opportunity to enter for a chance to win this fabulous Mexican getaway. The contest is presently ongoing and running until September 4, 2009.

**Five Long Distance Relationship Tips: Meeting in person for the first time**

You met online, sparks flew, and now you want to meet in person. Great! LovingYou.com has all you need to plan your first in-person tryst.

**1. Expectations**

Make sure you both really want to meet. If either of you feels reluctant, consider postponing until a later date. When you do decide to meet, it is a good idea to meet on a “friends” basis to ensure that there is no pressure to act like a couple before you are ready.

**2. Who Pays**

Going Dutch is the usual protocol. Regardless of the plan and who paid for what major expenses, it is always in good taste to treat each other to different things. Still, discuss the costs first to make sure you're both comfortable with the vacation expenses.

**3. Your Presentation**

Be yourself. The worst mistake you can make is misrepresenting yourself. However, it is just as important to dress for the occasion. You want your date to know that you care about attracting him/her without looking like you are trying too hard.

**4. Romantic Ideas**

Incorporating some of your date's favorite things into your planning is a really special way to show that you care. Think back to past conversations for clues and then surprise your date with his/her favorite cuisine, favorite flower, a nice poem, dancing to their favorite song... the possibilities are endless!

**5. Safety Tips**

Make sure your date is who they say they are by asking for a picture, talking to him/her on the

phone a few times and doing some online research of their name. Always meet in a public setting and let someone know where you are going. Plan ahead for separate sleeping arrangements...these can always be changed later.

For more long distance relationship tips, visit [www.LovingYou.com](http://www.LovingYou.com).

### **Win a Gourmet Inclusive Vacation to El Dorado Royale, A Spa Resort, by Karisma**

Imagine yourself strolling down a Mexican beach reconnecting with your long distance significant other! SheKnows is proud to offer this amazing 5-night stay getaway!

One lucky winner and their guest will receive a fabulous 5-night stay at El Dorado Royale, A Spa Resort, by Karisma in a Jacuzzi Junior Suite featuring an in-suite Jacuzzi and an expansive terrace with a hammock. Voted "One of the top 100 Hotels in the World" by *Conde Nast Travelers* readers, El Dorado Royal is Mexico's premier adults-only, beachfront resort. El Dorado Royale has won the AAA's Four Diamond Award for three consecutive years and was selected as one of TripAdvisor's "Best Hotel for Romance" in 2008.

### **How to Enter and Win:**

Visit SheKnows.com ([www.sheknows.com](http://www.sheknows.com)) or Lovingyou.com ([www.Lovingyou.com](http://www.Lovingyou.com)) and click on the contest slide. All you need is a valid email address and you will be entered for this fabulous getaway. Enter as often as you wish. Entries are unlimited!

### **ABOUT SHEKNOWS:**

Getting to the heart of what it really means to be a woman, SheKnows ([www.sheknows.com](http://www.sheknows.com)) attracts more than 24 million unique visitors. With editors dedicated to providing daily content for women seeking advice, information and a fresh fun take on life, the site is the authoritative source for women ages 18 to 54. The SheKnows audience gains access to exclusive content on entertainment, parenting, health and wellness, money and career, dating, beauty and style and more, and are offered a stimulating, well-rounded online experience enhanced with a vibrant message board community, free games and activities, and captivating blogs.

As one of the fastest growing destinations on the web, SheKnows is consistently one of the top 10 properties for women, generating over 150 million page views each month. For advertisers, opportunities for sponsorship and creative integration go well beyond the banner and make marketing messages an uninterrupted part of the user experience. The company is based in Los Angeles with offices in New York, Scottsdale and Chicago. SheKnows is part of Atomic Online ([www.atomiconline.com](http://www.atomiconline.com)), a diversified online media company.

**ABOUT LOVINGYOU.COM**

LovingYou.com is a mecca of all things romantic, with information on marriage, dating, love, passion and sex, and online and long distance relationships. Readers enjoy tips and helpful information from both LovingYou experts and writers, as well as advice from other readers. The LovingYou audience gains access to lovescopes, love & sex tips, love poems, love stories, break-up help and romantic travel ideas. The site also offers a romance calendar, quizzes, craft ideas, printables and e-cards for every occasion. LovingYou.com is part of SheKnows' family of female-centric sites, making it among the top 10 properties for women on the web, and generating over 100 million page views each month.

**ABOUT EL DORADO SPA RESORTS & HOTEL AND AZUL HOTELS BY KARISMA**

El Dorado Spa Resorts & Hotels and Azul Hotels by Karisma are a premier hotel collection operating properties throughout the Riviera Maya, Mexico, where guests savor a Gourmet Inclusive experience that fosters togetherness. Karisma's growing portfolio is comprised of Azul Beach Hotel by Karisma; El Dorado Royale, A Spa Resort by Karisma; El Dorado Seaside Suites by Karisma; and El Dorado Maroma, A Beachfront Resort, by Karisma. Properties have been honored with the industry's top accolades including, *Conde Nast Traveler's* "Top 100 Hotels in the World," *Conde Nast Traveler's* "Gold List," *Forbes'* "Top 10 Most Romantic Hotels," TUI Travel PLC's "Hotel of the Year," and AAA's "Four Diamond Award." Karisma has received worldwide recognition for its creative approach to hospitality management and product innovations including resorts with swim-up suites, Infinity balcony pools, beach butlers and cash-free transactions. Premier Worldwide Marketing is the exclusive worldwide sales and marketing representative for Karisma Hotels & Resorts. For reservations, please call 1-866-527-4762 or visit <http://www.karismahotels.com>.

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