

Million Dollar Matchmaker Patti Stanger Spills on Who Should Sext First in a Relationship

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To sext or not to sext? *That* is the question – and [Patti Stanger](#) has the answer.

The *Million Dollar Matchmaker* star answered New Yorkers' burning love and dating questions in a special PEOPLE Now segment, including who should initiate sexy text message conversations in a relationship.

"Let him sext first," Stanger advises. "Like if he sexts first, and you sext second. Don't start the sexting, it's kind of like overkill. Don't be the initiator on it."

But can you start NSFW conversations with new beaus or online suitors? Definitely not, says Stanger.

"No, I'd rather you'd buy it in Vegas – at least you know what you're getting there," she says. "They've been tested. You don't know what these people have!"

Other helpful tips from the 55-year-old include: Don't be afraid of office romances (no matter what H.R. says) and always keep up with personal care, regardless of how long you've been in a relationship.

Million Dollar Matchmaker premieres Friday at 10 p.m. ET on WEtv.