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The Millionaire Matchmaker Patti Stanger's Rules for Surviving Valentine's Day

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Patti Stanger made a career out of finding love — so it's safe to say the *Millionaire Matchmaker* star is a bit of an expert

when it comes to [Valentine's Day](#).

Stanger — who just launched her own wine line [PS Match](#) — has been tasked with finding love for a lot of people, including stars like [Dina Lohan](#) and [Paris Hilton](#).

And since the romantic holiday falls on a Saturday this year, Stanger, 53, says there's no excuse for singles to stay inside and [eat their feelings](#). PEOPLE caught up with the reality star to get her expert guide to Valentine's Day, no matter your relationship status.

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If You're Single:

Go out. "I always tell women get your ass out of the house. You can take a girlfriend for moral support, but the bottom line is not to fall apart," she says. "Your first line of defense is get a great dress, show off the assets."

Stick to wine. "Wine centers you and it mellows you out. You're a little more clearheaded with wine than you would be with a hard alcohol — but still don't go past my two drink maximum."

Be open to meeting people. "Nine times out of 10, the good guys are out that night. They've got the confidence and they're hunters," she says. "So smile, flip your hair, look away for 5 seconds and he'll come right over."

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If You're in a Relationship:

Get him a gift. "Less is more. Pay attention to his likes and interests or get him a fragrance because you want to smell him all the time and that's the way you'll get intimate with him."

Make dinner at home. "Cooking in the kitchen together can be really lovely. It's something new and different."

But keep the food light. "Everyone thinks you need to cook big for Valentine's Day, but then you're two lumps on a log and it turns into Super Bowl Sunday," she says. "Make a list of your favorite foods and then see how to make mini versions of them."

—*Ana Calderone*, [@anacalderone](#)



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