

They get to say
'Hi' before they
say 'I do'

How to find LOVE ON TV

If you want to find your perfect match, you need to pick your reality dating show carefully



Adam, Tayah and
Beau: awww-some

13%
SUCCESS
RATE

MAFS

If you don't know about *Married At First Sight*, one: why not? Two: the clue is in the title! In the US, the show has a 16 per cent success rate for couples who "marry" (it's not legally binding) after meeting just once, while the UK version sits at a not-too-shabby 13 per cent. The franchise's biggest success story is *MAFS UK*'s Adam Aveling and Tayah Victoria, who welcomed daughter Beau in 2022.



53%
SUCCESS
RATE

Did Big Ed
find big love?

90 Day Fiancé

Featuring contestants with names such as Big Ed and Babylove, this show follows long-distance couples as they pursue fiancé visas. The US version boasts a 49 per cent success rate, with the UK smashing it at 53 per cent. One of the UK's most popular couples is Louise and Colombian musician Jose, who declared his feelings for the single mum with a song titled *I Love You Chicken*.



Ex On The Beach

Ex On The Beach UK shockingly finds itself nestled in the top ten most successful dating shows, with their relationship success sitting at ten per cent. Out of the 243 attractive singletons who have strutted their way onto the beach, there's around 12 couples who are still together. If you can't find love with your own ex, it turns out you can always find a happy ending with someone else's...

10%
SUCCESS
RATE



Exy
beaches

More than
one here

6%
SUCCESS
RATE

Are You The One?

This US dating show sees a gaggle of hotties shackled up in a villa together for ten weeks, during which they try to find love by competing in tasks to win dates with each other. There's also the added incentive of up to \$1million in prize money. But it isn't just the winners who take it all – season two's Jenni Knapmiller and Curtis Hadzicki found love together, despite being matched with other people.



One love: Jenni
and Curtis

Alex and Brennan
did this...

10%
SUCCESS
RATE



...And made
this!

Love Is Blind

Let's hope the new UK version lives up to its US counterpart. Turns out, falling in love with people's personalities, as opposed to their looks, does work out. The show's had several success stories, resulting in more than one *Love Is Blind* baby. In fact, season three's Alexa and Brennon Lemieux proved critics wrong after finding love in the pods, now preparing to become first-time parents!

The Bachelor

Tied with *Love Island*'s seven per cent success rate, this (slightly one-sided) US power-franchise knows what it's doing when it comes to romance. Involving one bachelor, many gorgeous girls, and far too many roses to count, the show follows the eligible singleton as they whittle down The One. Think dating apps, but in real life.

7%
SUCCESS
RATE

Swipe right!



Emma and Matt
Willis: playing a
blinder

LOVE IS BLIND HITS BLIGHTY

Get us in the pods, we're looking for love

Love Is Blind UK is finally here, with Matt and Emma Willis bringing a group of unlucky-in-love Brits into the pods to test whether looks really do matter after all. *heat* caught up with US contestant Danielle Ruhl, 30 – who married (and divorced) Nick Thompson after meeting on the show in 2021 – to get an insight into what really goes on behind the scenes.

Opening up about her experience, Danielle tells us, "There are dates that last eight hours towards the end of the pod stage, and the producers encourage you not to put all your eggs in one basket. They want you to develop friendships with the men who are going to be progressing." Getting to

know each other with absolutely no clue of appearances, the couples only meet face-to-face after proposing in the pods – with the first glimpse not always going smoothly. Danielle says, "One thing that's not talked about is the first meeting is very, very awkward. I was shaking. In the pods, the cameras were pretty hidden. But this time, there was a whole runway of lights and flashing cameras. When Nick got down on one knee, I didn't even see it."

And as our top datingshows prove, there's always a chance for romance. Looking at the most successful shows, *Love Is Blind* does rank higher than those where matchmaking is based on looks. Here's to a series full of love! ■



Danielle and Nick:
not seeing each
other any more

A load
of arse



Adultery Island
doesn't really
have the same
ring to it

6%
SUCCESS
RATE

Temptation Island

Does exactly what it says on the tin, *Temptation Island* sees couples hit a crossroads as they give single life a try. It certainly creates quite a few tears, but with six per cent success, it's the kick up the butt some couples need to commit.

7%
SUCCESS
RATE

Jamie and
Camilla: their
type on paper



Love Island UK

From Alex and Olivia Bowen to Camilla Thurlow and Jamie Jewitt, *Love Island* can get it right. Yes, we've had some horrible break-ups over the years (Ekin-Su and Davide, we're looking at you), but we've also witnessed real life love stories unfold before our very eyes. Since airing in 2015, around 13 couples are still going strong – with a dozen *Love Island* babies now in the mix.



The Thurlow-
Jewitt household
is a busy one

1%
SUCCESS
RATE

Naked Attraction

Judging people's naughty bits doesn't often lead to love and, sadly despite the Channel 4 dating show dealing with its full back-and-frontal nudity with admirable maturity, out of around 700 contestants, only two are still in a relationship together. Balls.