

We all know that when we look good, we feel good.

But did you know it can also affect potential relationships?

Other people are naturally drawn to someone who radiates confidence and it's more likely they'll find them attractive. Looking the part AND feeling comfortable in your own attire is the key to success.

So here are some top tips to help you get that 'wow' factor when meeting someone for the first (and, hopefully, the second and third...) time.

1. First Impressions Last

It's not fair but we are programmed to make judgements about other people in seconds, based mainly on the way they dress and their body language. What do your clothes say about you? A shoddy appearance will be interpreted as slap-dash and a lack of respect for the person you're meeting. Your clothes should represent your qualities, so dress for how you want to be perceived.

2. Adore Yourself - The Inner You

Be true to yourself: don't submerge your natural personality in clothes that don't suit. Confidence is attractive and it comes from matching the internal person with the external appearance. Allow the real you to show through and be proud of yourself.

3. Be Comfortable

Never wear a brand new outfit or shoes for a first date. Try it on, even if you have to wear it around the house, to make sure it's comfortable, fits properly, doesn't gape, you can walk without blisters etc. If you don't need to think about your clothes, it's one less thing to worry about. You can then concentrate on your date and give them your full attention.

I really believe that ANYONE can look fantastic. Follow these simple tips and you're most of the way there.

Want some personal help?

Call me for details of RSVP's image coaching.



Sue

4. Somewhere Over The Rainbow

Wearing the right colours can enhance your complexion and make you look healthy and radiant. Warm skins, those that are olive or tan easily, look great in yellow, brown or gold undertones while cool skins, those that are pink and burn in the sun, look better in blue or pink.

5. Psychologically speaking

Blue is a great colour to choose if you want to communicate well. Red symbolises power and drama, violet represents intellect and luxury, yellow and orange equal fun and friendliness while brown and green are the earthy, trustworthy colours. Be careful not to overdo the bright colours – you don't want to look like you've been 'tango'd'.

6. Lumps and Bumps?

If you don't have the physique of an Adonis, hide any contours with fabrics that have some drape. A tight, cotton shirt gaping over a beer belly is less than attractive! Dark colours in matt fabrics will slim while light or bright colours will expand the area. If you have a great body, show it off. Don't hide it under oversized sweaters.

7. Mix and Match

As a rule of thumb:

- ♥ belts should match your shoes
- ♥ socks can match your trousers or your shoes
- ♥ ties, if patterned, should pick up the colour of your shirt
- ♥ shirts with a straight hemline should be worn outside your trousers

8. Be Appropriate

Take into account the kind of date you're going on. The same outfit wouldn't be appropriate for the cinema and a top class restaurant, so choose according to the venue and the activity.

9. Image Breakers

Don't undo all your hard work by letting yourself down by any of the following:

- ♥ Lack of grooming - check for unsightly nose or ear hairs, trim eyebrows if necessary.
- ♥ Distracting habits
- ♥ Over powering aftershave
- ♥ Constantly talking without listening
- ♥ Not switching off your mobile

10. Don't be dated on your date!

When was the last time you changed your specs, your shoes, your jeans? You don't have to be trendy but you do need to look youthful and modern. Dated clothes scream 'old'.

11. Look like you've made an effort!

Whilst it may be tempting to think that your prospective date will have to see you in your gardening gear at some stage, the first date is *not* the time to give it an airing. Ladies habitually put a lot of time and trouble into the way they look; and they're looking for their men to do the same. Meet or exceed their expectations and you're onto a winner straight away.

Follow these simple tips and I challenge you not to feel attractive. And if you feel attractive, you'll be attractive to others.

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