

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

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*SUE*



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. Buttoned-up clothes can incarcerate a "free-spirit". Use accessories to add your own unique touches. You may have the body to wear mini skirts and thigh length boots but if you're not comfortable, it will definitely show. 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 in your high heels, 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.

### 4. Mirror, Mirror on the Wall

Dress for your shape. If you have curves, make the most of them by wearing fabrics that drape and skim. An angular body needs stiffer fabrics to do it full justice. Remember, no body shape is better than another. All bodies can look fantastic if dressed correctly. No more "does my bum look big in this"?

### 5. Build a Secure Foundation

The wrong underwear can ruin an outfit instantly. Spend time and money on selecting the right size and style. Bras in lacy fabrics worn under a T shirt or a sheer blouse add lots of bulk so make sure you choose the correct style for your outfit. VPL (visible panty lines) are a real no-no. Larger tums or bums can benefit from knickers that "hold you in" to create a sexy outline.

### 6. Somewhere Over The Rainbow

Forget the botox! Wearing the right colours can enhance your complexion far more than any makeup. Warm skins look great in yellow, brown or gold undertones while cool skins look better in blue, pink and silver.

### 7. 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. Black can be sophisticated but also 'safe' so try adding some colour to perk it up.

### 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. Retail Therapy – spend your money wisely

Don't waste money. We wear 20% of our wardrobe 80% of the time, yet we still have nothing to wear! When buying new garments, make sure they will go with at least 3 other things you already own. Don't panic buy – see what you own already and ring the changes with accessories.

### 10. Image Breakers

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

- ♥ Lack of grooming
- ♥ Lipstick on your teeth
- ♥ Distracting habits
- ♥ Jangly jewellery
- ♥ Overpowering perfume
- ♥ Constantly talking without listening
- ♥ Not switching off your mobile

### 11. Think Gorgeous, Be Gorgeous

Follow the guidelines, make the most of your natural assets and have fun! If he's not the right one, there are plenty more fish in the sea just waiting to adore you!

*Sue*

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