

THE GLAMOUR DATING MANUAL

We've got all the information – from how to dress to good body language – to turn you into a dating dynamo!

BODY TALKING

Learn the right body language and you won't have to do too much talking, says communications strategist John French.

THE NO-WORDS WAY TO TELL IF HE'S INTERESTED

- 1 **EYE CONTACT** Flirting is definitely a contact sport but it begins with the eyes. If he's looking at you, it means that he's singled you out.
- 2 **PREENING** He'll pull in his stomach, puff up his chest and stand taller. Like a peacock, he's trying to impress!
- 3 **MOVING IN** Man is a predator! When he starts to move physically closer, you know he's earmarked you in his hunt for a mate.

- 4 **NERVES** Watch out for signs of nerves, clumsiness or even silly cheesiness, (like those pathetic pick-up lines). Shyness and self-consciousness are often the nervous results of attraction.
- 5 **THE SMILE** It says, 'I like you and want to win you over'.

THE NO-WORDS WAY TO TELL HIM, 'I THINK YOU'RE HOT!'

- 1 **FLIRT WITH YOUR EYES AND SMILE** The eyes are the focal point of your face. Use them to capture, allure and entice.
- 2 **PLAY WITH YOUR BODY** Fondle your necklace or earrings while making suggestive eye contact. Drawing attention to your lips will make them seem extra kissable. Bite them gently during appropriate moments in the conversation while gazing

- into his eyes. Playing with your hair is extremely sexual, too. If you start playing with your heels, allowing them to slip on and off your feet, you'll really raise the temperature!
- 3 **BECOME PRIMAL** The flirting game is the closest we sophisticated human beings get to being our natural animalistic selves. Instinct takes over and we reconnect with our bodies, so don't be scared to feel feline. Arch your back a little. It'll drive him wild.
- 4 **TEASE HIM** Let him into your space and then gently pull back. Men love the chase – the promise of something more.
- 5 **MIRROR, MIRROR** This is what separates good flirts from great flirts. Nothing bonds more quickly than mirroring body language. If he leans forward to tell you something, lean in to meet him. Psychologists call this a 'gestural dance'. Get boogying!

