

DATING STYLE 101

By Giovanni Amenta
Pink and Grey Image Consulting

WOMEN - in order to know what to wear it's important to delve into the male mind. Since the beginning of time man has been the hunter, the protector and the muscle. Knowing this it only makes sense that men are attracted to a woman that makes him feel like a manly man. So to show up in hunting vest and cargo pants may not be your best move. You want to look as feminine and approachable as possible with just the right mix of virgin and whore.

Some examples of feminine and approachable clothes are draping fabrics, cottons and soft to the touch fabrics such as angora or cashmere. Details such as ruffles or bows are also very feminine. Approachable colors are pink, any pastel color, Aqua blue, purple (keep in mind purple is a very sexual color as well, wink) Strong colors like bright red or yellow can overpower your date and be a bit intimidating. However, remember the cardinal rule "any color is a bad color if it looks bad on you!"

As for how much skin to show, well you want to be alluring without being slutty. A good rule of thumb is to only show one area of skin and choose wisely. If you have a great chest wear a low cut V neck (not too low ladies. don't give away the farm); and if you show your cleavage than make sure everything else is covered up. Or if you have great legs show them off and make sure you are wearing a turtleneck or long sleeved shirt that covers up our upper body.

Make sure that you also don't overdress or under dress for the occasion. If you overdress you will stand out like a prom queen at McDonalds and if you under dress your date will assume you didn't really care enough to put any effort into your meeting. This situation calls for dressy casual. A nice wrap dress, or pants with a nice blouse or wrap top, a dark wash denim and ruffled top with heels. Basically think what do the girls on Sex in The City wear for their infamous lunches?

Finally and this should go without saying make sure that your clothes fit you well, they should contour your figure and lightly skim your silhouette. If it's too tight you will look like a stuffed sausage with muffin tops for dessert and if it's too loose you will look boxy not foxy!

As for makeup don't go too heavy since you will be sitting very close to your date and they will see if you have caked on the foundation and go for a fresh and feminine look don't do smoky eyes or anything too dramatic. To top it all off make sure you wear your hair down, men love hair! If you do wear it up make sure that if the date is going well at some point you take it down and shake it out, it will drive him INSANE!

Now for the MEN. Men have a few less choices than women and there are some steadfast rules. You want to look clean, well manicured yet masculine. Whether they admit it or not women want a protector, a man who will make them feel like a lady. As trendy as being metro sexual is you do not want your date to think you are gay...well unless you are a gay man and your date is

with a man but that's a whole different article. A pink scarf and spandex denim with snake skin Prada shoes could be a bit of a red flag for your lady friend.

You want to look masculine and touchable. A nice pair of straight leg or boot cut jeans with a casual blazer, vest or cardigan over a well fitting T shirt is an ideal first date outfit. A collared, button up dress shirt that has been tailored to fit you well (ask for darts in the back to take out the bulk in the midsection) tucked into dress pants or khakis are also a great option. Remember to choose more casual fabrics such as cotton, you do not want to look too dressy and you still want to look like you care.

Hygiene is HUGE for women; most women want a man that looks like he cleans on a regular basis. Check to make sure that your teeth are brushed and flossed, your breath is fresh, your nails and fingers are clean and free of car oil or dirt, you are wearing deodorant, and that your hair has been shampooed and conditioned, its not one or the other here guys. Be sure to shave or if you are going for the stubble look shave the neck and trim down the stubble. Finally if you want to put a spritz of fragrance or small pat of aftershave make sure that it is exactly that 1 spritz or a SMALL pat of aftershave. Nothing turns a girl off more than a man who smells like a high school dance. The person at the table next to you will appreciate it as well.

Perhaps the most important thing to wear on your date for both men and women is confidence! That's right, nothing is sexier than self-confidence. They are lucky to be on a date with you and if they can't see that then they are soooo unworthy. Remember you never have a second chance to make a first impression, so make it a good one! Either way if your date is a total hottie then thank goodness you look your best and if they are a dreary bore wouldn't it be a blow to the ego if they rejected you because of how you were dressed!!

Giovanni Amenta is the principal of Pink and Grey style & image consulting. For more info, see <http://www.pinkandgrey.ca>.