

# Dressing to Date



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## What Makes Women Sexy, According to Men

So you catch your guy watching "Baywatch" or thumbing through a Victoria's Secret catalog and you think that buxom, scantily-clad women are the only ones who can turn men's heads, right? Wrong. Yes, they'll look - just like you'd probably look if a handsome, well-built guy passed by you - but there are plenty of other things that can garner a man's attention, according to [a recent survey from Redbook magazine](#).

Here's what men find sexy:

### **79% of men want a peek at your cleavage.**

*"I love a low-cut dress ... and the lack of it."*

--Mike, 40, New York City

Wow! No surprise there. A low cut top can be as effective as Kryptonite in turning a strong, intelligent man into a babbling fool. But it can also turn some guys into leering, presumptuous jerks, so you have to be careful when and where you wear them.

If you feel comfortable wearing a daring décolletage (not everyone does), surprise your guy by wearing one for a romantic date, for his birthday, or some other special occasion. I did this for our anniversary just last week, and Robert's gaze kept straying to my bustline all during dinner (as did the waiter's, the busboy's, and the other men sitting around us, which is why I don't wear this style very often). It also filled his head with all sorts of ideas, which made for a VERY interesting evening once we got home.



[MetroStyle.com](http://MetroStyle.com)

When should you NOT show your cleavage? At work or at work-related functions. You want your co-workers to focus on your ideas, not your breasts. I'd also hold off on first and second dates (or more, until you feel safe and comfortable with the guy), and at church or religious celebrations. You might even forgo this style at family events to avoid snide or disapproving remarks from relatives.

### **72% of men want to cuddle up with a cozy-sweater girl.**

*"Fabrics that look soft to the touch make a woman look sexy."*

--Judd, 30, Brooklyn, NY

## The Best of the Clothing Chronicles: Dressing to Date

Form-fitting sweaters have been popular since Lana Turner made them sexy in the late 1930's. Opt for styles that lovingly hug your curves, not too tight, not hanging off.

Skip the bulky, scratchy knits and try short sleeve silk sweaters in warm weather, lush angora and cashmere (if you're not allergic) when it's cold. Remember, TOUCHABLE is the key factor. If you don't like how it feels against your skin, neither will he.



[JessicaLondon.com](http://JessicaLondon.com)

### **56% of men love your dress-down uniform: jeans and a white tank.**

*"You can't go wrong with a white tee and jeans."*

--Chad, 31, Brooklyn, NY

I laughed when I saw this one, because I happen to think guys look really sexy when they're either very dressed up, like in a tux, or very dressed down in a white t-shirt and jeans. Funny they should think the same about us!

But sloppy doesn't cut it. Both pieces have to fit well. Make sure the top is all white - no logos or tacky sayings - and the jeans are a simple, classic style. You want to call attention to the body IN the clothes, not the saying or decorations ON the clothes.



### **79% of men think a beachy sundress is hot.**

*"I like a lightweight dress that blows in the wind."*

--Barry, 27, Rochester, NY

Ask most men whether they prefer a woman in a dress or pants, and they'll almost always say a dress. Dresses are feminine and girly and when properly selected, can really show off the curves.

The key phrase here is "properly selected." Opt for styles that show off your best features, like your neck, waist, or legs, and that hide your not-so-great-features, like flabby arms or chunky thighs. White or dark colors hide perspiration, cotton and linen breathe and wick away moisture. Keep a few in your closet for the warm season and pair them with high or low heeled sandals (whichever you prefer) for a carefree summer look.

But don't wear a sundress to work unless you cover up the arms with a sweater or jacket. Beachwear is not business wear - unless you happen to work on the beach.



[Chadwicks.com](http://Chadwicks.com)

**64% of men would like to live *with* the girl next door.**

*"I'm into the kind of makeup that looks like it isn't there."*

--Bryan, 39, Richmond, VT

This is an interesting one. While the high-maintenance, high glamour "pin up girl" (Betty Grable, Marilyn Monroe, Pamela Anderson) has a long history in our society, the "girl next door" has also been there every step of the way. For every guy who has a "thing" for bright red lips or heavily made up eyes, there are two who prefer the natural look.

But that doesn't mean NO makeup. No makeup implies you don't care how you look, which doesn't fly with most guys. Most men prefer women to look polished but not fussy. So keep it simple and keep application time short, but DO even out the skin tone, powder the shiny spots, and brighten your eyes with a little mascara.



[JessicaLondon.com](http://JessicaLondon.com)

If you're not sure what your guy likes, just ask him. Or, if he makes a request about your makeup, honor it if you feel it's reasonable. Robert made it very clear early on in our relationship that the shiny, sticky lip gloss had to go. Since I liked his kisses more than I liked my lip gloss, I complied. I haven't worn it in years.

**67% of men are bewitched by bed-head.**

*"Bed-head makes girls look messy, but in a pretty way. Love it."*

--Travis, 28, Newfane, NY

I'm not so sure about this one. It got mixed reviews in my informal poll. Bed-head after a good romp? Sure! At work or at a party? Not so much.

But since all but one of the guys I spoke to prefer soft, bouncy, touchable hair to stiff, shellacked, won't-move-in-a-strong-wind hair, I'm thinking that's what they meant with this question. Long hair is the top choice ("You can really sink your hands into it," said several), but a few of the men I spoke to said they really didn't care about length so long as it looked healthy and was well groomed. Unnatural (or uncomplimentary) colors, severe or elaborate styling, and a brittle texture all got a "pass."



[MetroStyle.com](http://MetroStyle.com)

How does your hair stack up?

**60% of men go crazy for the snug fit of a pencil skirt.**

*"I love a skirt that hugs a woman's curves."*

--Dangelo, 35, Los Angeles

## The Best of the Clothing Chronicles: Dressing to Date

Pencil skirts have been around since the 1940's and have been popular ever since. The style follows the shape of a woman's body, drawing attention to the curves. No forgiving A-line, no anything-could-be-under-there trapeze, a pencil skirt clearly outlines the body it encases.

Which means, of course, that not everyone can wear it well.



[MetroStyle.com](http://MetroStyle.com)

It's best suited to curvy figures with a small waist, rounded hips, and flat tummy. Add a wide belt to emphasize the small waist, or pair it with a touchable sweater for a truly enticing look. You'll be amazed at how much attention you'll generate.

Now I know what some of you are thinking: don't live your life to please a man!

I agree with you. But I also know that gathering intelligence on the other half of the population gives you an advantage in dealing with them, both in work and romance. You'll know what to stay away from in the workplace to avoid inappropriate remarks or suggestions, and what to focus on in relationships to garner, hold, or rekindle a guy's attention.

Age doesn't matter. Neither does size. [If you take some time to look sexy](#), you'll feel sexy and you'll project that. Self-confidence is alluring, and for many men, even sexier than lingerie (which, by the way, didn't make this list). So use this intel to your advantage.



## Secrets of Physical Attraction

Ever been instantly physically attracted to someone? Ever wondered why this chemistry happens with some and not others? Ever wondered what you can do to make others have a physical attraction to *you*?

It's easier than you think.

In fact, with just a little effort, you can literally be "beating them off with a stick." You don't have to be drop dead gorgeous, you don't have to be a size six. But you **do** need to remember that how you package yourself *is* important, because when others first see you, all they have to go on is the physical.

With that in mind, here's how to create physical attraction whatever your age, shape, or size:



- **Smile**

The shortest distance between two people is a smile. It doesn't cost anything, and it's universally understood. Happy babies and puppies always make friends easily. So do smiling people. Remember that.

- **Use Your Eyes**

The eyes are "the windows to the soul" because you can reveal so much with just a glance. Let your gaze linger. Look away, then look back. Glance out of the corner of your eye. Lower your gaze. Flirt. You can say so much without saying a word.

- **Move Deliberately**

[Walk with grace and purpose](#). Slide into your seat. Gently prop your head on your hand. Listen with interest when others speak. Move like a panther – never shuffle about like a bum.

- **Play With Your Props**

Draw attention to your best features by touching them "absently." Toy with your hair. Finger your necklace. Rotate a bracelet. Re-cross your legs. People will look where you tell them to look with your body language. Always point them to your best parts.

## The Best of the Clothing Chronicles: Dressing to Date

- **Dress Demurely**

[Wear clothes that fit properly](#) and modestly showcase your assets. Don't show too much, don't blind 'em with flesh. Make them wonder what you're hiding and make them work to see more.

- **Groom Impeccably**

Keep your hairstyle current, your makeup flattering, your perfume discreet. Most guys prefer touchable hair and natural-looking makeup, so keep it simple and appropriate.

- **Speak Intelligently**

Want a smart man? Be a smart woman. Keep on top of current events. Don't gossip. Don't use foul language. [Develop a pleasing voice](#).

In short, be a lady.

Any woman can wear a short skirt and low-cut top and attract attention from any man with a pulse. But if you want to create chemistry, an instant physical attraction, try this subtle, mesmerizing approach instead. You'll attract a better-quality guy who will work harder to chase you.

Need some help in building a wardrobe that will help you create a [physical attraction](#) in others? Download a copy of *Wardrobe Magic* to see how easy attracting a quality guy can be.



## Are Looks Important in a Relationship?

From the "Can You Believe *This?*" Department:

I was surfing the 'Net the other day and came across a couple of stories that talked about the importance of looks in a relationship – in a way that made my jaw drop. Here's why:

### #1 You Risked It All for HER?

So a middle-aged man has an affair with one of his 20-something co-workers but calls it quits after just a few weeks. The girl gets ticked, sends a letter to his wife, and now the marriage is over and the man has been suspended. A sad – but all-too-familiar – tale, right?

Not exactly.

The male writers on [JustAGuyThing.com](http://JustAGuyThing.com) chastise the man for his actions. Not because he cheated. ..but because he cheated with an *ugly* woman! Is this *really* how men think?! That it's okay to cheat if she's hot, but not if she's *not*? What am I missing here (besides a Y-chromosome)?

What a scary look into the male mind! Learn from it what you can.



### #2 Only Beautiful People Allowed

[BeautifulPeople.com](http://BeautifulPeople.com) is a dating site for – what else? – beautiful people. But if you think you qualify and apply, you might want to check your ego at the submit button. Membership is determined by existing members of the opposite sex who have 48 hours to vote on your looks and decide if you're attractive enough to join them.

Me-ow!

Which countries have the most members? Sweden, Norway, and Brazil.

Which have the least? Russia, Poland, and Great Britain.

"Britain is stumbling because they don't spend as much time polishing up their appearance and they are letting themselves down on physical fitness," says BeautifulPeople.com managing director Greg Hodge in [this interview](#). "Next to Brazilian and Scandinavian beauties, British people just aren't as toned and glamorous."

Ouch!



## The Best of the Clothing Chronicles: Dressing to Date

Lesson learned? Dating is *vicious*! So if you're venturing forth into the dating world, be sure you know [how to dress](#), [how to flirt](#), and [how look beautiful](#). It will increase your chances for success.