

mxFlirt



Well red: Julie Offner is dressed for dating success at Manly Wharf Hotel.

Picture: CHRIS PAVLICH



Shady ladies

VANESSA SANTER brushes up on what to wear for hot kaleidoscopic dating

Girls might pretend to have thrown on an outfit without a care in the world, but few women don't agonise over their outfit for a first date.

Striking the delicate balance between elegant and sexy is right up there with other pre-mating conundrums such as avoiding getting food stuck between your teeth or rabbiting on about your frisbee hobby.

Personal stylist Robin Powis warns the colour of your outfit sends unconscious signals to your potential bf-to-be about your personality.

So what to wear? Powis advises wearing red, purple or orange on a romantic date for an exciting effect because these colours inspire eroticism, passion and sexual energy.

"If you want to come over as flirtatious or playful, wear pale yellow-based pinks and if you want the night to seem to go on forever, try deep blue-reds (cool reds). They distort perception of time," she says.

"For a more demure effect, light

blues and pinks will do the trick. Ink and cornflower blue when worn by women, tend to draw men closer and project warmth," she says.

COLOUR CODED

Powis interprets the best and worst colours to woo your lover (without him realising).

Red: An intense colour that makes the heart beat faster. It has an arousing, stimulating, exciting effect.

Coral/pink: Not as dramatic as red. It's more feminine and romantic and projects love and beauty.

Yellow: A great warm, happy colour that exudes optimism and idealism. It sets the spirits rising and, like red, creates excitement. But it is difficult to find a yellow that suits you.

Blue: Perfect for a blind date. It's a bit more cautious and safe and it brings out trust and honesty.

Navy blue: Not as powerful as black. Men would tend to treat you affectionately if you wore a light blue.

If you wear navy, they're more likely to feel intimidated.

Green: A great colour for conveying a spiritual feeling and it's obviously an environmental colour. It's also a soothing, relaxing colour.

White: Good on a summer date for freshness and innocence. But you have to know whether it suits you and be careful that it's not too blinding – you don't want to look clinical.

Purple: Not the colour of sexual frustration (that's an school-yard myth). Purple is actually great for conveying a mixture of passion and elegance.

It can be spiritual and romantic and regal all at the same time. Oh, and men tend to like it.

Orange: Like yellow, it's hard to wear, but if you can pull it off, this colour is loaded. You will exude warmth and vitality.

It promotes the appetite and gets people talking – great for dinner dates – and it stimulates the sex organs, which could be good if you like your

date (have a black jacket or wrap you can hide under in case it turns out you don't fancy him at all).

Black: Don't be fooled into thinking black is a safe bet for a date. You might feel all comfy but the message you send is that you're just one of the crowd.

Black is so overdone – everyone wears it. Plus it dominates and drowns you out.

Black is also the hardest shade to wear. It's generally better on cooler tones, so if you do choose to wear it, show some skin, wear a bright lipstick or add another colour with something like a scarf to break it up.

Brown: Not an offending colour, but it's not a standout. If you do wear it, go for lighter or terracotta shades, rather than a dull brown.

On the, er, brighter side, people associate brown with being earthy and wholesome and it stimulates appetite.

■ Visit: www.definingstyle.com.au

Oh, man

■ For a first date, aqua and navy blue are safe bets for a man. He could also get away with jade. These are universal colours that suit most, if not all, men.

■ For instant attraction, pink or purple – suggesting a sensitive side – are highly recommended. If these are too much, a watermelon red is a more conservative option.

■ The biggest mistake men make is putting together too many patterns and colours. Never wear more than two patterns at once.

Boys will be boys

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