

# Expert Dating Advice: Flirting for Fun



By [Whitney Johnson](#)

On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their best [dating advice](#) on flirting for fun. Find out how you can flirt as a women over 40 with the two dating tips below!

## Expert Dating Advice to Help Women Flirt for Fun

**1. Follow the "yes and" rule:** Here, we're taking a cue from improv comedy classes. Men like to banter and play, so by following the "yes and" rule, you accept what he's doing (yes)

and add to it (and). “Take his joking and continue to roll with it,” Dixon says. “This playfulness creates a sense of equality. In essence, you’re becoming partners with play.”

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**2. Use your senses:** Focus on your five senses: sight, smell, touch, taste, and sound. For example, use your eyes to stare at someone a little longer than normal and get their attention. If a man comments on your perfume, take his hand, spray a bit on his wrist, and say something like, “Now, you can think of me all day.” Touch him on his chest as a flirty way to tell him you like him. To use your sense of taste, share an appetizer or even feed each other. If you’re planning on kissing him, use a lipgloss with a subtle flavor. Lastly, soften your voice and slow down in your speaking to draw him in. “All of these senses are beautiful,” adds Dixon.

**Related Link:** [Expert Dating Advice: 5 Things Men Find Beautiful in a Woman](#)

Most importantly, as Dixon says, “There are all kinds of ways that you can flirt and tease and be playful.” Have fun with it!

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