

# Dating Advice: How to Be More Desirable



By [Rachel Sparks](#)

In this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to sensuality coach Patty Contenta about how to be more desirable! Watch the video above and read the article below for some feel-good tips to improve your dating life!

## Dating Advice to Help You Feel and Look More Desirable!

**1. Own your desire:** "For women, there is shame attached to owning your desire," Contenta says. "Be okay with owning and

showing it.” When you become more aware and attached to your desires and sensuality, a creative fire ignites in you. You become more engaged with the present world around you. This helps you enjoy life more, but it also makes you much more attractive to others. The first part of being desirable is connecting with that desire in yourself.

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**2. Express sensuality:** Once you own your desire, what are the different ways to express it? Contenta says there are two: the ability to elevate your senses at any moment and to manage your sexual energies. “Pleasure,” Contenta says, “is in the moment that you’re in and engaging the senses fully.” If you want to become more aware of each moment, engage as many senses as possible. This is true for any partner as well. It’s a huge turn-on to use all five senses.

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**3. Transition into feminine energy:** There are two primary sexual energies: masculine and feminine. Masculinity often empowers forward movement, motivation, and power. Femininity, on the other hand, embodies emotions and reciprocity. “In our results-driven society,” Contenta says, “We all engage in masculine energy. But to become more desirable, transition into feminine energy using non-verbal, physical cues.” Think about your body and how much space it takes up. Men stand wider, and when women want to emit power they use body language that takes up more space. Feminine energy, which is softer, connects the inner thighs. When you walk, squeeze your inner thighs together to encourage more curves and a sultry stance. When you move to point to something, caress yourself instead of just pointing. Show that you love yourself and desire will follow, both from you and observers.

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