

Cameron Diaz Says Women 'Want to Be Objectified'



By Jennifer Ross

Cameron Diaz knows people may idolize her physical features and she's not bothered by it. Actually, she likes it and has no doubt other women believe the same. Diaz, 40, recently told U.K.'s [Sunday Times](#) that she believes all women want to be objectified. "There's a little part of you at all times that hopes to be somewhat objectified, and I think it's healthy." Even when the Hollywood actress is asked to strip down to her underwear for a photo shoot, as she did recently for the Terry Richardson spread in the November issue of *Esquire* UK, Diaz is confident and sure of herself. "[The stylists are] like, 'Today we're not going to put anything other than bras and heels on you, and I'm like, 'These heels are not high enough.' Cameron knows her level of self confidence didn't just happen overnight. "I'm a woman, I know how to handle myself."

What are three ways to pamper yourself before a date?

Cupid's Advice:

There are times when we need to feel beautiful, such as before a date. Sometimes, that doesn't happen naturally and takes a little effort. A great pick-me-up is to focus the pampering on one of your best features, whether they are your eyes, smile, legs, etc. With a little time before you date, here are a few wonderful ideas to get you feeling gorgeous and ready:

1. Waxing: To help accentuate your beautiful eyes or legs, head over to your favorite salon and get your eyebrows and/or legs waxed. Having your eyebrow arch professionally perfected will take little time, leaving your gorgeous eyes framed beautifully; while waxing your legs will leave them feeling silky smooth to the touch. Your potential partner won't be able to take his eyes off of you.

2. Mani/Pedi: If shoes are your favorite item to wear or you speak with your hands, a professional manicure and/or pedicure is a must have. Beautifully polished toenails will compliment your favorite high heel, giving you an extra kick in your step. Also, manicure hands can give you confidence to express yourself with them. Should your companion want to hold your hand, they will be soft and ready for connection.

3. Blow-out: One of the best ways to love yourself is to have your hair blown-out and looking flawlessly beautiful. Because your companion will be looking at you throughout the date, having gorgeous locks fresh from the salon will make him want to get closer and touch your hair.

How do you pamper yourself before a date? Tell us below.