

# Dating Advice: A Summer of Love



By Melanie Mar

Are you wondering how you can find [love](#) this summer? Here's a list of things you can do *now* to get ready for a summer romance.

First, consider your lifestyle. Wintertime is synonymous with wrapping up in layers of clothes and eating hearty meals. While that may be comforting during the dark, cold days, it can also create complacency in your healthy living and add some extra-unwanted weight. But now, spring has sprung, and it's time to refocus on your well being. So take a look at your eating habits, write in a food journal to help you clearly see where you can make some healthy changes and give

yourself an attainable goal. When you look good, you feel good and ooze confidence, which is very attractive. Plus, men are visual; they initially pick who they want to date with their eyes.

**Related Link:** [How to Approach a Spring Fling](#)

Next, add exercise into your daily routine. Now would be a fine time to enroll in a fitness class or purchase a gym membership. Rather than look at this step as a chore, think of it as fun and a great place to flirt with some very fit men. If money constraints are an issue, lace up your tennis shoes and go for a hike or even just a walk around your neighborhood. Again, make it a joy by saying hello to prospective, single gentlemen. Another great and easy way to get your body bikini-ready is to simply purchase a workout DVD. Whatever you do, make it a routine and truly incorporate it into your lifestyle.

Once your body starts to transform, you will have a great excuse to go shopping for a new dress for a first date. It doesn't need to be a major investment, as there are plenty of outlet and retail discount stores, like Nordstrom Rack and Off 5th, where you can find great bargains and still look fabulous. It's important to decide what your favorite features are and choose clothing to enhance your best bits and detract from the parts that make you feel insecure. If you're overwhelmed, a friendly salesperson can help you. Don't put everything on display, as this may send the wrong signal to a potential mate. Be subtle in your sexiness.

With your new body and new clothes, it's now time to get a new haircut and/or color – nothing has a greater ability to make you feel more vibrant! Start tearing out photographs of celebrity hairstyles that you like. There are websites, like [InStyle](#), where you can upload a picture of your face and see what the styles will look like on you. It's a terrific way to

try before you buy. Then, pop into your local department store and get a free makeover from one of the beauty vendors. They will teach you how to apply your makeup and show you all of the latest colors and tricks.

**Related Link:** [Spring Cleaning: 5 Signs It's Time to De-Clutter Your Love Life](#)

And finally, the most important thing you need when getting ready for new love is what I call a “clear head, clear heart.” If you have any residual emotional issues from a previous relationship, you cannot possibly expect to present yourself to others with the openness needed to be viewed as available and seriously wanting to date. Make a conscious effort to move forward. Leave the past behind and look to the future with fresh eyes. There’s a summer romance waiting for you. Put your best foot forward and go get it!

*For more information about Melanie Mar, click [here](#). Melanie is a relationship and life coach, as well as co-owner of the Millionaire’s Club International Matchmaking Agency for the U.K. and Europe. She is certified by the WANT Institute in Androgynous Semantic Realignment and a Transaction Analysis practitioner certified by the United States America Transaction Analysis Association. You can also visit her [Facebook page](#) or [www.melaniemar.com](http://www.melaniemar.com).*