

# Dating Advice: Fearless Flirting Formula



By [Rachel Sparks](#)

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

## Dating Advice to Help You Flirt Fearlessly!

Related Link: [Dating Advice: How to Be More Desirable](#)

**1. Chemistry through charisma:** Successful flirting is all about creating chemistry between you and someone else. A lot of times, flirting is intimidating because it may encourage unwanted sexual attention. “We all want to be respected for our minds and not our bodies,” Contenta admits. Charisma, or the ability to verbally connect with someone, is a fun way to boost both your confidence and that of the person on the receiving end.

The foundation of charisma is ACES. A: appreciation, C: commonalities, E: elevation, S: self-expression. When you appreciate a specific detail about someone, you show that you both pay attention and admire a trait about them. Sharing something in common is the foundation of any relationship, friendly or romantic. To be able to elevate the mood means that people will naturally want to be around you, so break out your sense of humor or share what you love about the present moment. And always, be yourself. When you bring your true self to a conversation and express your quirks, people are more likely to find you charming.

**Related Link:** [Dating Advice: How to Flirt with a Little Touch](#)

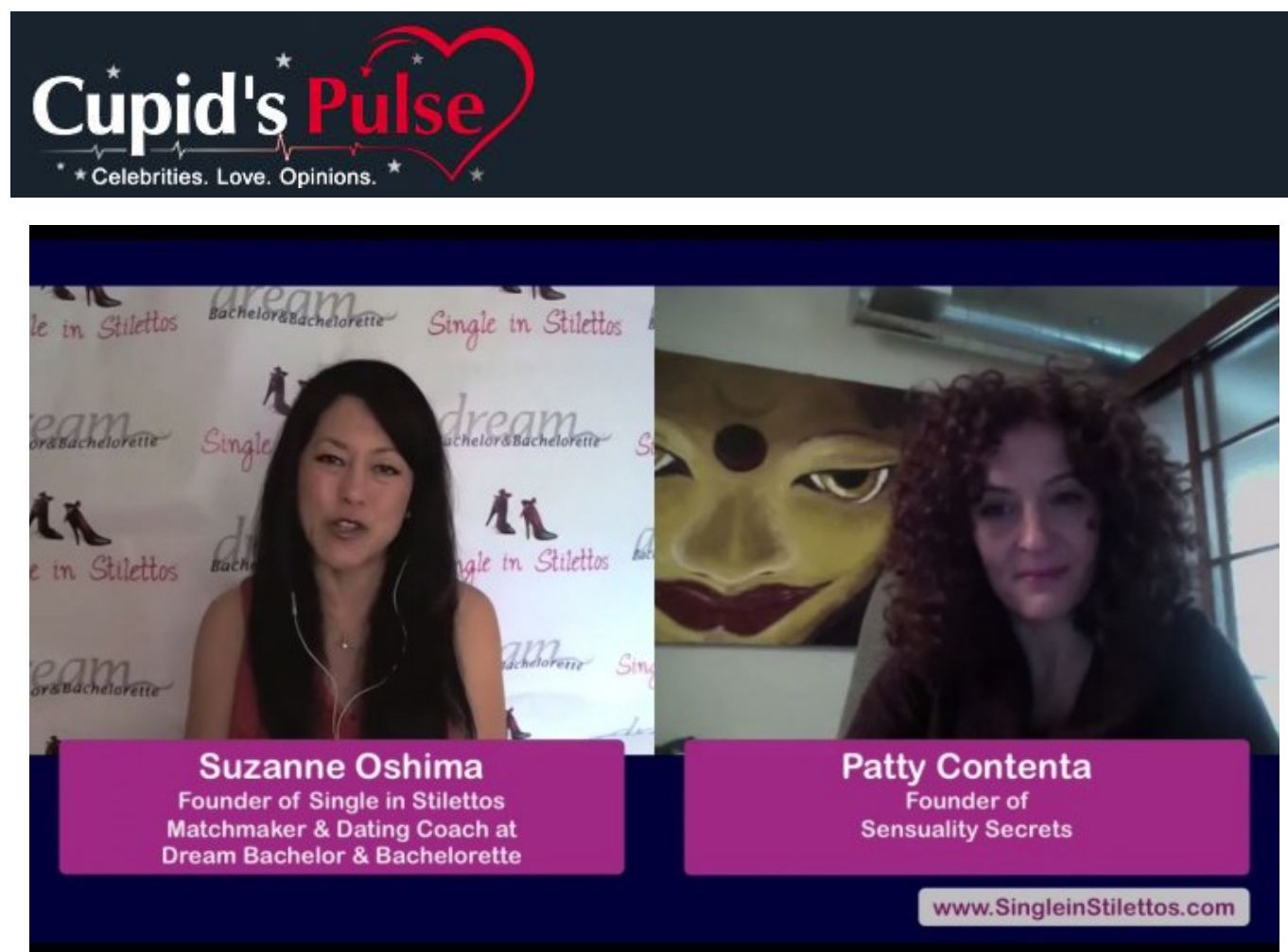
**2. Chemistry through sensuality:** Embrace your feminine energy ladies! If you feel connected with someone on an intellectual level, take it up a notch with your body language. Sensuality is physical expression, but it doesn't have to be risqué or involve touching. How you sit or lean into a conversation can show the other person you're interested and they will subconsciously lean in as well. Touching yourself, such as your hair, arms, or neck, opens up a new playing field for your person of interest. “Women need to take responsibility,” Contenta says. She mentions the #MeToo movement and says, “Men are becoming more careful about flirting and touching. Give him permission!”

*For more dating advice videos and additional information about the Single in Stilettoes shows, click [here](#).*

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## Dating Advice: How to Be More Desirable



By [Rachel Sparks](#)

In this week's Single in Stiletto [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.

**Related Link:** [Dating Advice: How to Flirt With a Little Touch](#)

**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.

**Related Link:** [Single in Stilettos Show: How to Flirt with a Man](#)

**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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## Dating Advice: How To Flirt With A Little Touch



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Matchmaker & Dating Coach at  
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In this week's [Single in Stiletto's](#) episode, founder and matchmaker Suzanne Oshima talks [dating advice](#) with Patty Contenta, founder of Sensuality Secrets, about how to get sensual with a little touch. Professional ballroom dancer turned relationship expert, Contenta adapted her smooth moves from the dance floor to the playground of dating to turn heads and even get an encore in the form of a date. "I was this really sultry, mysterious, alluring woman and I wondered if I could be this in everyday life and if that would help me in my dating scenario," Contenta says.

## Relationship Experts Talk Dating Advice On Flirting

**1. Touch any item on him you enjoy.** It can be his watch, tie, even the lapels on his jacket, Contenta says. Acknowledge these things and compliment them. Perhaps even get him to share the story behind these items. But touching rather than simply asking will leave an imprint.

**Related Link:** [Expert Dating Advice on How to Flirt With Men](#)

**2. Touch his extremities.** A great dating tip from Contenta: Extremities are a safe zone. His shoulder, arm, wrist, hand. The simple physical connection between your hands can calm him, make him feel comfortable, and it shows that you appreciate him and what he has to say.

**Related Link:** [Expert Dating Advice: Mastering the Nonverbal Cues of Flirting](#)

**3. Touch his lower back.** Touching a guy's lower back as you walk by is a great way to make him remember you. Contenta shares the dating advice that the higher back is safer than the lower, but this touch will come naturally as the chemistry develops.

**Related Link:** [Kris Jenner Gives Her Best Dating Advice](#)

For her best piece of dating and relationship advice, Contenta says: Eye contact, smiling, self touch. "I'm here, I'm

present, I'm in my feminine, and I'm with you," she adds.

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**Have a tip on how to flirt with a little touch? Share your experience in the comments below!**

## Single in Stilettos Show: How to Flirt with a Man



Are you wondering how to flirt with your cute co-worker at your company's holiday party? If so, look no further than this week's [Single in Stilettos](#) show! Suzanne Oshima talks with Patty Contenta, sensuality expert and founder of Sensuality Secrets. Learn how to attract a man through natural confidence with these great flirting tips.

For more information about Single in Stilettos shows, click [here](#).

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**What is your go-to flirting move? Tell us in the comments below!**