

HOW TO LOOK IRRESISTABLE TO WOMEN



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An

Attract and Seduce

Publication

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How To Look Irresistible To Women

The Question

I was asked the following question by a friend of mine recently; How can I make myself more attractive to women?

The question is easier to answer if you are willing to take some small steps to change yourself. And yes we have all heard the phrase “You can’t judge a book by its cover” and while this is in essence true you should also ask yourself “why publishers spend a considerable amount of time and money on getting the cover right?”

Lets face it looks count for something. Not only that but when you are looking to pick up a girl or woman aren't you initially doing so purely on looks? After all you know nothing of her personality until you have spent some time with her.

The same is true of women. Their initial interest in you is based on your looks and the way you interact with those around you, the way you walk, the way you talk and how you acknowledge them.

So in reality first impressions really do count.

It is true that within the pick-up community you are taught to ignore the way you look (the cover) and to concentrate on the personality (the text). The reason this is done is that many of the guys that want to learn how to pull are not naturally good looking.

To compensate for their lack of good looks we concentrate on making their personality stand out to attract women. And on its own it works pretty well.

Now think about this for a second.

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How about personality and good looks?

Well here are some steps you can take to achieve this double whammy.

Get a slight tan

First of all get a slight tan. Your options for this is get the tan naturally, use a sun bed or a GOOD spray tan. You don't want to over do it. However if you are going to get a spray tan get it done professionally – you certainly do not want to look orange.

You may wonder why a tan? Basically it is a health indicator to women. It is an in built attraction trigger from our hunter-gatherer past when the men would be out hunting in the open – getting a tan.

A pasty pale skin can be a turn off to many women.

Get your teeth whitened

Then get your teeth whitened. Go talk to your dentist and ask him what your options are. Apart from being more attractive, white teeth give the impression of good hygiene and creates the perception of good health.

Get rid of your bad breath

Bad breath can be a passion killer. Dating studies show that bad breath is amongst the three most unattractive traits in dating prospects...

Some of us unfortunately do suffer from this embarrassing problem and constantly have to deal with the stress and worry of offending others with our bad breath...

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This condition can lead to those suffering from this condition to experience low self esteem. Bad breath sufferers are also 60% more likely to suffer from stress than non-sufferers.

More worrying is the terrifyingly close link between bad breath, tooth decay and gum disease.

In order to get rid of their bad breath sufferers used a myriad of remedies to to get rid of their condition. These range from prescribed stomach pills, commercial bad breath remedies, mouthwashes, different toothpastes, fresh-breath sprays, mints, chewing gum, tongue scraping and a countless of old wives tale remedies.

Unfortunately many of these remedies only work for a small percentage of sufferers.

If you suffer from this condition and your dentist or doctor have not been able to help you get rid of this condition or you prefer a different approach you may want to check out "[Bad Breath Cure Revealed](#)". Their method may just get rid of your condition and get you back into the game.

Work out

You should, if you are not already doing so, start working out. What you are looking to achieve is a toned body! Women are programmed to be attracted to fit, healthy men and while many women are turned off by huge muscles practically all women prefer a toned man. Lose any excess fat you may have and work on toning your body if you aren't already toned.

Now because we are all different I've included a variety of links to sites that may help you loose weight and build muscles quickly. Browse some of them to see which of these programs may suit your needs best:

- [Fat Burning Furnace](#)
- [Burn The Fat Feed The Muscle](#)
- [Turbulence Training](#)

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- **The Adonis Effect**
- **Fat Loss 4 Idiots**

Loosing weight and toning up does require a certain level of commitment but it is worth the effort in the long run.

Let your posture and walk do the talking

Allow yourself to have a strong sense of identity. Know who you are without being too serious or protective over it. It all boils down to being comfortable in your own skin and the way you project this in everything you say and do.

Believe in yourself, and cultivate your own brand of self-confidence.

Project your self belief and confidence in the way you walk. Move with deliberate and focused actions.

Walk tall and stand with an upright posture. A bent or hunched posture may be interpreted as that of a defeated person or that of a unhealthy, ill person.

You don't need to puff out your chest to resemble an aspiring hard guy. Just relax your shoulders while standing straight and tall.

When you come in contact with a woman she automatically puts you on trial. She will be observing how you interact with those around you, the way you walk, the way you talk, how you acknowledge them, etc. All this data gets analyzed instantaneously and she will let you know whether you pass muster as a potential mate or not.

Women have an in-built scanner for assessing men as potential fathers for their children – even if they do not want children right now.

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Hygiene

Basic hygiene is a must. Take a bath or shower at least once a day. I hope that you already do this – after all in this day and age there is no reason to smell rather ripe. You don't want to reek of sweat when you go out to meet women.

Women like a man to be clean, presentable and most of all - smell nice.

You may want to use some men's health and skincare products. Try out some samples because not all products agree with all skin types. Hey! You could use this as an opportunity to meet and talk to girls. Go to a beauty counter at one of the department stores and ask the girls behind the counter for some advice. Ask for samples if possible until you know what you want.

There is nothing wrong in using men's health and skincare products nowadays.

After your bath or shower use an antiperspirant deodorant as well as cologne. Just don't use the stuff your father uses unless it is a refreshing modern fragrance.

Get a good brand of cologne. One thing to keep in mind about colognes is that they react differently to different skin types. A fragrance that smells good on one person can stink on another. Why not get a woman help you to find the right fragrance for you.

Just don't overdo it with the cologne. You don't want her to smell you before she sees you or that the smell is so overpowering that it causes her to sneeze.

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Clothing

Spend some money on good quality, with the emphasis on quality, clothing and make an effort to look your best at all times. It is all about creating a great first impression.

You don't have to wear all that high-end, trendy garb they advertise in Men's Vogue and GQ. Buy what regular guys wear: just look nice. And get yourself a manly wrist watch.

Good quality clothing, if chosen well, will last you for years. Apart from that they will fit better and because they fit better you will feel better and the girls will notice.

Make sure that your clothing fit well. If you are unsure on what to get or which colors suit you, get help. Get a friend or a style consultant to help you.

Colors are important but the wrong color coordination can be disastrous. Certain colors or shades do not go with certain skin colors.

You should get yourself different outfits for different occasions. You don't have to wear a shirt and tie to look smart. In fact I dislike ties and haven't worn one in years but that is entirely a personal taste. If you wear t-shirts or golf shirts make sure that they are not faded or look cheap.

Unless you are gardening or DIY don't wear torn or damaged clothing. Women won't go out with a slob.

You should, as a rule, never leave your home without being well dressed or well groomed.

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Grooming

Grooming is important. It shows that you care about yourself. Go to a modern barber or hair stylist and get a decent haircut in a style that suits you.

Go regularly; every six to eight weeks to keep your hair in style.

If you're going bald just shave it all off. The last thing you should try to do is hide the fact that you are going bald or receding. Don't wear a toupee or comb your hair over to hide your bald patch.

Going bald is only a problem if you make it a problem and by making it a problem you will only draw unnecessary attention to it. It will be viewed as a weakness on your part and the women I know do not like weakness in a man. Be proud of your bald head. Some women have a penchant for bald heads.

Currently beards are out of fashion. So if you have a beard shave it off. Alternatively keep it trimmed and looking good. The same goes for mustaches.

As a side note: the reason that beards and mustaches are out of fashion at the present has to do with advertising. The vested interests of shaving paraphernalia companies will continue to push their products via the ladies by telling them that they prefer a clean shaved man.

Shoes

You really don't have to wear designer clothing, but do make sure you have decent shoes or sneakers. While you may think that shoes don't really matter much or that women don't notice such things; you would be dead wrong.

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The old saying “shoes maketh the man” is another way of saying that you will be judged by the shoes you wear.

The first time a woman meets you she will first look at your shoes. She will be on the lookout for certain tell-tale signs regarding your character and your status.

This is very much what many men do as well upon meeting a woman; They look at their feet and hands to bank check whether they are cared for.

Most women I know are turned off by badly scuffed tattered old shoes. you don't have to wear polished dress shoes, but make sure they're cool and comfortable - and as always, preferably clean.

Replace your shoes when worn or if they develop a smell that you cannot get rid of. Sneakers are prone to that sort of things.

Remember, it is those first impressions that really count... It won't necessarily bed you a woman, but could ultimately be a factor that prevents you from bedding one.

If you don't believe me I would suggest that you ask a woman you know.

Accessories

You may want to get yourself some good accessories to enhance your look.

Glasses

Unfortunately, many of us have no alternative but to wear glasses. If you

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do need to wear glasses why not embrace this as an opportunity to accessorize and choose spectacles frames that fit correctly.

Choose spectacles frames that are in scale with your face. The frames of your glasses should be as wide as your face. When choosing your new glasses take someone whose opinion you trust to help you make the right choice.

Sunglasses

Really nice sunglasses can provide you with that “cool” effect that goes well with a bit of a tan. Wearing well designed sunglasses during the day can definitely add to your appearance and your credentials.

Just don't wear them indoors though because you will look stupid. You can, however, tilt them up on top of your head when indoors. And never take them out at night; it will demolish any cool effect you may have established during the day.

Belts and belt buckles

This clothing rule is easy to get right: If your trousers have belt loops, wear a belt with them. You'll want to have at least three belts so can have the right belt to wear with all of your clothing and to match the shoes that go with your outfits:

- A black leather belt;
- A brown leather belt; and
- A casual belt.

Key rings

A masculine key ring should be subtle, possibly with just a bit of leather to decorate it, although there's nothing wrong with choosing a key ring made of a fine metal. For a sleek look, try a leather key holder, which hold your keys flat and prevents bulk.

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Acne, Spots and Pimples

Acne affects almost everyone — more than 90% of all adolescents, nearly 50% of all adult women and 25% of all adults men. It crosses gender lines as well as national borders. It's one of the most widespread medical conditions in the world and yet there's still no cure.

Although acne is not curable it is treatable.

Many acne sufferers feel secluded from society and a certain degree of shame, embarrassment, insecurity and guilt. This unfortunately affects their social lives.

One way to deal with this medical condition, along with spots and pimples is to use a Benzoyl Peroxide based cream. This stuff really works for some people and can clear up their acne, spots and pimples within a few weeks.

However, if you are looking for a holistic system to permanently cure your acne, to end the breakouts and achieve a lasting clear skin you may want to check out ["Acne No More"](#)

In Conclusion

You are not perfect. But who is?

To become better test everything out on women and improve on them incrementally. Take small steps and develop your own style to suit your personality. You don't have to do everything at once. By practicing and testing you will find out what works best for you.

Use the information given here to get the edge on others. Have fun with

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this! And enjoy the results you get!

Sincerely,

The Editors of AttractandSeduce.com

PS. If you Have enjoyed this report you may want to read this special, revealing report titled, "[Seduction Secrets for Men: How to Find, Meet, and Seduce Women - Anywhere, Anytime!](#)" -- and what you read in it will shock you! I'm not kidding. You will discover knowledge that has been kept secret from you, and from other men, for generations! It's the very reason most men feel so powerless over beautiful women, and are complete failures in the dating game.

This report is about to change all that by revealing these closely-guarded secrets -- so that **you** can have your power back! (And if you're already pretty good with women, you'll still find some hot tips to become **even better** at seducing them!)

PPS. If you need a proven, working system - step-by-step - in detail, about what to say to a woman to make her attracted to you within minutes of talking to her, you may want to read the "[Dirty Secrets of the Pickup Artist](#)". By buying through this link you will be taken to a [Special Limited Time offer](#) where this report comes with the audio version for **free!**

PPPS. At some point during your seduction, you'll get to a stage where you and your lady friend will both be ready for sexual intimacy. Before you get to that stage, you may want to consider reading "[High On Sextasy!](#)" - a great report that shows you exactly how to please your lover in creative and sensual ways.

Hey, you've learned how to seduce her. You might as well learn how to [drive her wild in bed](#) too, right? ;-)

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