

Top 10 Image Mistakes to Avoid on Your First Date

Are you worrying about what to wear on your first date on Valentine's Day? Whether you are going to a face-to-face meeting with an online date, or mingling with other singles in a bar, your date sizes you up and decides whether you can be their ideal partner within the first 10-30 seconds.

If you do not want the way you dress to convey the wrong signals about you, make sure you avoid the following image mistakes on your first date.

Top 5 Mistakes made by Ladies

Mistake #1: Hair Covering Your Face

Make sure your hair does not cover most parts of your face and especially your eyes. Hold his gaze while engaged in a conversation with him to show your sincerity and confidence.

Mistake #2: Too much make-up

Make-up is used to enhance your features, not to mask your original looks. Trust me, even if you look glamorous with all the glitter and smoky eye make-up, he will be wondering how you look behind that thick makeup!

Mistake #3: Wearing all black or dark colours

Yes, black may be sexy. But wearing all black or very dark colours on your first date actually make you look less approachable and the guy may hesitate to ask you out for a second date.

Mistake #4: Clothes that are too sexy

Men are visual creatures. Dressing too sexily may attract him for the wrong reasons on the first date. If you do not want your date to view you as a sexual partner, avoid plunging necklines and ultra-mini short skirts.

Mistake #5: Over-accessorize

Wearing too much accessories or bling bling will not only make you look like a Christmas tree, but it will also take the focus away from you. Remember, you wear your clothes, your clothes do not wear you.



Top 5 Mistakes made by Gentlemen

Mistake #1: Oily Hair

Majority of Singapore men have oily scalps which tend to get worse after a long day at work. If you are going on a date after work, make sure you do not load up on too much hair gel/products on your hair to avoid that greasy look at the end of the day.

Mistake #2: Long nail on last finger

Do not let the lady's imagination run wild about the possible grooming purposes that long fingernail serves!

Mistake #3: Scruffy Shoes

Your shoes tell a lot about your character. Wearing scruffy shoes show that you don't bother with the way you look and hence read "You won't bother about your partner either".

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Mistake #4: Nasal Hair

While your love interest is talking to you, where do you want her to look at? If you have hair sticking out from your nostrils, please trim it with a small pair of scissors.

Mistake #5: Too Much Cologne

Wearing too much or too strong a cologne can sometimes cause headaches in women with sensitive noses. If you want to smell heavenly and not deadly, 3 squirts at your pulse points will be enough to do a nice job.



Use these tips to make your first impression during a date the best impression. Have fun dressing up and have a Great Valentine's Day!

*Article by Alexis Wan, Principal Image Consultant/Trainer of D' New Image Chapter.
For more information, please e-mail alexis@dnic.com.sg or visit www.dnic.com.sg*

Whether you are attending an important business meeting, going for a job interview or going for a hot date, learn all about personal image management and create your own personal branding via the way you dress.

Sign up for our workshop "**My Colour, My Style & My Figure**" **with a friend (of the same gender)** and receive a **special offer of \$108*** (up from \$180)!

At the end of this **3-hour workshop for men or ladies**, you will be able to:

- Recognize the **importance of first impressions & your image**;
- Avoid image destroyers that damage others' first impression of you;
- Project a **professional image** with your outfit, colours & hairstyle;
- Wear your **personal best colours**;
- Pick the **appropriate colours** to achieve the desired impact;
- Use **colour harmony** in their wardrobe and/or make-up to create your desired look;
- Discover your **wardrobe personality** & identify your **body shape**;
- Dress to **reflect a style of your own** & suit your body shape, personality, lifestyle, profession & industry;
- Learn to **accentuate your assets & camouflage your figure faults**;
- Learn all about **guidelines on ties, shirts, jacket suits, belts, shoes & socks** (for men);
- Flatter your **face shape** by picking the right necklines, jewelry, eye frames & hairstyle and
- Dress appropriately for **different dress-codes**

For enquiries about the program, please do not hesitate to contact Alexis Wan at

Email: alexis@dnic.com.sg

Mobile: 96643884

For more information about D'NIC and our services, please go to www.dnic.com.sg

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