

## Dating Prep Tips to Make Your Best First Impression

No matter the scenario, you always want to make a good first impression – whether it's a job interview, making new friends, or a first date. A first interaction can define how others think about you long after your initial meeting. With that said, you always want to lead with your best foot forward, and come to any situation prepared and confident. Looking and feeling your best influences your confidence, especially in the dating world. When you look your best, you feel your best, and people quickly pick up on that. Men and women may have their own ways to prep themselves for a first date, but surprisingly, there also are several strategies that they have in common. Below are easy ways to prep for a first date that will help you make the best first impression.

### *The Basics – Men and Women*

Let's start with the basics. This applies to everyone, so be sure to take note of these next steps. First, before you head out on your date, *make sure you take a shower*. It may seem obvious, but a shower helps your appearance, and it works wonders to calm your nerves and relax. Also, people sometimes do their best thinking in the shower. Take those extra minutes of personal time to gather your thoughts and psych yourself up for your date! And, this goes without saying, but in the shower, be sure to *wash your hair*. Your hair is often the first thing that people notice about you. You don't want to start your date off with greasy or matted hair, so be sure to take extra time to wash condition.

Next, *brush your teeth!* You may think this is the last thing you should do to prepare, but it's the easiest way to boost your self-confidence, and don't rush the process. Take your time to brush, floss and use mouthwash. Be as thorough as you would if you were on your way to a dentist appointment. You'll feel confident and fresh. And keep the minty sensation going long after you leave the house, by throwing a pack of gum or mints in your purse or wallet. They'll calm your nerves and give you an extra boost.

*Remember to decide on an outfit that really captures the essence of you.* It's important to be comfortable in what you're wearing and don't forget your shoes. Be sure you can walk normally so that your feet won't be killing you by the end of the night. Appearing to be distracted while on your first date will give off the idea that you'd rather be somewhere else. On the opposite end of the spectrum, don't be too comfortable either. You shouldn't show up to a date in your most comfortable yoga pants or sweatshirt. It's always better to overdress than it is to underdress. It shows that you are really taking the date seriously, and you've put some thought into your attire to impress your partner.

Lastly, did you know that people make strong connections to scents? Even further, did you know that scents can have a direct [impact on a person's mood](#)? Much like people, scents have personality and can impact how others respond to you. Put some thought into what scent you're choosing for a first date. *Pick a fragrance that you feel is a good representation of yourself.* Once you find the scent you like, apply it to the pulse points on your wrists, neck, and behind your ears. Areas where your body radiates heat will make your fragrance develop, and

emit fragrance faster. Also, [your hair is a great place to spritz some scent](#). This holds true for men too, your hair fibers are more likely to take hold of the fragrance and carry the scent for longer periods of time. Wherever you go, your chosen scent will follow!

### *Extra Tips for the Guys*

*Don't do anything drastic ahead of your date.* This isn't the time to try out a new haircut. Instead, visit your barber for a touch up and perfect your usual look. It's better to own a look you're already comfortable with, rather than experiment with something you may potentially hate.

This next tip might be new for some of you, but it's time to *adopt a skincare routine*. Don't worry, you don't need to get a full on facial. Simply start washing your face and moisturizing. This simple routine will tend to any skin issues and prevent any breakouts you may have before your date. And, whether you're rocking a beard or going clean-shaven, *make sure you clean up your look on the day of your date*. Those little details don't go unnoticed. In order to avoid unnecessary redness and irritation, you should use a fresh razor. Bad at replacing your blades? Use a brand that will [replenish quality razors](#) on a time frame that is convenient for you. Using new blades will eliminate any accidental cuts or nicks to your face.

### *Extra Tips for the Gals*

Skincare is also important for you. As with the guys, adopt a skincare routine and start to moisturize your face. Also, *give yourself a manicure and pedicure*. Nothing says attention to detail like having well-manicured nails. This doesn't mean simply adding a new layer of polish on your nails. Take the extra time to make sure your hands are well groomed and you've removed dead skin from your cuticles. This will really enhance your nail shape and then moisturize! If your manicure does the job you're intending, your hands are now a focal point for your date. Cracked and dry skin are the opposite of appealing, so be sure to moisturize day and night to keep your hands soft and smooth! You never know when some hand holding action might occur.

Next, *avoid any unwanted cuts on your legs by applying less pressure with your razor*. This is probably the most common mistake when it comes to shaving. More pressure does not equate to a better shave. In fact, it's actually the opposite. Gentle and light glides of the razor across your skin will achieve the best shave possible. You'll eliminate the need for unnecessary strokes of the razor, all while making time for other preparation in your routine.

### *Final Takeaways*

There you have it. Easy ways to prep for a first date that will surely make a good first impression. Contrary to popular belief, men and women have a lot of similarities when it comes to grooming, self-care, and date preparation. The fact of the matter is, no matter how much time you put into preparing for a first date, your personality will be what shines through the brightest. Be comfortable in your own skin, and own it.