

Secrets to Rediscovering Your Sexy Self

By Theresa Rose

Do you ever have days when you feel like an ugly stepsister, a schoolmarm and an oompa-loompa all rolled into one? If so, you aren't alone. It's easy to feel unattractive when we give so much attention to others while not giving enough to ourselves. Unfortunately, once we start to slip into that mindset, the snowball of negativity speeds downhill with increasing speed until we land face-first into a pile of our own low self-esteem.

While this is a common occurrence, it does not have to be a permanent condition. One of the quickest ways to combat a bad case of the Ugliers is to rediscover our inner sex kitten. When we feel sexy, we carry ourselves with an air of confidence, sass and maybe just a hint of naughtiness. Life becomes a little brighter and more joyful when we've got the mojo working! Even mundane trips to the grocery store can be livened up when we focus on raising our sexual quotient. You'll find yourself strutting your stuff when the woman standing behind you in line compliments your outfit or when the adorable bag boy gets flustered while packing your veggies.

Contrary to what the media may portray, you do not have to resemble a supermodel or celebrity in order to rev up your sizzle factor. Here are some helpful techniques you can employ on your quest to be the neighborhood superhottie and ultimately feel better about yourself than ever before:

DO:

- Work with what you've got. Take an honest – not a judgmental or brutal – assessment of your strongest features and highlight them. If you have a pear shape, then you may want to forego the micromini skirt. If you are self-conscious about your legs, then give yourself permission to cover them up with a stylish long skirt or tailored pants. Regardless of your choices, wear the clothes that fit well and flatter your body type.
- Define your own flavor of sexy. Create a style that matches your personality. If you love structure and order, consider wearing tailored monochromes. If you are more of a free thinker, consider hippy chic. You'll feel more attractive when you embody a style that is like a second skin.
- Dare to be bare. Showing a little skin every once in a while is a fun way to boost your sex appeal. Wear the low-cut blouse to your next outing. Don the strappy high heels for an afternoon matinee. Break out the "special occasion" nighties on an ordinary Tuesday. Wear the red spaghetti-strap sundress. Be bold!
- Move your body. You'll start to feel lighter, freer and sassier when you partake in joyful movement. Your thrice-weekly torture sessions on the gym elliptical machines don't count either. Instead, make the time to indulge yourself with some restorative yoga or ecstatic dance to unleash the powerful goddess within.

- Involve your senses. Sexy isn't just about how you look. It's also about your loving touches, the 'come-hither' scent you wear, and the infectious sound of your laugh. Become multi-sensual in your approach.
- Identify with new 'Sheroes'. Who says sexy has to be limited to only those "Wonder Woman," Selma Hayek-like freaks of nature? Sexiness oozes out of nontraditional beauties like Queen Latifah, Tina Fey, Sarah Silverman, and Anjelica Huston, too. Confidence, talent and attitude can be powerful aphrodisiacs.

DON'T:

- Let yourself get stuck in a rut. If you have been wearing the same clothes, makeup and hairstyle since *Dynasty* was on the air, it's no wonder you feel schlumpy. Find some inexpensive items that will keep your wardrobe edgy.
- Be boring. Granny panties have a time and place, but it's not all the time and every place. It's good to break out the lace frillies every once in a while. Similarly, your favorite weathered flannel shirt should be worn on rainy Sunday afternoons, not when you go out for a nice dinner.
- Compare yourself to others. This is especially true when it comes to celebrities. Who cares if you don't have Angelina's lips, J-Lo's rump, or Scarlett's décolletage! Most of the pictures you see in magazines are a result of personal stylists, Photoshop touchups and professional lighting. The fantasy of the perfect body is nothing more than smoke and mirrors. (No doubt that even Scarlett has her own hidden "problem areas." Hopefully.)
- Convince yourself that you are too old to be sexy. As we age, we know ourselves better, thus becoming better lovers. You are like a vintage bottle of fine wine, sister, not a box of the cheap stuff.
- Be a Negative Nellie. The unsexiest thing you can display is a frown. Make a commitment to acknowledge the amazing things in your life for which you are grateful and allow unlimited joy to radiate out of your eyes, your smile, and your heart.

These are but a few of the secrets you can use to go from ho hum to sizzlin' hot in no time. By becoming aware of our self-image and what we project to the outside world, we can begin to accentuate our positive characteristics while still retaining our individuality. The most important secret to unlocking your sexy side is to remember the amazing woman *you already are*. Never let someone else tell you that you are less than a five-alarm fire of hotness. When you fully embrace the divine beauty within, you will automatically reflect that same beauty to the rest of us. Me-ow!



Theresa Rose is the author of the newly released, tell-all book, *Opening the Kimono: A Woman's Intimate Journey Through Life's Biggest Challenges*, which unflinchingly and often humorously tackles lifelong issues with body acceptance, sex and marriage, raising her seven-year-old daughter, career ups and downs, and more. She wrote this book not only for her own healing process, but also to help other women heal. Theresa is a Reiki

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