

body language

every move you make



Does he put his arm around you around friends? He's saying, "She's mine."

what it tells your lover

By Josie Brown

He catches your eye, then raises an eyebrow. Unconsciously, you look away, then right back at him—with a sly smile. He moves in close, close enough for you to "accidentally" brush up against him. Does he get the hint? Of course. It's almost as if he's read your mind.

In reality, he's reading your body language, which according to behavior scientists, is anything and everything we do—our tone of voice, words, movements, gestures and facial expressions—either consciously or subconsciously, to signal our wants and desires.

In fact, 99 percent of all com-

munication is done non-verbally, contends recognized communications expert Leil Lowndes, author of the best-selling book, *Undercover Sex Signals* (Agora Health, 2001).

"Virtually every move we make gives off some signal," explains Lowndes. "As newborns, we do it instinctively. By

the time we are just little girls, we've learned what is 'cute' by noticing what pleases our fathers and the other men around us. Then, as we grow older, we refine our moves, so that we can give the right signals to the right person."

How easy is it for men—and women, for that matter—to differ-

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12 Undercover Sex Signals

entiate between moves that mean, "We're just good friends" and *real* come-ons? It isn't, warns Lowndes. "Sometimes men just don't get it. And, in the case where the man is shy or has low self-esteem, you may just *have* to be a little more obvious at times."

When that is the case, she suggests that you start out with a very subtle signal "because you don't want to be taken the wrong way," then move to a second more obvious signal, or exaggerate the first one. If he still registers a blank, move on to a third cue. Says Lowndes: "Don't take it as rejection. No matter how dense he may be, eventually, he'll take the hint."

However, you want to be careful about not coming across as sleazy or desperate. That's why the body-language expert suggests that people err on the side of being too subtle. "You don't want to attract the wrong kind of man. Of course, there is always the self-possessed guy who views *anything* as a come-on. Around him, you have to

be very clear as to your true intentions."

Also, make sure you're not sending off get-lost signals, when you really want to be emitting a come-close message. The number-one mistake? Hiding in a group of gal pals. "If you're surrounded by two or more friends, in his mind, you're part of a gang—that can gang up on *him* if he says the wrong thing," notes the relationship expert.

Another no-no is to respond in a different energy level than the one he uses in his introduction. "For example," explains Lowndes, "if he approaches with a resounding 'What have we here?' and your response is more subdued or blasé, you'll be signaling that you're not interested. Conversely, if he gives a low-key come-on, and you respond loudly, what he probably hears is 'Help! I'm desperate!'"

The bottom line: "When it comes to romance, actions most definitely speak louder than words," says Lowndes. **CW**

Get what you want by doing all the right moves. Here are 12 of the most classic, do-them-and-reap body language maneuvers...

- 1 The Shy Geisha** A woman's most common signal works like this: First, look at him, then down, then look away; within 45 seconds, look up again.
- 2 The Jewelry Tug** When we women are nervous, we will twist our necklace or tug on an earring in lieu of lugging around a security blanket. If timed properly, and done in a delicate manner, the Jewelry Tug can make him appreciate more than the bauble.
- 3 The Exposé** Again, timing is important here. First, you unbutton your top button and slowly massage your shoulder, then re-button your blouse. "The trick is to tease him by taking away one piece of clothing, then putting it back on," explains Lowndes.
- 4 The Close Encounter** "We all have a bubble of space around us," notes Lowndes. "The average 'personal space' perimeter is 24 inches." To get his attention, she suggests that you move in another six inches. Men get it—immediately.
- 5 The Space Invasion** Instead of using your body to send a signal, you do so with a prop—say, your beverage glass—as you move it into his personal perimeter. Again, if you were a man, this would make him nervous—but because it's sweet, innocent little you, he sees it as a way to protect you and yours.
- 6 The "Innocent" Touch** As he's talking away, innocently reach over and brush away a piece of lint or put his collar in place. The key is to make your move without missing a beat in the conversation.
- 7 The Lip Lick** By running your tongue seductively from one side of your top lip to the other, you let him know that he's the dessert.
- 8 The Self Caress** Unconsciously stroking any part of your body—like your thigh or right above your chest—will have him envisioning your hand caressing *him*. "Of course, this is best done with a manicured hand," suggest Lowndes.
- 9 The Suggestive Suck** Put a straw or even a finger in your mouth, then look at him in rapt attention. His imagination will do the rest.
- 10 The Sexy Pet** Suggestively run your finger around the rim of a glass. It reveals talents he can only imagine you have.
- 11 The Copycat** While you're having dinner with him, mirror his actions. This lets him know that the two of you are in sync—in more ways than one.
- 12 The Pose** This move has been on every pin-up calendar since the beginning of time... Sit with your back arched and your breasts thrusting forward, with one arm bent back languorously behind your neck. It works like a charm!

The Language Of Love? You Decide!

Does he play the game? Of course. Here's what you can look for to win...

When he...

Makes his presence known by talking loudly
Tosses out a teasing question—directly at you
Preens: straightens his tie, runs his fingers through his hair
Looks you deeply in the eye when talking
Leans back, shoulders relaxed
Moves his head close to yours
Aligns his body—head, shoulders and torso—with yours
Follows your gaze
Brushes his body against you
Has a quickened pulse
Stiffens up
Steers you with his hand in the center of your back

The body-language translation is...

He wants to get your attention. ("Hey, I'm over here!")
He's testing the waters. Are you interested?
Strong interest indicator: He is hoping you're just as interested.
He's truly attracted to you and wants to move things forward.
He's interested—you now have *his* undivided attention.
The message: No one is more important than you!
"We are in sync. Now, let's turn up the heat!"
He's gauging your interest in him—and in his competition.
First contact! "Was it as good for you as it was for me?"
You've given the guy an adrenaline rush! Great work!
You've caught him off guard, or he is too shy to play.
"She's mine...hands off!"