

## Speed Dating Tips for Women: How to Dress for a Speed Date and Feel Great!

[Speed Dating](#) is the fast and furious dating trend that has taken the world by storm. In the course of one speed dating event you'll meet more single men than you'd normally meet in a year. With all that potential date material on the line, it's important that you make the most of the situation and put your best foot forward. We all know how hard it is to make a good impression if you don't feel confident. But one of the easiest ways to boost your confidence is to look fabulous, and know it! So the first thing you should do before heading out for a night of speed dating is to look the part. One simple rule of thumb for any outfit is that if your mother would wear it, you shouldn't. Likewise, if your daughter would wear it, you shouldn't either! If you look in the mirror and think, "Do I look ridiculous in this?" let's face it - you probably do.

Here are 5 simple tips for dressing for a speed date:

1. If it doesn't fit, don't wear it - Although squeezing your size 14 boobs into a skimpy size 8 top might be good for your ego, it's not good for your circulation. Nor should you hide your shape behind billowy clothes that make you look like you're about to set sail.
2. Wear appropriate makeup - Make-up should enhance your features, not hide them. Be sure to use shades that match your natural skin tone. Contrary to popular belief, men DO actually notice when your neck is a different colour to your face. Aim to look like a natural beauty that wakes up looking that way, not the result of a 3 coat paint job.
3. If you're driving or planning to take a cab to the speed dating event you can wear the sexiest, most impractical high heels you've got, after all, during the speed dating it's the men that move around while you stay seated. If you're walking far or taking public transport you should think about wearing moderately comfortable shoes. Although Carey from Sex and the City might look perfectly comfortable tramping around Manhattan in 6 inch Manolo's, that's because she's a fictional character. You want to focus on your date, not how much your feet hurt.
4. Wear sexy underwear – you'll feel like a femme fatale! If you feel sexy you'll come across that way too.
5. Don't over dress - Although you're unlikely to impress anyone in track pants and flip flops, you'll look a little ridiculous turning up in a gold sequined full-length ball gown and a tiara. The dress code is the stylish end of smart-casual- which can encompass anything from dressy jeans to a cocktail dress.

### About the Author

Speed Dating Tips from: Justin Parfitt, the CEO and Founder of FastLife International, the world's largest speed dating and singles events company. Hosting events in 43 cities in 5 countries, including [Speed Dating in London](#) and [Speed Dating in Birmingham](#)

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