



CONFIDENCE CHARMS



Sexiness can be directly related to self confidence so have a little faith in yourself.

An overdose on Christmas pudding, a bad holiday fling or even a case of sunburn can leave even the most confident woman feeling a little flat in January.

And when the mercury has exploded in the summer heat, looking sexy can seem harder than climbing Uluru in 40C heat.

But Dr "Feelgood" Sally Cockburn says boosting sexiness over summer does not require breaking even the slightest sweat.

Her hot tip is to put down that cooling cocktail and pick up a mirror.

"Being sexy is not being drunk," she said.

"You need to keep your faculties around you when you tell those stories.

"And it is not sexy to throw up.

"Whatever you think is sexy when you are drunk – tone down a couple of notches and you might hit your target."

Okay, you've put on a kilo or five over Christmas and you're feeling less than attractive. But as **ROXANNE MILLAR** discovers, sexiness comes from within.

Sexiness comes from within. Author of *Naughty But Nice* Anita Naik writes that when it comes to sexiness we are what we perceive ourselves to be.

Meaning, by believing those sexy years are behind you, or that you are not the sexy type, you are relegating sexiness as a far away dream.

Dr Cockburn said sexiness was directly related to self confidence so continual self-criticism only lowered that sexy feeling.

"You have to actually believe that you are sexy," she said.

"The biggest problem is that guys will say, 'You look fabulous' and women say, 'No, I don't'.

"We put ourselves down a

lot when we should be looking at ourselves in the mirror and saying we look hot!"

Naik writes that figuring out what you find sexy will help to ignite it in yourself.

Dr Cockburn said generally it was a spark and magnetism in a person.

"It is visual, it is what you are saying and how you smell," Cockburn said.

Designer Bettina Liano said sexy had little to do with sex or having a supermodel-size figure.

"Sexy is pretty much an attitude," she said.

"You just have a certain confidence in the back of your mind all the time."

She said clothes can be used to boost that confidence.

"Sexy is bordering on demure," Liano said.

"It is a plain and well-tailored dress paired with the right shoes.

"Putting something short on is hot – not sexy – it sends a different signal."

But being sexy isn't just the domain of single women.

She said couples should regularly tell their partner they are sexy in terms they will believe.

"If they don't believe you, then show them," Cockburn said.

"We all need validation. So do it with a hug, a smile or a wink."

This summer it could be you turning heads with a new-found sexy confidence.

HOW WAS IT FOR YOU?

DR BELLA



"Perhaps we should treat potential lovers as potential terrorists. We should examine their passport: where they've been before ..."

Pardon my absence. I've been away, abroad, in a whirlwind, last-minute, surprise-mother trip to Canada. Something however made me irate during my international sojourn. Flying from Australia to Canada usually involves transferring planes in the States. Big deal: this has always been the way. But, the rigmarole involved in a two-hour stopover at the San Francisco airport was mind blowing. And, foretelling of things to come.

Men and women were separated into lines, told to take off shoes and jackets and, following this, I was (liberally) felt up by a female security officer. Our carry-on luggage was inspected, resulting in all my liquid substances – including make-up – being confiscated. To be divorced from my under-eye concealer? Unthinkable. (Apparently creams, make-up, drinks/water may contain plastic explosives).

Then, there was the immigration form. One of the questions on it read: "Have you ever been or are you involved in espionage or sabotage; or in terrorist activities; or genocide; or Between 1933 and 1945 were you involved in any way, in persecutions associated with Nazi Germany or its allies?"

Even this didn't prepare me for what happened next. After eyeing my passport, Mr Immigration said "index finger" while tilting his chin towards some contraption on his desk. "Excuse me?" I replied. "Need to get your prints," he barked.

Prints? I thought criminals popping into federal custody got inked, not say, sexual anthropologists visiting their mothers?

"Look. Here," Immigration-Man ordered, pointing to another

device which I can only assume took a picture of my eyeballs.

Good God, in the "land of the free," had my retina just been scanned?

Now, this was not special treatment. This is the new norm. All travellers touching down in the US are subject to such invasive surveillance.

What happened to our civil liberties?

An hour later, sitting on the plane with an Australian shiraz in hand, it dawned on me. Surely the new border regimen could be connected to love and sex.

Perhaps we should treat potential lovers as potential "terrorists". Perhaps we should get their fingers printed and retina scanned before letting them into our sacred homeland. We should examine their passports: where they've been before. Wary that they may carry bombs, both in terms of sexual infection and psychological damage.

A terrorist is defined as: "one who utilises the systematic use of violence and intimidation to achieve political objectives, while disguised as a civilian non-combatant". Romantic terrorists then can be characterised as those who utilise the systematic use of seduction to achieve personal objectives, while disguised as a genuinely interested party.

Let's make 2007 a year where we take up the role of border control. Where we protect ourselves from romantic harm, choose wisely and stop ignoring blatant red flags. After all, who we decide to let into our hearts is up to us. Luckily, not the US Government.

NOTE: the Brave New World travel environment didn't prevent me from officially joining the MHC (Mile High Club) with my companion. Quite a feat post-9/11.

BTW

Questions, thoughts, sexual tips?
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