

2020

THE IT'S JUST LUNCH
GUIDE TO DATING



Chapter 5
It's A Date!

Chapter 5

IT'S A DATE!

Alright! You've got a date. You mustered up the courage to suggest a get-together and got a "yes." Don't you feel good? Yes... No? Well, chances are you could be slightly delirious at this point. It's perfectly natural to be nervous about looking good or anticipating that first kiss. Then there's the possibility of finding true love; one thing could lead to another and before you know it... — enough! Stay grounded but enthusiastic. There are two things you need to decide right now: What to do on your date (if you did the asking), and what to wear.

Where to Go

Figuring out the best place to go on a first date can be a bit daunting. If you're an It's Just Lunch member we set up the first date for you to make it easy. We pick the restaurant, we make the reservation and arrangements with your date, and all you need to do is show up.

If you're arranging the date yourself, you may think that you should do something impressive or unique. But in our experience



— and that would be millions of first dates — simple and casual is always better when you’re meeting someone for the first time. Choose a place where you feel comfortable and familiar, so you don’t waste time trying to figure out the lay of the land or that 20-page Japanese menu. This way, you can relax and focus on your date.

The purpose of a first date is to get to know each other better, so it’s important to find a venue that isn’t too distracting or too loud — somewhere you can have a nice, cozy chat without trying to compete with the sound system.

Lunch or Coffee Date

If it’s a blind date or you’re not sure how you feel about the person, keep it low pressure and go for coffee, lunch, or brunch. If you meet for lunch, you can use the excuse of having to get back to work if the date is a flop. And if it’s fun, you can arrange to meet again and do something more exciting.

After-Work Drinks

This is another low-commitment, low-cost date that will allow you the option of continuing with dinner if things go well. Or you can call it a night after one drink — say you’ve got dinner plans elsewhere or you need to get an early start in the morning. Word to the wise: Alcohol on an empty stomach can cloud your judgment, so stick to one or two drinks.

Drinks and Dinner

Going out for dinner is a popular option for a first date, but one we don’t recommend, especially if you don’t know the person at all. Dinner puts you on the spot. If the two of you don’t really “click,” you’re forced to sit and face each other while making polite chit-chat.

Dress to Impress

Once you've agreed on a time and place for your date, it's time to figure out what to wear.

Though clothes can never be a substitute for self-confidence or a positive attitude, they can go a long way in making a good impression and give you a head start on landing a second date.

What's most important about dressing for a first date is wearing something that you feel comfortable in, both physically and mentally. Just reach for your favorite confidence-boosting outfit that makes you feel like a million bucks.

WOMEN

Keep It Simple

What fashion works best for a first date? Keep your overall style simple and stay away from anything extreme—remember less is better! Dress for the “date occasion”: the attire you would wear to a trendy restaurant on a weekend is different than meeting someone for cocktails after work. Always wear pieces that reflect your personality or lifestyle and enhance your physique!

Get Some Advice

Should you need assistance with “your look”, find a fashion stylist to assist you. A great stylist will be mindful of your lifestyle yet make you look fabulous! Have at least six outfits to wear for various date occasions. Select clothes that make you feel attractive and confident, that best represent your personality and lifestyle. You want to wear pieces that make you feel secure, relaxed and comfortable.

Details

The right clothing might not change your life, but it can change



your attitude! The best thing you can wear on a first date is confidence, however, wearing specific pieces or fabrics will make you feel special about “you”. Anything from a silk or satin fitted blouse, camisole or dress. Also, wearing the correct undergarments that are comfortable, well fitting and enhancing are essential.

Shoes can “make” an outfit! Heels look great whether paired with a dress or jeans. You should have several pairs of high heels, strappy sandals and/or wedges with some height. Also, match with the correct handbag: a large work bag is fine for meeting after work but a small clutch or cross body should be accessorized for other date times. Jewelry should be kept to a minimum, a simple necklace and one statement ring, or do the earrings/bracelet approach. Once again, less is more!

Accentuate the Positive

Regardless of your age, accentuate your best feature! Great Legs? Arms? Waist?

Whether you have a few extra pounds or are very slender, there is something about you that is great and should be showcased. A fashion stylist can step in to let you know what pieces will look fabulous on you and accentuate your positive physical features (and of course at It’s Just Lunch we have stylists that work with our clients when requested).

Beauty

Flushed, dewy skin; moist, soft lips; soft, easy hair. Occasionally, a dramatic, smokey eye or a scarlet lip can work. A black eye pencil can transform a natural face into a stylish one or go with a strong lip and apply a bold color, but keep the rest of your make up natural. We suggest you keep your makeup to a minimum and focus on your lips and hair—shiny and glossier for both. You

want to feel confident, so stick with the colors you typically wear. Everyone is indulging in make overs—and why not? It can lighten your spirits! Most upscale salons or department stores provide make up consultations and services. Tap into that resource and see what makes you feel great! A professional in that field knows what makeup will enhance your facial features.

Manicure and pedicures are recommended. Softer more natural colors always work but a bold color can also make a statement. Nothing more flattering than a great pedicure in strappy sandals or a manicure that shows that you care about your appearance.

Find your scent! A perfume that is subtle and lifts your spirits.

Aroma is an integral part of how we feel and what our date is sensing about us. Wear a perfume lightly and find a scent that says “this is me”!

Lastly, make sure your teeth are brushed and that your breath is fresh. Dental hygiene is a necessary part of “your look” and will make you feel more confident and healthy. Men love a desirable smile!

MEN

A few simple fashion rules ensure great style and keep you ahead of your game! Your wardrobe should include looks that go from business, casual, trendy to sporty.

Essential Pieces

Necessary wardrobe items which need to be in your closet include: dress slacks, dress jeans, a sport coat, dress shirts, a white button up casual shirt, dress t-shirts, a pullover sweater and a polo shirt. Shoe styles should include: dress, trendy casual and sporty. Integral necessities also include matching belts, a fabulous watch and wallet.



Keep your colors to a minimum and work mostly with neutrals: black, gray, navy, white, beige, or brown. Integrate a “pop of color” with a few pieces in your wardrobe to enhance the neutrals.

Make sure you pair the right shoes for the “date occasion”—dress or trendy shoes work for a dinner date, whereas sporty shoes for an athletic event. Your shoes should be clean and polished—shoes can reveal a lot about your personality and self care lifestyle.

Be sure to keep accessories to a minimum, a great watch is the only piece of jewelry a man really needs. Invest in a high quality watch and wallet. Less is more when accessorizing your look!

Grooming

Make sure you are properly groomed: clean/styled hair; clean shaven or well groomed facial hair; clean manicured nails; shaped brows; clean ears and nose hair trimmed if necessary. Be sure to wear deodorant and a splash of cologne.

Dental hygiene is critical---Nothing builds confidence like taking care of your teeth! Also, be sure to brush your teeth and that your breath is fresh and desirable. Women love a great smile!