

you have higher self-esteem, your partner will love simply being with you. We asked the experts for their top body confidence-lifting tips to help you feel like a goddess – however big your knickers are!

## Dance Burlesque

If you haven't got gym-honed limbs, you're the best body shape for the most feminine dance of all – Burlesque. 'Think erotically,' says Carol Ann Rice. 'Anyone can go from gloom to va-va-voom with some erotic dressing – buy some lacy undies, feather boas or kinky boots and pretend to dance in a giant Champagne glass. You'll look and feel as sexy as Dita Von Teese.'

## Try boobercise

The secret to perky boobs isn't surgery, but exercising your back, says Mark Greenhill, a Virgin Active personal trainer. He recommends a move called the prone cobra. 'Lie on your stomach, arms by your side with thumbs upwards. Concentrate on the muscles in between the shoulder blades and squeeze them together. Hold for up to a minute, and then repeat three times,' he suggests. 'This technique strengthens your chest muscles and pulls back your shoulders which'll give the illusion of a fuller, bigger chest.'

## Popapill

Ever noticed how your bum seems to double in size when you've got PMS? Living Multi for women (£23.80 for 90, www.chrisbar.com) contains herbs renowned for balancing your hormones so you won't retain as much water. 'It also contains B vitamins, which deplete when you're stressed or tired, so can increase your self-esteem,' says naturopath and nutritionist Christina Barton.

## Keep your chin up

'If you look down, you'll feel down,' according to Claire Rennie from The Society of Teachers Of The Alexander Technique (www.stat.org.uk). 'By standing tall and looking outwards, you'll immediately appear and feel more assured. Keep your shoulders relaxed, your gaze calm – and your mind positive!'

'When you have confidence, your partner will love simply being with you, no matter how big your knickers are!'



Hey, sexy!



## Sniff lavender

If you're relaxed, you'll feel more sensual. 'Lavender has a wonderful calming effect,' says relationship coach Kim Morgan of The Barefoot Coaching Company. 'For an easy way to enjoy sexy role-play, try a lavender-scented silk eye-mask!' (from www.aromahome.com)

## Ditch the greypants

When it comes to undies, most of us have a couple of scratchy sets 'for best.' All wrong, says Clare Thommen, owner of lingerie boutique Boudiche in Edinburgh. 'Always wear the most fabulous undies you can afford,' she insists. 'It's better to have one truly beautiful set of underwear that fits perfectly, than two average numbers you only feel OK in.' Clare suggests splashing out on La Perla or Chantelle for sensual bedroom-wear. 'It will do wonders for your body and your self-assurance,' she says.

## Get kinky

A sexy hairstyle will make you feel fabulous. Stuart Phillips, hair stylist for the BAFTAs, recommends a tousled wave. 'Use straighteners in the middle of your hair, turn them once, then wrap the remaining hair around the ends. Then spritz with a finishing spray. This style is easy – because it's not a polished look, you won't have to worry about keeping it perfect in bed!'

## Treat your toes

'Having a pedicure is a great pick-me-up,' says image consultant Pippa Rees of The Style Company (www.stylecompany.co.uk). 'Prettytoes make you feel pampered – plus there's nothing worse than scratching your dry heels up against someone's leg!' For a DIY treat, try Crabtree & Evelyn's La Source Extreme Foot Therapy Cream, £12.50.

## Flash him

'Lighting is everything,' says Alexandra Burns from For Your Eyes Only, a company that creates portraits of women looking incredible naked. 'Keep it subdued with candles, or drape a scarf over the lamp. And think about your posture, too. If you're sitting, always throw your shoulder forward to create sexy definition in your upper arm, and if you're standing, place your hands on your hips with your elbows bent. And make sure you're viewed from above.'

## Lieback and enjoy

'If you want to feel good about your bod in bed, try the missionary position,' says Tracey Cox, of TV's *Sex Inspectors*. 'Us women can get nervous about exposing our worst bits when we twist into sexual positions. But when you lie on your back, the fiab spreads out.' Plus, you don't have to do anything but enjoy the pleasure! ■

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