

## Dating Tips On How To Improve Your Scent

Ok guys,

Let's talk hygiene.

Scientific data shows us women choose their mates, in large part, because of the perceived strength of the mans immune system. This, of course, gives her offspring a better chance of survival.

And amazingly, the most current research suggests that a mans SCENT actually determines the strength of his immune system.

So how does all this relate to dating?

First of all, personal hygiene is an example of what I call an 'External.' It is not a specific seduction tactic, but one of many external factors which will impact the level of success you experience with women.

Some other examples of 'externals' might be your posture, your social circle, or your fashion sense.

The point is you could MASTER every dating skill in the world, but if you're funky, it's all for nothing.

So I'm gonna ask you to do something that may seem downright scary...

Find someone you trust and tell them you need a serious favor. Make them SWEAR that they will be completely honest with you.

Then get up really close to them, and exhale directly into their face.

That's right, don't even warn 'em.

And don't 'blow' into their face, but make sure you go "hhhhhhhaaaahh," right from the back of the throat.

It's important that you get truthful feedback, so asking your friend to rate your breath AND body odor on a scale of 1-10 can help get a more honest answer. (10 being perfect, 1 being doggy doo)

I know this sounds a bit embarrassing, but as long as you're the one doing it, it's actually kind of fun.

Now if you score anything less than an 11, you might want to consider experimenting with some of these lesser known remedies...

For Really, Really, Fresh Breath:

(obviously listerine, flossing and brushing are prerequisites)

1. Buy a tongue scraper- And I'm not talking about the toothbrushes that have one attached, get one of those long wirey looking ones and see how far back you can scrape.

2. Mint-a-sure- Little capsules you swallow and actually freshen your breath from the belly. You don't even need gum with these things. You can get them online if they aren't available at your local drugstore.

For Great Smelling Hair:

3. Get a good shampoo and conditioner. There are lots of great brands for men, but more important than the brand itself is that you aggressively scrub the shampoo into the scalp with your fingers.

And for a Great smelling Body:

4. Try a loofa or exfoliating gloves in the shower- Use them with soap and then a body wash (axe, tag, etc).
5. Start using baby wipes after you take a crap - I know it sounds a little dainty, but trust me, she'll feel a lot better about putting her mouth where the sun don't shine.
6. If underarm odor is an issue, consider shaving (or at least trimming) your armpits - Not just does it look better, but when you think about it, armpit hair is actually functioning as a barrier to your anti-perspirant.
7. If underarm odor is an issue you can also try a prescription strength anti-perspirant, e.g. certain dri - You apply it before you go to bed, just make sure you don't put on too much...

Applying any of these tips has a dual benefit:

- a) We actually smell better to the people around us.
- b) We KNOW we smell great and that's automatically gonna give our confidence level a big, fat boost.

Have fun,

Julian

### About the Author

Discover your 'Dating IQ' for FREE at my site and find out just how good you really are with the ladies... I will also reveal my controversial opinions about David Deangelo and Neil Strauss there...

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