



The love doctors

Your prescription to passion!

READY STEADY - DATE!

We prep Erica for a first date



BEFORE

After six months off the dating scene, Erica Rodrigues, 27, a London PA, thought it was time to take action. She won *Reveal's* Love Doctors competition for a style makeover to help get her back on the scene.

We teamed up with the Disaronno Amaretto Style Squad – celebrity hairdresser Richard Ward and stylist-to-the-stars Nick Ede – to make Erica look first-date fabulous.

Erica says: 'I've definitely been experiencing a severe drought in my love life. I came out of a long-term relationship six months ago and I haven't met anyone decent since.'

'I've had a few months of fun with my friends, but now I'm looking for someone nice to spend evenings in with. I'm on the look out, but either the wrong guys approach me, or I'm too shy to say hello to the ones who catch my eye!'

Daytime date

Erica says: 'I love this dress. It's floaty and feminine but still laid back and comfortable. The colours are gorgeous too.'

'My hair is amazing – it's sexy in a girl-next-door kind of way. I feel so confident – I'd wear this for lunch, but it'd be perfect for a summer evening too.'

Dress: Peacocks, £14 **Belt:** Topshop, £40
Cuff: River Island, £5.99
Earrings: Topshop, £8 **Shoes:** Erica's own



Evening encounter

Erica says: 'I feel a million dollars – I'm ready for the red carpet! This dress is gorgeous and the shoes are so bling.'

'My hair is really cool and the smoky eye make-up is so sexy. I'm definitely going to replicate this myself.'

'I wouldn't normally wear something this dressy but it'd be ideal for a posh date.'

Dress: Caprice at Littlewoods, £99 (available from July)
Jewellery: Hi Ho Silver, £90 for set
Shoes: Moda in Pelle, £180



Celebrity stylist Nick Ede gives his dressing-for-dates advice

Don't buy everything brand new

You can end up feeling uncomfortable if you splash out on a whole new outfit. Wear clothes you've road tested and you know are flattering.

Be yourself

Stick with your own style. Don't go as a super-polished WAG if you're more of a boho-babe.

Underexpose yourself

It's much sexier to subtly remove a cardigan or jumper a few hours into the date than to show up with everything on show.

Phone a friend

Ask a male mate for his view as well as the girls. Beware though – blokes tend to be very honest!



Hairdresser Richard Ward Your hair must be clean
Wash it the

night before to ensure it's easy to handle and smells lovely on the day.

Call in the professionals

If you want to wear your hair loose then get a professional blow-dry. It's quicker than doing it yourself, and ensures the perfect polished style.

Shine like a star

Make sure your hair is in tip-top condition. Shiny hair is a major turn-on. If you have curly or wavy hair, go for a dishevelled, just-got-out-of-bed style.

Top and tail

For casual dates wear your hair in a ponytail. Showing some neck is intriguing and sexy, and guys can't resist that ponytail swish!

For more style tips from all the Style Squad experts visit: www.disaronno.co.uk/stylesquad