

(Translation into English from Spanish by Google and Marc H. Rudov)

Your hour has arrived

Find a match before June

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If you feel that you've already spent a long time being single, this is the ideal moment to find a match. Spring is a time of renewal and positive feelings, and the best experts on this subject advise you exactly what you need to end your solitude before June.



Getty Images

First: Do "spring cleaning" on yourself

Spring is synonymous with blossoming, renewal, positivity, heat... and romance. And it is not a myth.

According to Marc H. Rudov, author of *The Man's No-Nonsense Guide to Women*, because spring is the season of renewal, people feel optimistic after enduring a long and dark winter. "A person who feels positive and optimistic is, by definition, at the peak of his or her attractiveness and will find the love more easily," he affirms.

Perhaps, if that is your case, psychologist Robert R. Butterworth claims you are under the influence of the "spring fever," a phenomenon that is characterized by daydreaming about romance or escaping routine to a tropical island. The clearest symptom: to be imprisoned like an idiot in an unpredictable romance.

You want that that dream to come true? Spring cleaning is not only for your closets, affirms April Masini, author of *Date Out Of Your League* and *Think and Date Like a Man*, among other books on dating: "Try a makeover with a new haircut and a manicure and pedicure, with clearer colors than those you used in winter. And while you are in the beauty parlor, take the opportunity to talk with that handsome client seated in the chair next to yours."

But do not remain in the past. Marc Rudov advises doing a "spring cleaning" on yourself. "Leave behind your winter negativity and emotional baggage, put your body in top physical condition, and proactively pursue love opportunities. Anyone who believes that good things come to those who wait is a fool and a bore," he indicates.

Flow with spring

The idea, basically, is to let spring flood you with its spirit. Or, as dating coach Liz H. Kelly says:

- **Shine like spring.** The women must shine with bright spring and dressy colors, open and accessory brilliants, fun shoes. The men naturally will be attracted by this more cozy style after the cold winter.
- **Act like spring.** To act like spring means to have diversions. Be playful and give compliments to find more love. With this lighter approach to love, you will release impossible romantic sparkles without being detected.
- **Adopt a spring mentality.** Be open to new ideas and beginnings to attract love this season. Question the first opinion of somebody to create an interesting conversation. Break your routine and choose a hobby that reflects your passions. You will naturally attract more dates and potential matches with new visions of the world.

Nine ways to meet people

You already have the essentials. Now, it is time to develop activities that allow you to know people. And that does not only imply going to the fashionable bars. In fact, according to the experts, the most unusual places and simplest actions can take you to your next match. Here are some ideas from April Masini:

- **Take advantage of the free air.** Finally it is pretty outside. Take your laptop and carry it to the park or the beach. Showing up is half the battle to meet somebody.
- **Dress to attract somebody in the blanket near yours at the beach.** Ask him if he will lend you his sunscreen or offer him yours.
- **Do a barbecue.** It organizes a celebration in the block or the condominium to know your prettier neighbors. Or it helps in the organization of some meeting, thus you can delegate responsibilities and know your unmarried neighbors meanwhile.
- **Do everything outside.** Those yoga or spinning classes are brilliant, but do them outside in spring. Take a class of tai chi or a seminar that takes advantage of the propitious climate to remain outside and while you check the new atmosphere and the trees, do the same with your companions.
- **Drink lemonade... for a good cause.** Stop at each lemonade stand of children and dwell for 10 minutes. Who can resist an adult who buys lemonade from boys?
- **Lunch outdoors:** Don't eat at your desk. Eat your lunch outside. You will put yourself in view of those interested. And, if you regularly frequent the same bank or the park, you will be able to see potential paramours in the area.
- **Request help choosing a swimsuit:** In the store, ask the guy or the pretty girl how you look in the swimsuit that you are trying on and thinking of buying. You do not remain with a single answer: "Does it fit

me well, or is it too big?" What better way to flirt and to get a second opinion in one of the most important purchases of our life?

- **Change the photos on your Internet profile.** Place new ones that show your activities outdoors, surfing, in the garden, or glowing in your beautiful summer outfit. Nothing says disinterest more than a Christmas photo in your profile during the months of spring and summer.
- **Wash your car.** Yes, the automatic carwash is the easiest way to have a clean car, but washing the car yourself in front of the sidewalk definitively will get the attention of your neighbors. Especially with a pair of short-shorts. And, you always can ask for help...

Are you ready? Remember that your attitude is fundamental to create the propitious opportunity to attract the opposite sex. And, by the way, once you know somebody and you fall in love, follow the advice of Dr. Butterworth for those who tire before the effects of *spring fever* wear off in May: "Enjoy it but wait until December to propose marriage to him."