

# DIGITAL DATING

Just because you can't date in person right now doesn't mean you have to put all hopes of romance on hold. Virtual dating has become the new norm, and unlike a phone call or WhatsApp, Zoom dates allow you to make eye contact and read body language - both crucial in judging if there's chemistry. And if there's not, you've wasted less time and money than on a date IRL. Dating expert Karen Mooney tells us how to approach it...



## Lockdown love

♥ Turn off the TV and background music - they don't provide ambience, only distraction. Leave your phone in the other room, or if you need to use it for Zoom, turn on Do Not Disturb.

♥ Don't use a fake backdrop - they're fine for work meetings, but you get a better sense of the real person seeing them in their actual home environment.

♥ Don't expect chemistry - that will happen, if it's going to, when you meet in person.

♥ Play around with lighting - a lamp in front of you is the most flattering and helps avoid a shiny or shady face.

♥ Dress as you would if you were on a real date. Hair? Make-up? Nice top?

♥ Ordering a meal/cooking together can be fun once you know someone. But for a first date, eating on Zoom is awkward. Stick with drinks or making a cocktail/mocktail together.

♥ Like a normal date, remember to start on time, make and accept compliments, listen and smile.

**NB:** Karen Mooney is the founder and MD of Sara Eden Introductions. See [sara-eden.co.uk](http://sara-eden.co.uk)



# 10 NEW NUDES

**Flaunt it**

Get back to basics with this super-soft lingerie collection from Simply Be. Skintones underwear starts from £4 and is designed by women to fit and flaunt every shape and size. There's a set to suit every skin shade, so get shopping now. **NB:** [Simplybe.co.uk](http://Simplybe.co.uk)