

---

## **Chemistry:** A coy glance here and a hair flick there. Flirting is a way of communicating with someone you like without having to tell them how you feel. **VICKI-MARIE COSSAR** discovers what it's all about

---

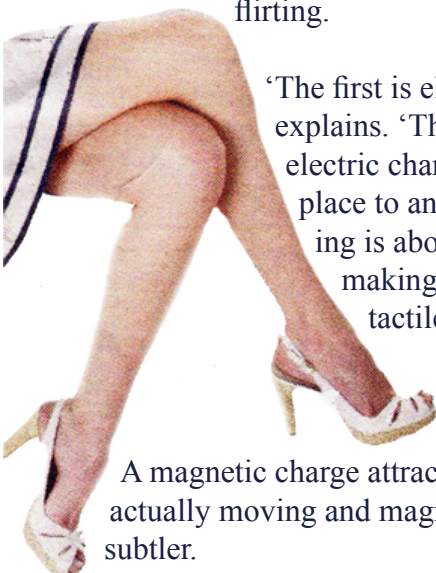
**I**t's in our innate nature to flirt,' resident dating specialist for Flirtomatic.com. 'It's hard-wired into us and to ban someone from doing it is like asking someone to behave counter-intuitively.'

Chapman explains that although some people think flirting is a special talent, we're all capable of doing it.

This whole myth that flirting requires a set of skills is just ridiculous,' she says. 'If you relax you're unlikely to get it wrong. It's about being comfortable and the more comfortable you are, the more likely you are to connect with someone.'

According to Chapman, people don't remember what you say but how you make them feel. 'Flirting is about making someone feel at ease and paying them compliments,' she says. 'It's a light activity so you need to keep it short and witty. It's basically a form of banter, so you can't get bogged down in the deep and meaningful.'

It is also a 'playful sharing of energy', says Dr Vena Ramphal, a passion coach with advice service [www.greatvine.com](http://www.greatvine.com). She says there are two types of flirting.



'The first is electric flirting,' she explains. 'Think about how an electric charge moves from one place to another. Electric flirting is about body language, making contact and being tactile with someone.'

The second is magnetic flirting.

A magnetic charge attracts to itself without actually moving and magnetic flirting is much subtler.

It uses eye contact and subtle smiles and is about inviting someone into your space.' Flirting is also good for you. Studies have found people who flirt have a higher white blood cell count, boosting both immunity and health. It all sounds easy enough but if you're not a natural flirt, how do you do it?

Peter Spalton has written several books on flirting, dating, body language and seduction. He is also a body language expert and runs workshops on the art of flirting and seduction. Spalton says flirting is about building sexual desire. 'Women have 52 flirting signals but men are simple creatures and only have ten. Men will tease and use insinuations, whereas women use innuendos.'

According to Spalton, women have 12 ways to flirt with their eyes and simply looking from someone's eyes to their mouth and back again can make it sexual. 'This is called the flirting triangle and it's a classic,' he explains. 'But if you want to melt someone, when they're speaking look at their mouth for about ten seconds and this will mean you want to kiss them.'

But how can you tell if someone is flirting or just being friendly? Spalton says there are three places a woman will touch a man when they're just friends: the top of the arm, the shoulder blades or the small of the back.

But men do know to watch for certain signs that a woman is interested. 'A man will know if a woman is flirting as they'll see it in her eyes — they will water but it's not crying — and by the way she leans into your personal space,' says Spalton.

The shoe dangle is another classic: when a woman sits on a stool with her legs crossed with a shoe dangling from her toe. 'Men are attracted by movement, so his eye will be drawn to the shoe and in doing so he will look at her leg,' he says. And what about those in long-term relationships?

Ramphal says focusing on your partner can bring a lot of energy back into the relationship. 'Giving someone your full attention is a very attractive thing to do and in many ways it's the most flirtatious thing you can do,' she says.

*The Art of Riding and Seduction workshops run nationwide. Visit [www.thedatingdoctor.co.uk](http://www.thedatingdoctor.co.uk) for more information.*