

A woman with long dark hair, wearing a light pink bikini, is smiling and touching her bare midriff. She is standing over a man who is lying on a bed in the foreground, partially visible. The scene is brightly lit, suggesting an indoor setting with large windows. The overall mood is intimate and sensual.

Feel great NAKED tonight!

If stripping off is an instant no-no rather than a yes, yes, yes, you need a body-confidence makeover. Our strippers, snappers and sexperts tell you how to undress to impress...

It's so wrong: your new boyfriend's tongue is finally working its way around some very interesting parts that have been craving some extremely personal attention. You're completely in the moment, until you remember: 'My camouflage is off – the truth about my thighs is out!' Suddenly you're right out of the moment, anticipation has turned into anxiety and you're much more tensed-up than turned-on. There's no one to blame but your own self-doubt. You've ruined your own night.

Most of us have fallen foul of this kind of tragedy. Thankfully, a little mental makeover is all it takes to feel confident about stripping your clothes off.

We're offering you a step-by-step guide to getting proud, brazen and sexy as you shed your layers. There's nothing we won't cover – and there's nothing you won't uncover, once you get to the end. Won't you be pleased with the results!

LOVE-YOURSELF-NAKED TRICK #1

Lay the groundwork

There's a lot you can do while you're still fully clothed to make sure you feel better about baring all. Preparing properly won't just boost your confidence, it'll change your entire attitude towards date night, too – ensuring that external stresses don't get in the way of your most important you-time.

ENROL IN A DANCE CLASS Ballet is great, yoga's fine, tap dance is fun and Latin dancing works, too – anything that gets you thinking about your body in a graceful, womanly way is important (grunting your way through the boot camp that is step-class does *not* count).

"All three of us had years and years of dance training," says Angie Pontani, one of the three world-class burlesque performers known as the Pontani Sisters. "Learning to stand with your chest up, shoulders back and spine aligned works wonders. You might have a cute body, but if you stand wrong, you'll ruin the whole effect."

Making a dance, martial arts or other movement class a regular part of your life will make you better friends with your body – and more inclined to love it, no matter what.

SWEAT THE SMALL STUFF The day of your big date is not the time to realise your legs resemble the untamed Amazon

jungle. Get a pedicure a day or two before, make sure you've waxed the appropriate bits and generally keep up the self-maintenance. A fresh set of shiny nails can make you look admirably at your hands and appreciate the contrast of hot-red varnish against your bare skin – and his.

TREAT YOURSELF BEAUTIFULLY

Have a long, hot soak, or at least a refreshing shower, with plenty of oil during and moisturiser after. "Perfumed, polished and powdered – that's what I want when I'm with a woman," says Vinnie Amendola, a photographer who has shot the world's sexiest sirens for *Penthouse* magazine. "It shows she's been looking forward to this as much as I have, and that's a turn-on." But don't do that until you've...

HIT THE GYM ON THE DAY OF YOUR DATE

Of course, if you're having nightly romps with your live-in love, this is a little ambitious, but at least make an effort when you know you're going to have a super-special date night. Whatever muscles you have will be as tight as they can be, minimising whatever it is you worry about. If you've got access to a steam room, spend some time there, too – preferably naked. In fact...

SPEND AS MUCH TIME NAKED AS POSSIBLE

Not just with him, but by yourself, too. The more hours you hang out in the buff, the more natural it'll seem. "The models at my shoots are just another breed altogether," says Amendola. "They come in wearing a robe but they drop it as soon as they can, and they just don't care."

RE-TRAIN YOUR THOUGHTS Every time you start to think something bad about one part of your body, replace it with a good thought about something you do like. Banish 'My butt is fat', bring on 'What pert boobs I have.' Don't let yourself get away with trash-talking your best friend (ie, you).

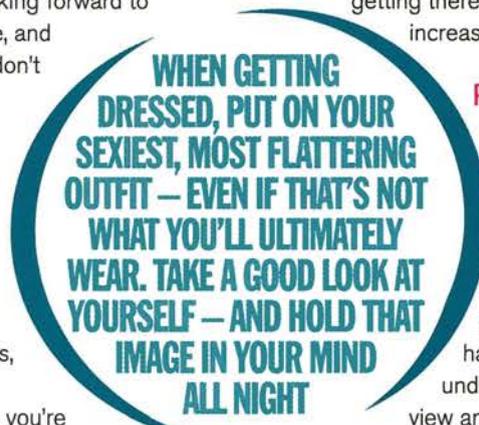
BE UPSIDE DOWN Just before you head out of the door, do some yoga poses and stretch out. "Get blood circulating through your muscles," says Lisa Marie Coffey, yoga and relationship expert and

author of *What's Your Dosha, Baby?* "Lie on the floor and prop your feet against the wall. This is called an inversion pose and it gives your lower extremities a rest from gravity. It also gets some blood to your face so you have naturally rosy cheeks!"

LOVE-YOURSELF-NAKED TRICK #2

Banish the duvet

When the time comes to cast off your clothes, you're absolutely forbidden to turn off the lights (though a pink lampshade is acceptable) and hide under the duvet. This isn't as terrifying as it sounds. This is about feeling great naked, so have some fun getting there – and see how that increases your anticipation.



PICK GREAT PROPS Yes, you're aiming to be comfortable completely nude – but if it takes a few accessories to get there, there's no harm in that. Get undressed out of his view and come in wearing nothing but a silk robe. Slink up

to him, letting it fall where it may. "Or just wear an apron and cook up some fun together," suggests Coffey.

PUT THE 'S' IN SEXY Take a page out of burlesque's big book of tricks: "There's something called the S-stance and women use it to make themselves look curvy," says Pontani. "You take one leg, go up on the ball of the foot, and push it against your other leg." You see this pose on every Vegas showgirl, she says. "It accentuates your hips and bust, gives you a more pronounced waistline and just looks elegant." Any time you're standing nude in his presence, strike this pose. We guarantee you won't be reaching for a towel.

STOKE YOUR SELF-IMAGE Seeing yourself in your mind's eye as a super-sexy star and envisioning yourself at the centre of everyone's fantasy will trick you into acting sexier. It's a self-hypnosis trick from Patrick Harbula, a life coach who specialises in sexual issues. "If you have erotic images of yourself in your mind, you'll feel sexier and, in effect, be sexier," he says. So, as you peel your clothes off, >

