

ADVICE FROM PATTI STANGER: HOW TO GO TO A BAR ALONE

You don't have a date on Valentine's Day? Congratulations!



BY PATTI STANGER

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We're big fans of Patti Stanger—Bravo's 'Millionaire Matchmaker' and the woman behind the delicious new wine, P.S. Match—so with Valentine's Day coming up, we thought we'd turn to her for a little love advice. In fact, we're asking the dating guru to answer our—and your—most pressing dating, sex, and relationship questions each month.

To kick things off, Patti shares her seven tips for picking up a dude at a bar, alone, just in time for V-Day.

You don't have a date on Valentine's Day? Congratulations! You can head that some other

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Day? Congratulations! Yes, you heard that correctly. CONGRATULATIONS! That means that the night is completely yours to do whatever you want with it.

While you could spend the evening watching Netflix, prepping your taxes, or making a stir fry that will last you the week, you can do all of that boring stuff on the 15th. February 14th is for love! Just because you don't have a date doesn't mean that you're S-O-L in the love department for the night. Make your own destiny. Go out to a bar and pick up your dream man on your own! Here's how.

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1. Go alone

This is by far the most important tip I'm giving you. Do not call up a friend, do not meet up with people, do not pass go, do not collect \$200. If you want to meet a man, you have to be solo. Even the most confident man in the world would not approach a gaggle of women engaged in conversation. Going alone makes you infinitely more approachable and available.

2. Dress like your dream man's dream girl

That means dress up. Treat yourself to some real primp time so you look and feel sexy. Leave your LBD in the closet and rock a bold color tonight. You want to be noticed, lady! I always love an eye-catching red. Plus, you'll be perfectly festive for Valentine's Day in red! My rule for dressing sexy is to show off your best asset. Did you read that closely? I said "asset" and not "assets!" Your dress should show off your cleavage or your legs or your back, but not everything at once. Leave a little

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your cleavage or your legs or your back, but not everything at once. Leave a little something to the imagination and let your dream man unwrap your sexy envelope slowly!

3. Find the right spot at the right time

When you're looking to meet someone new, the timing and location is always important. But, it's probably even more important on Valentine's Day. You don't want to go to a place that will be overrun by couples and you don't want a sports bar where the men will be distracted by the game. Pick a place where a man would be likely to grab a drink alone and be looking for conversation.

Do a little research and find out what conventions or conferences are happening in your area. Go to a bar by the convention center or even a hotel bar. You'll find single travelers there who are employed, interesting, and looking for conversation. As for timing, go for happy hour and never later than 8 p.m. That's when things start to get sloppy. And sloppy isn't a good look on even the hottest guy.

4. Get happy

I know being single on Valentine's Day doesn't promote the happiest feelings in the world, but you have to get over that and get into a positive mind frame so you're putting out the right energy. You're communicating with everyone in the room way before you open your mouth and you want to be sending out the right signals. Trust me, men can sense your vibes and no one wants to hit on a Debbie Downer. Take a little time before you head out to make sure you feel really positive. That might mean drinking a nice glass of PS: Match, watching a hilarious show, eating a piece of chocolate, or taking a nice bath. Heck, even hit the vibrator before you walk out the door. That'll leave you glowing!

5. Stick to two drinks

My two-drink rule still applies here! You don't want to be sloshed when Mr. Right approaches you. Plus, you want to be super sharp for when Mr. Wrong starts stalking to you, too. Get out of *that* conversation ASAP so you seem available to the better matches in the bar! I know that it's easy to get carried away drinking yummy drinks, but sip slowly! You've only got two for the whole night, girl!

6. Do the five second flirt

This is the most effective pick up tool I have in my arsenal. What you're going to

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This is the most effective pick up tool I have in my arsenal. What you're going to do is find the guy you want to connect with, catch his eye, and hold his gaze while smiling for five whole seconds. After that, look away and don't pay attention to him again until he makes a move on you. And trust me, he will.

7. Think mysterious thoughts

You want to look intriguing to the men in the room, so be intriguing to yourself. Think mysterious thoughts and you'll suddenly have an enigmatic vibe about you that men will find irresistible.

8. Remember the three Cs

Courage! Confidence! Choice! Be courageous enough to go out to a bar solo on Valentine's Day and appreciate that going out alone makes you a total winner. Have the confidence to know that you can bag any dude in the whole bar! Be choosey, though! You have to make the right choices. Weed out any grossies that hit on you and wait for your Prince Charming to make the move. You don't want to be seen giving your number out to every dude that asks. You'll come off like an easy target and men are hunters. Give them something to chase!

Above all, enjoy the night! It's your night to make it as wonderful and romance filled as possible. I'm rooting for you! Please, let me know if you have any questions below in the comment section and if you do go on a honey hunting mission on February 14th, tweet me with how it went @pattistanger. Can't wait to hear!



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