



THE
SCIENCE OF

Attraction

WORDS BY **LAURA HILLS**

BELIEVE IT OR NOT, FANCYING SOMEONE ISN'T JUST DOWN TO APPEARANCE AND GOOD FIRST IMPRESSIONS; A LOT OF THE TIME THE RULES OF ATTRACTION ARE DEEP ROOTED IN SCIENCE AND EVOLUTION. FROM HER BODY LANGUAGE TO THE DIRECTION HER FEET ARE POINTING THERE ARE SEVERAL WAYS TO TELL IF A WOMAN IS INTERESTED IN YOU.

IT'S ALL ABOUT EVOLUTION

A QUICK LOOK BACK THROUGH HUMAN EVOLUTION WILL TELL YOU THAT WHEN IT COMES TO BASIC ATTRACTION, CERTAIN ELEMENTS CAN BE OUT OF YOUR CONTROL.

Since time began it has been the male's job to protect and provide for his family, and research suggests traits such as confidence and social intelligence show a woman that you have the resources that make you capable of taking care of her, thus making you instantly more attractive.

LAUGHTER IS KEY

A RECENT STUDY BY STANFORD UNIVERSITY SCHOOL OF MEDICINE IN AMERICA FOUND THAT WOMEN REALLY ARE ATTRACTED TO MEN WHO CAN MAKE THEM LAUGH.

The research found that women use a man's sense of humour to judge his genetic fitness as a suitable partner and potential father. This happens in women and not men 'because the female brain, and particularly the reward circuit, is biologically better prepared to respond accordingly,' according to the team behind the study.

“ WOMEN REALLY ARE ATTRACTED TO MEN WHO CAN MAKE THEM LAUGH ”

THE FIRST FEW MOMENTS COUNT

A STUDY BY THE UNIVERSITY OF PENNSYLVANIA FOUND THAT PEOPLE DON'T NEED LONG TO MAKE UP THEIR MINDS ABOUT FANCYING SOMEONE.

Research found that both men and women assessed potential compatibility within moments of meeting someone using visual clues such as height, age and attractiveness. "Attractiveness stems from the belief you hold about yourself. If you feel you are 'hot' you will be seen as good looking. You can assist this by relaxing and walking upright with your shoulders back; allow yourself to breathe gently and you will be noticed," says Mackenzie.



HAPPY FEET

IF YOU WANT TO KNOW IF A WOMAN'S INTERESTED THEN YOU NEED TO LOOK DOWN... AT HER FEET.

It might seem strange, but it's a proven fact that feet gestures are one of the most powerful ways to tell if a woman is attracted to you because she's less aware of what she's doing with them.

If a woman moves her feet away from her body to adopt a more open stance then she's into you. However, if she sits with them crossed or tucked under her body then the chances are she's not so bothered. "Intimacy and sexuality are tender areas for a woman and her desire can flow when she feels safe enough to be open with someone," explains love coach Cate Mackenzie (www.catemackenzie.com, @catemackenzie) "If she doesn't feel safe she will indicate this with closed body language, closing her arms and legs and perhaps turning her head."

“ PEOPLE OFTEN LOOK IN THE SAME DIRECTION OR DEEPLY INTO EACH OTHERS EYES WHEN THEY'RE ATTRACTED TO EACH OTHER ”

THE EYES HAVE IT

WHEN A MAN OR A WOMAN IS ATTRACTED TO SOMEONE THEIR PUPILS DILATE SLIGHTLY AND THEN GROW LARGER.

This is a completely uncontrollable and involuntary response and one to keep a close eye on... if you'll pardon the pun. Another thing you might not have noticed before is that if a woman is keen she'll make a slight movement with her eyebrows. Studies found that when we find someone attractive our eyebrow will raise for about one fifth of a second after you see them.

MIRROR MIRROR

BELIEVE IT OR NOT, A WOMAN CAN SHOW INTEREST IN YOU BY MIMICKING YOUR BODY LANGUAGE AND PHYSICAL GESTURES.

So, the next time you're speaking to a lady you like, keep an eye out for her 'mirroring' you. This could be anything from standing the same way or touching her hair shortly after you've touched yours; it's one of the best signs that she feels connected to you. "People often look in the same direction or deeply into each others eyes when they're attracted to each other. They will also mirror body language by leaning forward or backwards," says Mackenzie. "This kind of behaviour is used in business meetings to align or move away from people and to convey strong messages. When we are attracted to people we naturally start to mimic and/or mirror."