



EXPERT'S GUIDE

How To Successfully Reenter The Dating World

You may be thinking to yourself, "Wow! I can't wait to start seeing other people soon and get back into dating." Well, we are right there with you and are happy to help you on your way to finding love, so we compiled a list of things you can do now so that you're prepared your first date!





Expert Tip 1.

CREATE A SELF-CARE ROUTINE

This probably goes without saying, but self-care plays an important role in your overall health and wellness. While many think a face mask and a bath are the best methods of self-care, there are so many more factors involved. Take this time to really analyze where you are in life, what you're happy with, and what needs improvement. Self-care looks different for everyone, so don't be afraid to try new things and find what works for you. There are plenty of [books about self-care](#) out there filled with amazing ideas that really dive deep into caring for yourself. Some ideas to add to your routine include breathwork, journaling, reading, meditating, creating a skincare routine, talking with others and much more.

Expert Tip 2.

STAY ON TOP OF YOUR HEALTH

Personal health is always important and should be prioritized. However, that also includes your sexual health!

It is recommended that you get tested every time you switch sexual partners, at the very least. At-home testing kits are available so you can refrain from leaving your house to get tested. You can also be prepared by having contraception delivered beforehand and avoid any sexual difficulties by ordering [prescribed erectile dysfunction medication](#) or seeking sex therapy. Brush up on your sexual health knowledge and aids so you'll be ready for physical pleasure right away and won't have to wait to get it on!

Consistently taking vitamins and any prescribed medication is crucial during this time, too. Consider taking a multivitamin to boost your immune system and a vitamin D supplement if you aren't able to spend much time under the sun right now. Knowing that your health is taken care of will let you focus on more important things, like what you're going to wear on your first date!





Expert Tip 3.

BEGIN A FITNESS JOURNEY

There's no better time than the present to start a fitness journey. Many fitness programs are offering free online classes and workouts, so take advantage of this opportunity to find out what works for you without spending a penny. Exercise releases endorphins, which make you feel happy, so establish a workout routine that gets your heart pumping and face smiling! If you need some extra motivation to work out, don't be afraid to ask your friends or family for support to hold you accountable. You could even do the same workout classes together for an extra bonding experience.

Healthy eating is also an essential part of any fitness journey. Avoid the temptation to eat unhealthy foods by not keeping them in your house and limiting how much you order take-out by planning your meals for the week. Your body will thank you for fueling it with healthy and useful nutrients which will add to your overall health down the line!

Expert Tip 4.

PLAN HOW YOU WILL WOO THEM

Even though you're not sure when your first date will come, we can always plan the perfect date until then. Do some research and make a list of all the places you want to go and things you want to try when you start dating! Learn how to ask someone out without coming off like a creep and come up with some questions so the conversation doesn't run dry.

You can also take the time to put together some outfit options, contact your hairstylist to get on their wait list, or use this time to research new hairstyles and stylists in your area, decide if you want to get a manicure or pedicure (yes, men, you can also do this) and even consider getting a spray tan or teeth whitening for some added confidence. Making a plan will give yourself something to look forward to and act as motivation to put yourself out there.





Expert Tip 5.

MAKE CONNECTIONS NOW!

Take some time to make connections and build up excitement with someone for when you can finally enjoy each other's physical company. Take care of your mind and human interaction needs by talking with others over digital platforms and engaging in activities together-- like bingeing the same show or playing an online game against each other. These connections will make life much richer and always grow into something more.

Expert Tip 6.

FALL IN LOVE WITH YOURSELF

Above all, learn who you really are and what your intentions are in life. Once you know what you really want and what your dream life is, it'll be easier to fall in love with someone else. It's important to have confidence in who you are and feel good in your own skin. Celebrate your individuality and let us help you [find your perfect match!](#)

Ready to meet your match? Join [here](#) to connect with one of our matchmakers today!



About LUMA

LUMA Luxury Matchmaking provides luxury matchmaking services to people who are looking for 'The One'. Established in 2010 and serving clients in over 40 states, LUMA has an impressive success rate helping professionals, executives, and millionaires connect and forge fulfilling, long-term relationships.

LUMA veers away from the traditional robotic motions of matchmaking. Our elite services are unique, personalized, and based on forging real, nuanced connections. We get to know our clients deeply to understand who they are, what they're looking for in a life partner, and what they can bring into a relationship.

Our Professional Matchmakers will meet with you to create a profile of who you're looking for, then we find and arrange the curated introduction to your match.

A portrait of April Davis, Founder and President of LUMA. She is a woman with long, wavy brown hair, smiling warmly at the camera. She is wearing a vibrant red, long-sleeved dress with a draped neckline. Her right hand is resting under her chin, and her left hand is tucked into her waist. The background is a plain, light blue-grey color.

April Davis
Founder and President

APPLY TO JOIN TODAY

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