



Veet Leg Language Guide

Written in conjunction with Katia Loisel-Furey

Introduction:

The Veet Leg Language Guide details the new and innovative way of analysing body language through the legs. Veet has partnered with body language expert, Katia Loisel-Furey, to create the guide, which promises to help women all over Australia make sure their touchably smooth and beautiful legs are speaking the right kind of language.

At the core of the guide, is the insight that the legs and feet give us invaluable information about what someone is really thinking, their attitudes and how they feel. When it comes to alerting our 'leg-xpressions' it's often a case of out of sight, out of mind - we're simply not aware of what our legs and feet do or what they reveal about us.

The Veet Leg Language Guide will not only help you to understand how you come across in different situations and decode other people's reactions, but also reminds Australian women that touchably smooth and beautiful legs are key to positive Leg Language, as aesthetically pleasing legs boost confidence and show you're interested.

Below are an array of popular Australian 'leg-xpressions', but please note that for each position or stance, there are many possible variations and explanations depending on the movement, tension, proximity and angle.

Leg-xpressions used by both men and women:

Standing at attention: A respectful stance that shows a neutral attitude.

The scissor stance: This partial leg barrier is a protective gesture and an indication of insecurity or submissiveness. The person is feeling vulnerable

but their crossed legs indicate that they're staying put (at least for the moment).

One foot forward stance: This revealing stance can tell you a lot about a person's intentions. The lead foot is like a beaker, pointing towards what's on our mind, it will point towards the person we find the most interesting (or attractive) or the door or exit if we'd like to leave.

Feet flat on the floor: Indicates that the person is confident, grounded, self assured and trustworthy.

Pigeon toed stance: Knees and feet turned in often indicate introversion and withdrawal both physically and emotionally. (It's important to check for other signals, as some people are naturally pigeon toed).

Standing with one foot tucked behind the other leg: A partial leg barrier that indicates discomfort, nervousness, lack of confidence and insecurity. This stance can be disguised by scratching the leg.

Legs apart with weight on one foot: This stance is adopted by high achievers worldwide. It gives an air of confidence whilst making your body appear more taut and appealing. Research shows that because this stance accentuates a woman's hip to waist ratio it also makes her more attractive to the opposite sex.

Leg-xpressions used mostly by women

The Leg Twine: The leg twine is the most common leg position women use to indicate interest with the woman casually crossing her legs whilst point her foot towards the person she's interested in. Research by Dr Scheflen ('Quasi-courtship behavior in psychotherapy') shows that the crossing of the legs this way accentuates muscle tone and replicates the tightening of muscle tone that happens when you're attracted to someone.

Parallel-Legs: Research shows that nearly 90% of men favour this position but they're a couple of varieties, the crossed version and the uncrossed version. In the crossed version the back of one knee is placed over the other knee so that the legs are almost parallel. In the uncrossed version (taught in most department schools) the legs are joined from the knee to feet and angled on a 45' angle towards the floor.

Crossing and uncrossing of legs: Slow purposeful crossing and uncrossing of the legs is a classic courtship technique and used to draw attention to the legs. The direction the body is pointed in and who is being looking at will tell you who someone is interested in.

Kicking her leg up and down: Slow rhythmic kicking of the leg, up and down whilst pointing and looking at someone of interest is a sign of courtship. The woman is deliberately trying to get a guys attention. (Be aware that kicking up and down can also be a sign of annoyance as a displacement gesture. Be sure to look for other signals to confirm.)

Sitting with inner thigh exposed and one knee pointed forward: The woman will have one knee pointed out (towards person of interest) with her foot tucked beneath her, with the other leg resting on the ground or swinging. This relaxed yet provocative position gives a woman a playful air.

The shoe dangle or shoe fondle: The shoe fondle / dangle is a suggestive courtship gesture. Like the head, the feet are an intimate part of our body and any taking off of the shoes suggests a certain level of comfort.

Sitting leg-xpressions used by both men and women

The ankle or foot lock: Where one foot is locked around the ankle or lower calf. It is a partial leg barrier is used to provide both comfort and hold back negative emotion and is an indicator that the person is feeling scared, anxious or uncertain.

Legs out in front and feet pointed forwards and firmly on the ground: A sign that they are interested, attentive and open.

Twisting feet around the chair leg: Sitting on a chair with your legs pulled back and intertwined with the legs is a comforting gesture indicating insecurity. It can also be sign of annoyance and that they are holding themselves back.

One foot stepping back and one foot stepping forward: A confident position indicating they are alert and waiting for a chance to take part and give input.

Top five tips for improving your Leg Language:

Out of the above leg- xpressions, Katia and Veet have developed top five tip to improve your leg language and help Australian women project themselves confidently.

1. **Weight on one foot.** Never cross your legs when you're standing, instead stand with your legs apart and your weight on one foot. It gives an air of confidence whilst making your body appear tauter and accentuates your hip to weight ratio.

2. **Cross your legs.** When you see someone you're interested in let your legs do the talking. When sitting down, casually cross your leg whilst pointing your foot towards the person you think is attractive. This will increase your muscle tone and send a subconscious signal that you're interested.

3. **Keep still.** Excessive leg and foot movements convey negative emotion (uncertainty, anxiety, nerves, and deception) whereas still, relaxed legs and feet or purposeful movement (such as slowly kicking your leg up and down whilst looking at that attractive guy) is often a sign of a more confident, relaxed attitude.

4. **Put your best foot forward.** When you're sitting place your feet slightly out in front rather than under the chair or wrapped around the chair legs. You'll appear more interested, attentive and confident. It will also do wonders for your posture.

5. **Legs together.** Whether your legs are crossed or uncrossed, keeping your legs parallel is the most attractive position. This being said, it is a position keep in mind when you are looking to impress, as it can be slightly uncomfortable over long periods of time.

6. **Be hair-free and fabulous.** Not having touchably smooth legs does affect your leg language, by visually indicating to on-lookers that your appearance is not important to you. This can be a turn-off for many guys and therefore any of the above 'leg-xpressions', not to mention your confidence, will always be enhanced by beautiful hair-free legs.