health&sex

Owner of a lonely heart?

LOVE EVENTUALLY:

No time to browse online dating profiles or deal with emails? A personalised service promises to do all of the admin for you

'M a big advocate of convenience. Shops gift-wrapped all my Christmas presents; professional packers helped me move and my supermarket shop-ping gets delivered. So imagine my excitement when I heard about a scheme that could manage my dates.

Personaldatingagent.com is part-online dating, part-traditional agency. You get access to as large a menu of single hopefuls as you would on a commercial

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site but you receive a professional's input on matchmaking. Don't think it can cut out tedious form-filling, though. To start the process there's a short questionnaire - and yes, you still have to give your eye colour.

Next comes a 45-minute phone interview

my very friendly 'personal agent', Natasha. The questions are – as with all self-promotion forms – totally irrelevant personal preferences that you'll never talk about anyway: my favourite travel destination; my favourite part of London; my favourite film. And the inevitable: What are your hobbies? 'I drink wine and put the world to rights, often until three in the morning,' I tell her proudly. 'And I go to the gym.'
There are more open-ended ques-

tions, too, with room for expansion. She asks me whether I'm a romantic (of course) and how an ex would describe me. Uh-oh. 'A commitment phobe,' I reply. There's a pause. 'Is there anything more positive that you can say?' she suggests.

I'm enjoying the interview, though – a whole 45 minutes of indulgent introspection. Natasha's getting me to expand on all sorts of life goals. I tell her very firmly that I'm not looking for long-term commitment

– more like a reliable and lowmaintenance lover. She tells me that she's never had a request like that but she'll do her best.

later. She thinks the perfect site for me is Match.com. I shudder. I've me is Match.com. I shudder. I've always thought that Match.com was somewhere people go to look for husbands

It certainly wouldn't have been the site I'd have picked but I go along with it. Hours later she emails a draft of my personal profile. It's lively and well-written but I cringed so much it took two glasses of wine before I could read it. Natasha had structured Although correctly quoted, she'd included a montage of life snippets that I would never have considered worth writing up: where I went back-packing at 18 and who my favourite film star is. I rewrite the entire thing and apologetically send it back.

HE amends and sends a link to my full profile to approve. This is when I realise that somewhere along the line I've shrunk to 5ft 4in, my 'athletic' physique has become 'average' and my interests and activities have become 'seeing my family'. So I sneak into my profile and change

all that.

Now it's live – and I'm totally paranoid someone will recognise me. Natasha emails a menu of potential matches. I pick three and she contacts them. There are a few replies – but I don't read them. I leave it all in Natasha's hands. She's very good at flirtatious banter and that's fine by me. Three days later she emails to say she has set up a rendezvous with a nice-looking 45-year-old advertising executive All I have to do is confirm via text. En route, I realise since I haven't read any of the message exchanges, that I don't know his name. It didn't matter. I staved for two hours, drank wine and put the world to rights – not until 3am this time. It's certainly time saving but some things - such as choosing lovers - you have to do yourself.





Perfect match? Could you let a professional choose your dates for you?



DO YOU MEASURE UP?

You wouldn't wear an ill-fitting pair of trousers or shirt so why, when it comes to condoms, aren't there more size options for men?

Some say they only need a choice of three: small, medium and liar, but men come in a variety of shapes and sizes and no two are the same.

A well-fitting condom
can really affect sexua
pleasure and help decrease the risk of pregnancy and sexually transmitted diseases. Custom-made

condoms from TheyFit are the result of more than 15 years of research and development and come in 95 different sizes. 'We have custom fit for clothes and shoes,' says TheyFit boss Joe Nelson. 'Now we're applying it to something where great fit and comfort are even more

critical to enjoyment.'

Men can order the free pre-printed



FitKit online and then choose their exact size. It's all done by codes so it is very discreet and the prelubricated, colourless and odourless tubricated, couriess and odouriess condoms arrive direct to your door. They meet all safety requirements and come with a 100 per cent satisfaction guarantee. £6.99 for a pack of six www.theyfit.com

THE HISTORY OF LONELY HEARTS

The invention of the newspa per in 1690 gave rise to printed advertisements for lonely bachelors looking for a wife Being single after the age of 21 was pretty shameful, so they were considered a last resort. By the 1700s, the first matrimonial agencies emerged, which scoured ads on behalf of single men. The personal column was suspected of harbouring all sorts of scams



and perversities and the police monitored them to prosecute homosexuals. There was an explosion of personal ads during World War I, mainly for servicemen looking for pen pals Another revival occurred in the 1960s. Then along came the internet in the 1990s.

DATING IT'S A NUMBERS GAME

- ■Britain has one of the largest online dating markets in Europe, generating £52million a year.
- ■The under-35s are the most frequent users – more than half have been on a date with someone they met online.
- ■There are an estimated 800 dating sites available to English speakers.
- ■Marriage rates are at their lowest level – there were 231,000 in 2009 compared with 263,00 in 1999.
- ■The cost of the average wedding is £21,000.
- ■Wondering why there are more single women? In 2007 there were 31million women compared with 29.9million men.

ALTERNATIVE DATING OPTIONS

- Grapevinesocial.com: Wine tasting and speed dating all in one. Venues across Britain.
- Don't fancy a city slicker? Kissinggates.com is a site for anyone with a love of the country; horse riders, farmers, ramblers they're all yours. Can't decide what to wear?
- Go naked speed dating. The first was hosted in Brighton

in 2004. It was a sell out. Set up an alert if interested - they aren't hosted regularly.

Speed dating with a twist:

LivingExtreme.co.uk lists alternative themed dating events including circuit training speed dating in a gym (take lots of deodorant), salsa dancing dating and even silent speed dating (don't ask - you won't be able to).





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