# “Sexy Voice”

# Exercises for increasing the power of your voice.

It is a known fact that while males usually get attracted to females by the look of their faces, legs, …or other body parts, the tone of a girl’s voice can either accelerate that attraction or extinguish it. Girls are usually attracted to males by hearing that velvety, masculine, testosterone-loaded smooth & silky male voice, which makes their hearts beat faster and imagination draw men of their dreams. So, how you can get a sexier voice? Believe it or not, it’s all about science and practice! If you want to have a more attractive voice and increase its power, then these DIY exercises are for you.

Males: Aim to make your voice sexy, rich, and easy to understand. Remember that a deeper pitch and relaxed way of speaking creates an image of a tall, testosterone-loaded male.

1. Drop your voice box down by relaxing your jaw and throat muscles. Practice saying on exhale, ha-ha-ha with each ‘ha’ being lower than one before
2. Speak clearly and articulately – open your mouth as if you want to yawn to let the sound come out and move your lips when speaking. Say repeatedly, “Hi, how are you?”
3. Enhance your voice with attractive resonance, richness and clarity by channelling airflow when you speak to the front of your face. Put your hand on your chest, then sing the word ‘Hummmm’ at the pitch that makes you feel the vibration in your face and your chest. This will automatically add up to 30% more volume to your voice!

Female: Aim to make your voice confident, sexy, strong, and charismatic. Remember that a deeper pitch and slow way of speaking with a smile adds more femininity to your image

1. Use a deeper pitch and lower the volume of your voice.

Drop your voice box down by relaxing your jaw and throat muscles. Practice saying on exhale, ha-ha-ha with each ‘ha’ being lower than one before

1. Speak loudly at a slower pace as if you are in control of the situation. ‘Hi, how are you?’
2. Put on your ‘croaky bedroom voice’ Say, ‘aaaaa’ at a low pitch as if you imitate the sound of the the croaky throat

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