



HOWEVER DEEP YOU LIKE YOUR TAN, THE SECRET TO SUMMER-READY SKIN LIES IN THE APPLICATION. WE SHOW YOU THREE DIFFERENT WAYS TO GET A GLOW, ALL WITHOUT SPENDING A SECOND IN THE SUN

Words ALICE MANNING

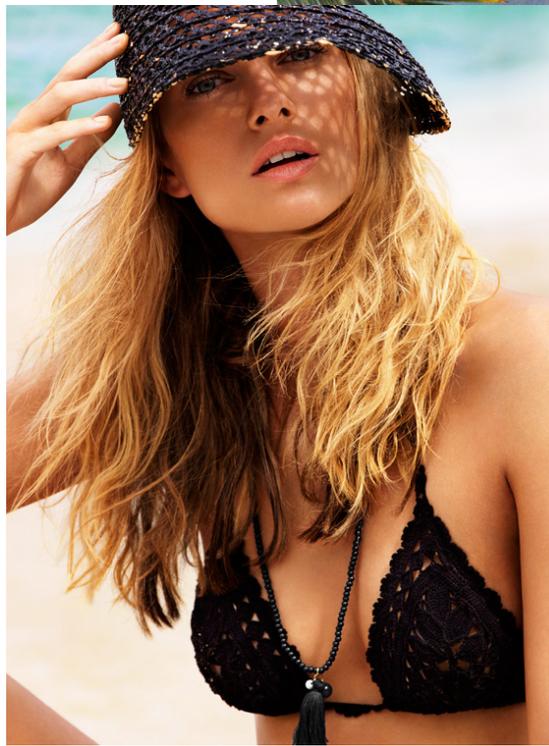
# THE HOLIDAY TAN

When the goal is to feel good in your swimwear, there's no denying a tan helps. 'Many of us associate tanned skin with hedonistic holidays and feeling relaxed, so having some colour instantly makes us feel happier,' says tanning pro Michaela Bolder. Here are her tips for creating a dialled-up, longer-lasting colour, which can be maintained with a thorough routine before, during and after your break.

**1** Use exfoliating gloves all over your body a couple of times in the week before you go on holiday, to smooth and soften the skin. And always use them on dry skin before getting into the bath or shower the night before tanning.

**2** A gradual self-tan is your go-to for all-over colour, but if you find it dries your skin, then apply a light layer of body cream the night before you plan to tan.

**3** Make sure you pack your gradual tan, as you will need to apply it every evening (chlorine and salt water will break it down). Depending on how deep you want your colour to be, you could also pack a tanning mousse and start using it in the middle of your trip to cheat a darker tan.



## SELF-TAN SOS

If you find self-tan sits in your pores leaving a dotted effect, run cold water (or an ice cube) over your skin before applying it to tighten pores and create a more even look.

**4** Your secret weapon for an even colour on hands and feet is a dark sock. Once you've applied the tan, put a sock on your hand and carefully 'buff' the colour in. Go gently over wrists, knuckles, ankles and the tops of your feet, using small, circular motions.

**5** If there's air conditioning where you are staying, turn it on, as self-tan doesn't develop as well in the heat. Sleeping in light cotton pyjamas and with minimal bedding will help, too.

**6** When getting out of the sea, bath or pool, pat rather than rub yourself dry – rubbing with a towel has an exfoliating, tan-removing action.

Oil-based SPF's break down fake tan, so use milks, creams and waters instead



Beach ready and oh-so glam

## Tanning tools



**Nip + Fab Tan Glycolic Polish Pads**, £7.95



**Soap & Glory The Exfoli-Great Scrub Gloves**, £4.50



**St. Tropez Gradual Tan Watermelon Infusion Everyday Moisture Miracle Body Lotion**, £14.50



**Bondi Sands Everyday Gradual Tanning Milk**, £11.99



**Hydrophil Organic Cotton Buds**, £1.85 for 100 (these are biodegradable!)

DIP A COTTON BUD IN NAIL VARNISH REMOVER AND WORK IT UNDER YOUR NAILS TO STOP TELL-TALE STAINS. DO THE SAME ON BROWS WITH MICELLAR WATER TO PREVENT UNWANTED TINTING.



*A tan for work and weekend style*



# THE SUMMER IN-THE-CITY TAN

Bronzed bare legs in tailored shorts, sun-kissed shoulders revealed in a strappy dress... It's easy to pull off a subtle, all-over glow for everyday, says self-tanning expert Jules Von Hep.

RETINOLS AND AHAs CAN EAT AWAY AT SELF-TAN, SO IF YOU USE THEM BEFORE BED, APPLY YOUR TAN IN THE MORNING. THAT WAY, YOU WILL BENEFIT FROM YOUR PM ROUTINE AND WON'T COMPROMISE YOUR COLOUR.

**1** For the smoothest canvas, exfoliate the night before you tan. A glycolic acid speedily removes dead cells on the skin's surface, or mix sugar with Neal's Yard Remedies Almond Oil, £12, to create a home-made scrub.



Keep a tanning water or spray in the fridge and mist it over your make-up just before you head out of the door

**2** Tanning drops are easy to add into any skincare routine. Aim to use them twice weekly, and think of them like fruit cordial: the more you add, the more concentrated the tan will be.

**4** It doesn't matter where you start or finish, but do use long, sweeping actions to apply the product to the skin, followed by smooth, circular motions to really blend in the colour.

**3** Add four to eight tanning drops to your body cream or butter per arm, and five to 10 for each leg. Start with three to four drops each for your face, torso and back; the number can be increased or decreased depending on how dark you want your tan. Always combine the products in your palm and rub hands together before applying.

**5** For streak-free colour, drag the product on to the tops of your hands, sweeping in between your fingers, then rub a baby wipe over your palms: there is no need to rinse them.

## Tanning tools



Isle of Paradise Self Tanning Drops, £19.95



Isle of Paradise Over It Magic Self-Tan Eraser, £17.95



Liz Earle Skin Replenishing Body Balm, £22



Clarins Radiance-Plus Golden Glow Booster for Face, £20



Oskia Adaptive Tan Mist, £52



Lauren Hutton

*Cool whites are a tan's perfect foil*

## SELF-TAN SOS

If you wake up with a streak, don't panic scrub, as this will make the skin look more uneven. Instead, go over the area with a light layer of the same self-tan or grab an instant tan and apply it with a make-up brush or sponge to patch up the colour.

# THE PARTY TAN

Once you've mastered a good faux base colour, you can add light layers of self-tan to contour and define your body. Amanda Harrington, tanner to Poppy Delevingne, Laura Bailey and Blake Lively, explains how.

**1** To create an all-over base colour, apply self-tan with a brush instead of a mitt. It's more controlled and allows you to really blend and buff colour in for a seamless finish.

**2** You need to allow four to six hours before you go out for the tan to develop, so do it the night before if you're short of time.

**3** Base tan created, you can now make arms appear more toned by applying a small amount of tan with a brush, taking it down the centre of the arm in circular movements, from the top of the shoulder to your wrist.

**4** To make legs look longer, take the tan down in a line from the hip to the ankle, working just off centre around the knee.

**5** Killer calf muscles can be cheated by going on to tiptoes to find the muscles, then applying a small amount of tan around them.

**Always layer on your self-tan while naked in front of a mirror so you can see exactly where you have applied it**



*Golden summer nights 70s style*

**DON'T USE SELF-TAN THAT'S MEANT FOR THE BODY ON YOUR FACE. IT HAS A DIFFERENT INGREDIENTS LIST AND TEXTURE, AND CAN LEAD TO CLOGGED PORES AND BREAKOUTS.**

**6** For a flatter-looking stomach and a more toned-looking torso, apply slightly more tan on the lower stomach and hips.

**7** Just before you hit the town, use a pearlescent cream or powder over any raised points (such as your collarbone and shoulders), down the backs of legs and in your cleavage to give your skin luminosity and enhance your bone structure.



## SELF-TAN SOS

For streak-free hands, make a claw shape before applying the tan. This will help you to blend it over knuckles and ridges.

## Tanning tools



**Natasha Denona All Over Glow Face & Body Shimmer in Powder, £33**



**Real Techniques Face + Body Blender, £14.99**



**Nude By Nature Touch of Glow Highlight Stick in Opal, £18**



**Vita Liberata Phenomenal 2-3 Week Tan Mousse, £37.50**



**Amanda Harrington Three Step Face, £65**