



## *the ultimate* FAKE TAN RULES

### 1. IT'S NOT ABOUT ANY OLD SCRUB...

**PRO TIP** "Oily products form a barrier on your skin, so go for a cream-based body scrub," advises skin expert Nichola Joss.

**TRY** Crème De Pistache Scrub, £37, Laura Mercier ([uk.spacenk.com](http://uk.spacenk.com))

### 2. MOISTURISE (WE MEAN PROPERLY)

**PRO TIP** "Use a light lotion to moisturise pre-tan. Rub a bag of frozen peas over your legs before tanning to close pores and prevent little brown spots appearing," suggests tanning pro James Read.

**TRY** Stress-Fix body lotion, £27, Aveda ([aveda.co.uk](http://aveda.co.uk))

### 3. LATEX GLOVES ARE YOUR NBF (STAY WITH US)

**PRO TIP** "Always wear mitts or latex gloves to prevent orange palms. Apply moisturiser to the base of your palm using a circular motion - this will blur the tan line so it looks like it fades naturally," says tanning expert James Harknett.

### 4. BE BORING AND SWOTTY ABOUT IT

**PRO TIP** "Apply your self-tan in long, sweeping strokes, starting from the bottom of your legs and working up, or from the ends of your arms, working in," Harknett recommends.

**TRY** Silky Self-Tanning Body Lotion, £15.50, Nuxe Sun ([marksandspencer.com](http://marksandspencer.com))

### 5. USE A PAINT ROLLER. HONEST

**PRO TIP** "If you can't convince someone to tan your back, then use a small paint roller. Roll over the self-tan then, standing in front of a mirror, go down each shoulder and the middle," suggests Read.

### 6. DON'T GET HOT AND FLUSTERED

**INSTYLE TIP** Tan in a cool area - not a hot steamy bathroom, as perspiration will cause the tan to run and patch. If you're feeling warm after you've tanned, dust mineral powder under arms and behind your knees to mop up any moisture.

### 7. BRUSH TEETH FIRST

**PRO TIP** "If you're tanning in the evening, be sure to brush your teeth before you tan - even a small amount of water can wash the product away, preventing the DHA from developing," warns Harknett.

### 8. DON'T WANT TO BE TANGOED?

**INSTYLE TIP** Leave your tan to develop for four hours for a light tan, or up to 12 hours for a darker shade, then wash off in the shower. Keep the water as cool as you can bear, as hot water encourages self-tan to break down more quickly.

### 9. THIS ONE'S GENIUS

**PRO TIP** "If you've gone too dark all over, have a steam or sauna, as this will encourage the tan to fade evenly," says Read. >