

# Beauty News

YOU  
Beauty

## BANISH YOUR FAKE TAN PHOBIA!

**T**he bronze without the burn, fake tan covers imperfections and makes you feel lighter instantly. Sold yet? We are! So we spoke to St Tropez's skin finishing ambassador Sarah Tammer to find out her rules for getting it right.

### 1 PREPARATION

Hair removal is best done the day before tanning to ensure no marks or irritation, and exfoliating is vital to remove dead skin cells and prolong colour. Sarah recommends applying moisturiser to dry areas such as elbows and ankles to avoid them going orange. 'This is caused by tanning products grabbing to these dry areas,' she says. 'Moisturiser acts like a barrier and will add a protective layer to your hands.'

**EXPERT TIP** 'Make sure you have no deodorant or perfume on, so no oils are on the skin,' Sarah says.

### 2 APPLICATION

A tanning mitt will change your life! They make tan easy to apply and blend,' Sarah explains. 'Mitts have a protective film inside them too, to prevent tan transferring onto palms.' Start from your feet up to keep tan even, and Sarah

advises waiting four to 12 hours before showering, explaining: 'The longer the wait, the better the result.'

**EXPERT TIP** Nervous about applying a fake tan? Why not try a gradual one! 'It's a moisturiser mixed with tan so you can build up the intensity if you feel like it,' Sarah says.

### 3 MAINTENANCE

Moisturising keeps skin hydrated and is the best way to maintain a tan.

**EXPERT TIP** 'A light exfoliation after a few days will help keep the surface area even to ensure your tan doesn't come off in patches,' Sarah says.

**WE LOVE** Eco Tan Invisible Tan (a), \$31.95, St Tropez Naturals Self Tan Milk (b), \$39.95, Le Tan in Le Can Instant No-Streak Tan (c), \$14.99, Naked Tan Instant Self Tan Bronzing Mousse (d), \$44.95, Ella Bache Great Tan Without Sun Self Tan Cream (e), \$40, Garnier Ambre Solaire Bronz Up Moisturising Milk (f), \$10.95, and Dove Summer Glow BeautyBody Lotion gradual tanner (g), \$236.

### STILL NOT TEMPTED?

Brave your fave summer dress with instant bronzer!

**WE LOVE** Sally Hansen Airbrush Legs (h), \$24.95, and Youngblood Mineral Illuminating Body Tint (i), \$52.



Model mum Miranda Kerr knows how to rock a fake tan.

**DID YOU KNOW?**  
Each person looks a different colour with fake tan – even when using the same product! 'The DHA in most tans causes a non-toxic reaction with the skin's protein,' Sarah says. 'So the colour will be affected by both your skin tone and the percentage of DHA.'

**TRIED & TESTED**

If you're a woman on the move, you need good protection!



**REXONA WOMEN CLINICAL PROTECTION ANTI-PERSPIRANT DEODORANT, \$13.99**

'I exercise through my lunch break and after using this, I'm very happy. It got me through my workout with minimal sweat and smell!'  
Jess, 23, Richmond, NSW.



**DOVE ORIGINAL ANTI-PERSPIRANT DEODORANT 24H, \$4.99**

'With the same fragrance as the original Dove bar, this spray was non-sticky, and it didn't leave a white residue!'  
Ella, 45, Keilor Hills, Vic.

**GARNIER 48HR ULTRA DRY MINERAL DEODORANT, \$4.95**

'I usually prefer sprays, but this roll-on kept me fresh all day! I also like that it didn't have a strong scent, so I didn't feel it was competing with my perfume.'  
Alicia, 30, Ipswich, Qld.



**AUM Firming Eye Cream, \$26.95**

'I've been using this for a few weeks and love how the organic plant extracts address my dark circles and hydrate fine lines. It's delicately scented and the applicator delivers just the right amount, which can be tricky to work out.'

Got a beauty question? Email [beauty@newidea.com.au](mailto:beauty@newidea.com.au)



**BEAUTY DIRECTOR'S FAVE**