



# HOW TO ACHIEVE A FLAWLESS SELF-TANNER APPLICATION

## 1. Prep Your Skin

Make sure the skin is as smooth as possible so it is ready to accept product evenly. Exfoliate and/or address ingrown hairs, body acne and keratosis pilaris as needed. If you need some suggestions, see our staff for effective, reasonably priced product recommendations.

**BONUS TIP:** If you need to shave, wax, get a manicure or touch up your hair color, do so at least one day before you apply self-tanner. All of these things can remove the beautiful bronze glow you will achieve!

## 2. Choose the Right Product

	LOTION	GEL	SPRAY	TOWLETTES
PERFECT FOR	First timers and the very fair	Moderately experienced	Experts	Everyone
BENEFITS	<ul style="list-style-type: none"><li>· Simple to use</li><li>· Easily blendable</li></ul>	<ul style="list-style-type: none"><li>· Non-greasy and lightweight</li><li>· Golden glow in the hour</li></ul>	<ul style="list-style-type: none"><li>· Keeps hands clean</li><li>· Instant glow</li></ul>	<ul style="list-style-type: none"><li>· Provides gentle exfoliation</li><li>· Natural look</li></ul>
TIPS	<ul style="list-style-type: none"><li>· Gets darker over a few days</li><li>· Apply in a circular motion for an even coverage</li></ul>	<ul style="list-style-type: none"><li>· Dries very fast, not much room for error</li></ul>	<ul style="list-style-type: none"><li>· Even application is difficult</li><li>· Need assistance for hard-to-reach areas</li></ul>	<ul style="list-style-type: none"><li>· May need several towels to get good coverage</li></ul>

**BONUS TIP:** Be conscious of the amount of product you use. Using too little can actually give a streaky finish due to the lack of product and extra rubbing during application.



### 3. Take it in Hand

#### *Easy steps for a beautiful application*

1. Apply a light, oil-free lotion to any really dry areas, like elbows and knees. The lotion will prevent dry areas of your skin from absorbing too much self-tanner.
2. Start at the feet and work your way up, using smooth, circular motions. This will prevent any strange marks from appearing when you bend over!
3. Save arms and the backs of the hands for last. For a more natural color on the hands, relax the fingers so the self-tanner doesn't settle into the creases on the knuckles.

#### *After application*

4. Many self-tanners have streak-free formulas that make application easier, but sometimes the color doesn't turn out as natural as one would like. If a mistake is made during application, try exfoliating the area or wiping it with an alcohol-based toner to even out the color.
5. Wash hands with soap and water as soon as application is finished to avoid getting orange palms. Be sure to clean between the fingers, around the nails and the backs of both hands.
6. Make sure the self-tanner is completely dry before getting dressed.
7. Try not to sweat or get wet for a few hours so as not to create streaks or spots.
8. Remember that the color change can take anywhere from one to six hours and each reapplication will build the depth of the color. Many products have a gradual bronzing effect over a few days or a week. So, don't go overboard!
9. Too much color? Wrong tint? No problem! Again, try exfoliating the area or wiping it with an alcohol-based toner to even out the color. Keep in mind that without reapplication, the coloring provided by a tanner typically wears off after a few days.
10. Remember: Self-tanners offer a beautiful bronze glow but do NOT offer protection from the sun. Use a broad spectrum sunscreen to keep your skin safe!