

## TIPS TO TAN THYSELF

The beauty director of InStyle magazine ([www.instyle.com/instyle](http://www.instyle.com/instyle)), Amy Synnott-D'Annibale, stopped by **The Early Show** on Wednesday, April 15, 2008, to offer some fool-proof self-tanning advice, tell about some new self-tanning products, and show how simply changing your makeup can really enhance a tan.

### SELF-TANNING TIPS

#### 1. Exfoliate Without Overdrying

You always hear that it's best to exfoliate before applying self tanner. This makes your skin smooth, and helps the tanner go on more evenly. What you probably didn't know is that you should avoid exfoliators that include salt, like the popular salt scrubs. Particularly at this time of year when your skin is dry anyway, an exfoliant with lots of salt will dehydrate your skin and cause the tanner to absorb unevenly.

InStyle picks:

- \* True blue Spa's jojoba bead-based in the Buff body polish (\$18; [bathandbodyworks.com](http://bathandbodyworks.com))
- \* Olay Body Wash Plus Spa Exfoliating Ribbons, \$3.99

#### 2. Start Off Easy

Believable color requires an even base tone. Prep your skin by applying gradual tanner (like Jergens Natural Glow Foaming Daily moisturizer, \$8, [drugstore.com](http://drugstore.com)). In particular, this will help you avoid dark patches at knees and elbows.

#### 3. Add Depth

Now you are finally ready to boost your color. InStyle suggests using an aerosol tanner. These were created as an at-home alternative to spray tan booths. Technology has improved these products significantly - instead of spraying out unevenly or in big droplets, the aerosol is a very fine mist. You can improve your chances of applying the the spray evenly by doing the following:

Start moving your hand that's holding the aerosol can in a circular motion *\*before\** you begin spraying to avoid blasting a stream of self-tanner on one spot. Hold the can six inches from your skin.

### NEW PRODUCTS

As mentioned above, self-tanning products are always improving and adding innovative features. Some of the coolest new products on shelves this season include:

Nivea Sun-Kissed Beautiful Legs (\$9.99, drug stores) - This product reduces hair growth as it tans, allowing you to shave less often.

Tarte celluFight (\$40, Sephora) - That's right, it temporarily tightens your skin, reducing the appearance of cellulite, as it tans.

St.Tropez everyday self-tanner (\$45, [www.sttropeztan.com](http://www.sttropeztan.com)) - Two cool things about this product. For starters, the smell that is typically associated with self-tanners has been practically eliminated. Also, the product has two chambers; one contains a gradual self-tanner, the other contains a bronzer that immediately gives your legs color. By the time you wash off the bronzer, the self-tanner will have done its job.

### MAKEUP: SUNNY SHADES

Most people realize that wearing white clothes can really bring out a tan. But did you know that the makeup you wear can also enhance your glowing skin? We'll make this point with a before and after comparison ... We'll have a before shot of a model wearing dark makeup. Then, we'll show the same model sporting "sunny shades." Here, specifically, are the makeup tips suggested by InStyle. The colors they've chosen are universally flattering on all skin tones!

\* Blush: go for a more vibrant blush than you might otherwise choose: Stila Convertible Color in fuchsia \$25 (at Sephora stores)

\* Eyes: swap out your eyeliner for a reflective bronze hue: L'Oreal Paris HIP eyeliner in Gold Kohl \$13 ([www.lorealparis.com](http://www.lorealparis.com))

\* Lips: a tangerine lipstick and/or icy pink gloss are the way to go: Estee Lauder Pure Color Gloss Stick in orange poppy \$19 (at Macy's stores), Yes to Carrots Lip Gloss in Flirty Pink \$6 (at Walgreens)