

skincare

Self-tanning essentials

Everything you need for a head-to-toe golden glow

May 8, 2010



Self-tanner is like an ego boost in a bottle. That sun-kissed bottle-bronze makes us feel thinner and happier (probably because we feel thinner), hides skin imperfections like cellulite, makes our smile look brighter, and generally just puts a little spring in our step. It also doesn't hurt that getting a faux glow will help keep our skin looking younger longer, too. To help you get ready for summer, which fast approaching, here are our picks for this year's self-tanning must-haves. You can thank us later.

For face...

This time of year, we recommend starting with a gradual facial self-tanner. Your healthy glow builds slowly over a week or so, you have less chance of streaking and you can always lay off for a day or two if you think you're getting a little too dark. We've been using [Mystic Tan Natural Glow Daily Moisturizer Face SPF 15](#) because it offers an anti-aging complex, sun protection and none of the yucky self-tanner smell.

For body...

First came the Blackberry, then Pinkberry, and now, [Brownberry](#) is poised to take the beauty world by storm. This brand-new self-tanner (you can pre-order it by clicking [here](#)) combines self-tanner and SPF 30 in a clear, fast-drying aerosol spray for effortless application (and no time wasted standing around naked before getting dressed). You can also swim or shower only 30 minutes after applying, and we think you'll like the green-tea scent, too.

For tan lines...

Remember when tan lines were like a spring break badge of honor? These days, not so much. In the event of a suntan faux pas, [Solàra Tanea Tan Line Corrector](#) comes to the rescue. This multi-use self-tanner tube lets you fill in stripes or pale spots with an angled sponge applicator, and you can repeat after four hours if tan lines are still visible.

If you're self-tanorexic...

Self-tanning for an extended period of time can lead to unsightly build-up around the ankles, elbows, on the hands and beyond. If you want to start over without waiting a week or so for tanned skin to slough off, make a date with [St. Tropez Tan Detox](#). This innovative oil removes unwanted residue while prepping the skin for a new application. Simply pour two caps of this blend of lavender and hazelnut oils into the tub, soak, massage your skin with the exfoliating cloth, and 12 hours later you're ready to tan again.

Self-tanning tips

1. If your self-tanner has been sitting in a drawer since last summer, odds are you should invest in a new one. Check the scent and color of the product, and if anything seems off, play it safe and throw it away.
2. Exfoliating before tanning is key for an even application. Nothing beats the [Shobha Exfoliating Cloth](#).
3. Blend, blend, blend! When applying self-tanner, take the extra time to make sure you don't miss a spot. Pay close attention to your inner arms (we always seem to get a little line there) and make sure you blend around the feet and ankles, which are other big trouble spots.