



fashion



fake it - don't bake it

With summer on the surf out and fall riding in the waves, how can a fashionista score that summer glow all year? With my list of favorite sunless tanners along with simple application tips, I will have you looking like a bronzed beauty January through December.

Debra's favorite: My absolute favorite sunless tanning secret is Palm Beach Tan's Mystic Tan. This produces the most natural-looking tan and lasts for a full week. I like to think of this system as a gentle car wash for your body. In just a few minutes, you are as bronzed and beautiful as you would be if vacationing in the tropics for weeks. Once you try this quick and easy method, you will be hooked for life. Why spend endless hours baking in the heat when

you can have a safe and fabulous glow in minutes. And the added benefit is the staff – the crew at the Arboretum location greets you with warm smiles and extensive knowledge of the equipment and products. They always bring their A-Game!

Tips on getting the best results:

- Exfoliate your entire body first. Skip this crucial step and you risk uneven, blotchy results. Pay extra attention to really dry spots like your elbows and knees.
- Use a tanning accelerator. This product contains tyrosine, which stimulates and increases melanin formation, thereby accelerating the natural tanning process.
- Moisturize your skin. Keeping your skin radiant and moist will prolong your glow for a few extra days – or until you can make it back for your next session.
- Touch up your tan. I love the Mystic Tan sunless self-tanning spray for a little touch up in the mornings. It also works as a moisturizer -- easy to use and worth the money.

And now for a few of my favorite drugstore sunless tanning products:



Banana Boat Sunless Summer Color Self Tanning Lotion

Indisputably a terrific bargain. This product has the same ingredients as department store brands but for a little over \$5, this is one of the best self-tanners on the market.

Bain de Soleil Mega Tan

I love this product because it works beautifully and has a neutral suntan lotion scent. It is an excellent product for both men and women and costs around \$10.

Jergens Natural Glow Foaming Daily Moisturizer

If you find lotions greasy and sprays challenging, foaming (mousse) sunless tanners are a life-saver. I find most Jergens products too strongly scented, but this one goes easy on the fragrance. Available for under \$10.



I hope my Mystic Tan and sunless tanning lotion tips help you to get a gorgeous sun-kissed look. So, get ready to flaunt your shiny bronze skin all year long.

Readers – One lucky reader will receive a basket of sunless tanning products! E-mail me with Hollywood Glow in the subject line at debra@elevatecharlotte.com. The tenth e-mail sent will be the lucky winner! Good luck!

Until Next Time!
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