



Fake it: perfect 10 for a perfect tan!

If the warmer weather marks dread and panic at the thought of having to shed the winter layers and show some skin then it's time to achieve the perfect 10 with your fake tan.

The problem most of us are faced with is winter skin – it is dull and insipid in pallor as a result of being hidden under jumpers, trousers and coats.

IN THE BUFF

Step one is a good all-over body scrub to slough off dead skin cells and awaken your skin. Get up and glow with Greenland – an affordable Dutch skin-care brand that develops innovative skincare products only using 100 percent natural raw materials.

One of the most nourishing product ranges by Greenland is the Fruit Extracts collection – all products are 100 percent natural, concentrated extracts from fruit which is by reputation full of goodness.

The ingredients come from the flesh of the fruit rather than the peel or the flower. The fruit extracts are added to different products in varying quantities in order to provide added nutritional benefits to the skin as well as to give the products an attractive natural fragrance.

One of the best ways to prepare skin for summer is exfoliation which will give it a beautiful dewy radiance. Try the Fruit Extracts body scrub (€7.95) which will remove loose skin cells and cleanse your pores leaving you with a clean, glowing skin tone.

You must be sure to use a gentle scrub rather than a harsh abrasive exfoliant that will damage and impair the skin. To ensure that you do not remove the protective skin layers that help to shield from harmful

TIME TO GET UP AND GLOW

UV rays, do not exfoliate more than twice a week (once a week is ample for most skin types).

To keep skin supple and smooth, get in to the habit of applying moisturising lotion after showering, this way you are replacing lost moisture back to the skin. Fruit Extracts has a body and massage oil (€5.99) that contains several vegetable oils including sweet almond oil and macadamia oil.

Vitamin E is used as a preservative so there are no chemicals added that can be detrimental to the natural balance of the skin. The Greenland natural body butters (€8.95) are also a great way to re-hydrate the skin and nourish it for summertime. Contact info@cupcake.ie for stockist details.

TANFASTIC

When it comes to applying fake tan remember less is more – and it's all about attention to detail. Long, gentle strokes are best and never overload with product – whether applying using your hand or a mit. Pay particular attention to problem areas such as hands (give fingers and knuckles a miss), knees and other joints.

One new product we're truly excited about is Top Image Tan, a self-tanning instant bronzer which gives a natural, attractive tan on contact. This amazing product is another breakthrough from Marion Creedon Hegarty an international award-winning image consultant from Cork.

The obvious benefits include easy application – apply straight from your shower on unmoisturised skin for an instant, streak-free result.

It doesn't turn you orange,

because it works with the skin's own natural tanning ability. And more great news, there is no fake tan odour, so only you will

know that it is from a bottle!

Top Image Tan is available in liquid and cream forms which are both suitable to all skin types and are dermatologically tested. Both liquid and cream are available in 125ml bottles (€25), contact (021) 4272454.

ENDURANCE TEST

Now that you're looking top-to-toe fabulous give your tan nine lives with another fab new product – St. Tropez Tan Intensifier.

The tanning experts have created a breakthrough lotion to give tans the longest lasting performance yet. New St Tropez Tan Intensifier is the first and only product to enhance and prolong a tan whether from a bottle, the sun or a sun bed – the Holy Grail of tanning products to maximise your bronzed look.

The lotion contains a scientifically advanced and patented delivery system containing 'DHA Rapide' and 'Erythrulose' which work in combination, to ensure an instant boost of long lasting colour. Erythrulose is a keto-based sugar which causes a natural chemical reaction with the outer layer of the skin, strengthening existing colour, rather than staining or dying.

The tan intensifier is packed with nourishing and protective ingredients like grape seed and sunflower oils to provide intense moisturisation, organic aloe vera and glycerine to hydrate skin ensuring tans fade evenly, and Vitamin E for anti-oxidant and anti-inflammatory protection. It glides smoothly over skin on application, is non-streaky, and your tan will intensify in two hours and won't transfer to clothes.

The product costs €22.50 and is available from leading pharmacies.

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