

HEALTH & BEAUTY

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THE LICENTATE

How will you be remembered?

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DON'T GET TANGOED!

This time of year we hear a lot about the seriousness of sun damage to our skin. We are to make sure we apply sunscreen everyday, even on overcast days. There are two choices, embrace your natural milky Irish complexion or cheat and slap on a bit of fake tan. Roasting yourself with baby oil is no longer an option. Tanning fanatic **Kate Crowley** has all the inside information on how to get that perfect golden glow

THE popularity of sunless tanning has risen since the 1960s when the first lotions were made by health authorities about the effects of the sun's UV rays and the dangers of sun tanning methods such as sunbeds.

There are so many sun goddesses now deserting their trusty sunbeds, the need for the ultimate fake tan has never been greater. With so many products on the market it's difficult to get the happy medium between looking citrus orange and golden brown. We have reviewed some of the top tans available on the market to help you achieve the perfect tan.

PREP TIME

We all have different skin types so prepping the skin for application is just as important as applying the tan. It's important to wax at least 48 hours before tanning, and shave 24 hours before application. Exfoliate 24 hours before tanning to remove any self-tan or dead skin, think of your skin as a blank painting canvas and you are the artist.

It's suggested you rub a cleansing wipe around your neck area and arm pits, this will make sure you don't have any excess tan from a previous application, remember the artist needs a blank canvas. Moisturise the key areas on the body like the hands, knees, feet, elbows and any dry ar-

FAKE BAKE EXTREME TANNING GEL €34.99

Fake Bake is a well known brand, and it has an extensive range of fake tans, along with exfoliators and moisturisers to ensure we get the best results from our tan. The fake bake gel is a rare tan that doesn't have the terrible after smell of tan toxins. It surprisingly smells very well. It goes on smoothly and has a slight tint in it that let me see where I applied it. I found it was best applied the night before, and don't even think of getting into a freshly made bed as the bed sheets are not going to be the same colour in the morning.

The result: It gave a nice golden sheen, but nowhere near the colour I was looking for. There were no streaks visible so that was a positive and I found it if I applied it for a few days, the colour was built to a nice golden brown.

8/10

ST TROPEZ SELF TAN LOTION €37.50

Ultimately St Tropez was once the brand to get, it's quite pricey so subsequently most people think it's the best of the best. It has been linked to certain celebrities to being crowned the king pin of fake tanning. It's easy to apply and has a dark colour that allows you to see where you're putting what. The smell isn't too overpowering and it only takes four hours to develop.

The result: I don't see what's so special about St. Tropez. I got quite a 'mucky' looking tan rather than a sun kissed glow. After a shower it was ok, but ok isn't good enough for the price. I felt it faded quite quickly also, but it did come up evenly.

7/10



PROSUN €16.99

If you want a tan without the creams and mits, then this new jet spray tanning system is the ideal solution. It gives a salon quality finish if you've just had a weekend in the Med. Once you've purchased the jet spray, there are refill cartridges you can use to keep your tan topped up. There are no batteries or power required, so it's quick and easy to use. Each cartridge is sufficient for two complete body applications, just hold the Jet-Spray 12 inches from skin, then spray evenly in a sweeping motion. Hypoallergenic, suits all skin types, tan lasts up to seven days.

The result: This was a different way of applying my tan, like a beautician at home! I advise applying in the shower area so as not to spray any walls. I got a friend to spray me as I felt I couldn't get even coverage with a spray canister. The results were surprisingly good though, streak-free and even. The glow was impressive enough to keep me looking fresh for a good seven to eight days along with moisturiser.

8/10

TOP IMAGE INSTANT LIQUID TAN €23.99

Top Image is depicted to be formulated for Irish skin. It comes in both liquid and cream options, I went with the liquid. You can apply this straight from your shower on unmoisturised skin for an instant streak-free result. It's nearly impossible to streak, because the coloured tint of the tan means you can clearly see where it has been applied. It is said that it will not turn you orange as the chemical tan which works with the skin's own melanin.

The result: After application I felt my tan needed a little longer to dry. The tan was instant, which is great if you're in need of a sudden glow. It developed even better over night. This is by far the best tan as I feel it did exactly what it said on the tin. A little goes a long way with the liquid covering a large area, I see the bottle lasting me a long time. The winner is Top Image!

9/10

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