

Your head-to-toe TAN PLAN

The foolproof way to get a gorgeous DIY glow

CLEAVAGE "After you've applied your tan, use a blusher brush to dust some talcum powder between and underneath your breasts so that the colour doesn't move," advises tanning expert James Harknett. It works under the arms too!

BACK "Stand with your back to a long mirror, wearing your mitt the wrong way round," suggests James. "Use the back of your hand to wave the tan onto your back, then turn your mitt round to reach your shoulder blades and back of your neck."

TORSO "Apply one layer of mousse over your stomach with a mitt," says James. "Then, with the second coat, start at the outer ribs and do diagonal strokes towards your tummy button to contour." Try **Sensitive Untinted Mousse** £28 st-tropez.com



ARMS AND HANDS "Keeping your arm straight, apply colour with a mitt (palm facing down), then use the excess on your inner arm and back of your hand," says James. "Blend some moisturiser from your wrist onto your hand to create a subtle fade." Try **Sun Sheen Intense Light Tan Self-Tanning Body Lotion** £26 Institut Esthederm at spacenk.co.uk

LEGS AND FEET "Bend your knees to avoid white patches here," warns James. "Stop when you get to your ankle, then blend moisturiser and the excess tan from your mitt onto your feet. If you're off to the gym to work out, shake some talcum powder into your socks beforehand to stop your tan rubbing off."

FACE "Facing straight on, spray three downward strokes, then turn your head to the side to do two more and repeat on the other side," says James. Try **Ambre Solaire No Streaks Self-Tanning Bronzer Dry Face Mist** £8.16 Garnier



NECK "Work upwards from your chest, keeping your neck still so the colour doesn't collect in the folds," explains James. To maintain it after a shower, "press it dry, then apply a firming cream so it doesn't go patchy."

3 PERFECT SPRAY TANNING POSITIONS

by James Harknett



1 LEGS Rest your foot on the bath, hold the can 15cm away from you and spray straight, even strokes starting from the top of your thigh downwards. (Try **Express Tanning Mist** £15.95 sienna-x.co.uk)



2 HANDS Moisturise your hands and wrists, then – keeping your arm straight – put your hand in a claw position and spray it with three quick blasts. Avoid spraying each finger as this will look unnatural.



3 TORSO Stand in front of a full-length mirror, hold one arm up, lean back to avoid crease marks and spray downwards in even strokes with the other arm. Repeat on the other side.

