

Beauty tricks for a SLIM, GLAM, YOU

It takes just a few clever beauty tricks for a sexier, younger looking face and body – a little effort for big results, we promise!

CLEVER BODY CONTOURING

All hail the tan, which can make body parts that haven't visited a gym in years seem more slim and toned. "It's simply to do with light," explains celebrity tanner James Harknett. "Darker areas absorb light, creating no reflection on the skin, whereas fairer colours encourage light to reflect, making your body seem larger." With a little bit of self-tan know-how, you can fake a better body in only a spray and a buff.

Follow your usual fake-tan routine, but use these moves to create shape. Move quickly and cleanly as you apply with a light touch: you're after a hint of shadow, not defined lines.

THE TONED TORSO

Using a mousse with a tanning mitt, apply by sweeping from under the breast to the centre of your stomach. The sweeping effect creates a shadow in the centre, giving the illusion of a sleeker stomach.

FIRM ARMS

Apply one layer all over your arm, then when it's dry, flex arms to show your bicep and tricep muscles and, using a make-up sponge, buff a second layer under the contour of each muscle. Layering will create a slimming shadow.

ENDLESS LEGS

Do it the right way and self-tan can instantly streamline your legs. The key is to use a matte tan as your base, and then take a skin illuminator and buff down the centre of your legs. The light is reflected off the thigh and leg, giving you the illusion of slimmer pins.

BIGGER BUST

Apply bronzer in the area down the middle of your chest, between your breasts. Blend the colour upward and outwards, creating a V-shape along the natural curve of the breast – you will instantly appear curvier.

The shape shifters

The new crop of firming body creams and tools are boasting fab results. We've put them to the test...

GET BUFF *Guinot Minceur Chrono Logic Slimming*, £42.25. "Smells delicious and it's easy to apply. My skin feels smooth and the massager helped it to absorb." *Kate Matharu, online editor*

FIRM LUMPS & BUMPS *Shiseido Advance Body Creator*, £53. "I was impressed. It's refreshing, nourishing – and I do feel that little bit tighter." *Emma Faiers, junior fashion editor*

BOOB LIFT *Nip + Fab Bust Fix*, £16.29. "I noticed a difference straightaway – my skin felt smoother, more taut, lifted and plumped. I'm a complete convert." *Vicky Axelson, art editor*

TONE UNDERARMS *Dr.Ceuticals Firm & Sculpt Arm Gel*, £10.02. "Dries quickly, isn't sticky and I really feel it will make a difference long-term." *Jane Curran, food editor*

ENHANCE SKIN TONE *St Tropez Gradual Tan Plus Firming 4 in 1 Lotion*, £20.49. "I'd definitely buy it for the great colour, but not for tightening." *Natalie Cornish, acting deputy online editor*

Your self-tanning kit

- THE ILLUMINATOR** *St Tropez Gold Skin Illuminator*, £12.25
- THE MOUSSE** *Sienna X Q10 Bronzing Mousse*, £24.95
- THE SPRAY** *L'Oréal Paris Sublime Bronze Express Pro Tan Dry Mist*, £15.49
- THE CREAM** *Sisley Super Soin Self Tanning Body Skin Care*, £72
- THE MATTE TAN** *Xen-Tan Moroccan Tan*, £24.99 >>

