

THE MAN WHO TANS

Ever felt like you'd fit right in with the cast of *Sweeney Todd* or *Twilight*? Don't worry, help is at hand and it comes in the form of a spray gun

Spray tan man James Harknett gets paid to see One Direction in the buff and his fans include Geri Halliwell, Brian Friedman and Catherine Tate. We popped down to his salon for some tips on faking it this winter. Unfortunately he wasn't in the middle of tanning Harry Styles.

TANNING LIKE A PRO

"It's easy to get a good tan at home, just follow my tips and use good products"

- Avoid any oil-based products the week you do your tan. They sit on top of the skin and cause a barrier – that's how people get streaks.

- **Wax and shave 24 hours before.**

- Use light exfoliation on the day that you do your tan, and don't put any perfumes or body lotions on your skin.

- **Put moisturiser on the dry areas that are likely to go a little bit darker, like your hands, elbows and wrists.**

- Apply your tan – remember to wear gloves so you don't stain your hands.

See James at Bobsoho, 36 Marshall Street, London W1F 7EY. Call 020 7734 2444 or visit bobsoho.com

THE TAN MAN'S CELEB FANS

"Patsy Kensit helped launch my business, she's a great customer of mine, as is Brian Friedman. He adores his tanning. I met him, sprayed him and I've done him ever since. Recently I've been at the X Factor studios most Fridays – rehearsal day – spraying the contestants. Matt and Aiden had never had tans done before and now Matt comes back every week asking for one. And One Direction, ah, when I spray them I turn down my gun so I don't put too much pressure on them. Most people say it's a bit chilly, but One Direction like it!"



James Harknett helps Harry Styles and Matt Cardle look even more gorgeous. It's not a tricky job, is it?

THE X MAG TAN-O-METER



NICOLA ROBERTS
Pale skin: allowed



ELLIE GOULDING
Bright lights, natural glow



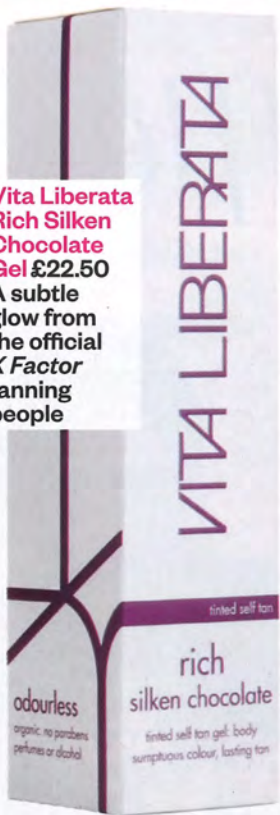
DIANA VICKERS
Wicked heart, rosy complexion



MARINA DIAMANDIS
Matchy-matchy cheeks, lips and hair

THE TAN MAN RECOMMENDS...

Vita Liberata Rich Silken Chocolate Gel £22.50
A subtle glow from the official X Factor tanning people



St. Tropez Gradual Tan Everyday Body £14
Builds colour slowly - a beauty cupboard essential



Xen-Tan Transform Luxe £15.95
Deliciously scented and fabulously to use



L'Oréal Sublime Bronze Express Pro Spray £13.99
Dead easy to use, with very natural results



Bliss - A Tan For All Seasons £26
The best tan in a can. It lasts for days and smells great

Fake Bake Original Self-Tan Lotion £24.95
A classic, it gives you a great, even skin tone



St. Tropez Self Tan Bronzing Mousse £20
The mousse goes on really easily, so you don't get streaky bits



Xen-Tan Mousse Intense £21.95
For those who want a tan and want it now, this is super-easy to use and dries instantly



La Prairie Cellular Self Tan For The Face & Body £72
A golden tan which handily also has SPF15



L'Oréal Sublime Bronze One Day Gel £11.99
Goes on like a body lotion but adds a touch of colour, which washes off when you shower. Easy peasy



SARAH HARDING
Old-skool hair, new-skool tan



MOLLIE KING
A popstar dipped in actual honey



CHERYL COLE
Newcastle Brown



FRANKIE SANDFORD
We're not jealous. Much