

THE BEAUTY EXPERT

allure

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Your Sexiest Summer EVER

Bronze Skin, Shimmery Makeup, Fun Nails

PLUS: Quick Fixes for Hot-Weather Glitches

ELIZABETH BANKS

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Crazy-Easy WEIGHT LOSS

Sneaky Ways to Drop the Pounds

Frizz-Free Hairstyles

1 MINUTE, 1 AMAZING HAIR PRODUCT

60 Products You Love

The Readers' Choice Awards



SLEEP BETTER—TONIGHT!

New Ways to Get More Rest



Self-tanner

Anna Stankiewicz, an airbrush tanner at Suvara at Pipino 57 in New York City, shares her tips for doing your own self-tan.

- **Choose a self-tanner for your skin tone**, not your desired result. Foams blend most easily, minimizing streaks; tinted ones let you see if you've missed a spot.
- **Shower, shave, and buff your body** with exfoliating gloves or an oil-free scrub, then towel-dry thoroughly. Any residue will prevent the self-tanner from absorbing evenly.
- **Apply a thin layer of lightweight moisturizer to elbows, knees, and feet.** Without it, these dry parts can grab too much color and turn darker than the rest of your skin.
- **Pull on latex gloves, and work from the ankles up**, applying tanner in circular motions to get the best coverage. (Skip hands and feet for now.)
- **Focus on your feet.** Use a makeup sponge to smooth tanner around your ankles, and blend it down the tops of the feet.
- **Remove gloves, apply a thin layer of moisturizer to the backs of hands**, and treat them as you did your feet, being careful to blend well at the wrists.
- **Air-dry for 30 minutes**, then brush talc-free baby powder on sticky areas before dressing to prevent tanner from transferring to clothes. Avoid showering or sweating for six to eight hours.
- **If streaks or splotches appear**, rub half a lemon or **St.-Tropez Tan Remover** on the area for two minutes before lightly buffing with a damp towel (sttropeztan.com).

