

# Pure gold

Get glowing with **HELLO!**'s guide to faking it like an A-lister

**D**espite the trend for pale skin tones such as those of Nicole Kidman and Lily Allen, most self-respecting A-listers wouldn't dream of stepping out without ensuring they look bronzed

and beautiful. A tan can help to conceal most imperfections and give the illusion of flawless skin. But when it comes to a choice between bake or fake, smart celebs opt for the latter – and so should you. Here's how to get celebrity-style sunkissed colour this summer.

## Salon selective

For seamless colour, there's no doubt a salon tan is where it's at. Whether you go for a hands-on therapist or a spray booth, this is one A-list treatment that's a must-have – and who better than your favourite stars to help you choose?

### The airbrush tan

*MyMyst System from Mystic Tan, from £20.  
Tel: 020-8498 7253*

Delivered in an automated booth, this treatment mimics the effect of an airbrush, giving all-over, even, natural-looking colour. There are different solutions designed to suit your particular skin type and desired shade of tan. Simply choose the one you want, insert the cartridge and follow the voice guide instructions. Your tan will peak four to five hours after application.

*Famous fans Lindsay Lohan, Christina Aguilera, Hilary Duff*

### The bespoke tan

*Palmer Cutler Concierge Tan Treatment, £65.  
Tel: 07801-133504*

A 60-minute hands-on treatment that complements any skin tone – from the fairest to the darkest – and is applied by a pro in the privacy of your own home. What could be more VIP?

*Famous fans Kate Moss, Sadie Frost, Lisa Butcher, Denise Van Outen*

### The fragranced tan

*Urban Tan, from £25. Tel: 020-8498 7266*

Promising the most natural-looking, flawless tan, with this treatment you not only get to pick the shade that best suits your skin tone, but also to personalise your tan with the choice of one of six Aroma Zone essential oil fragrances.

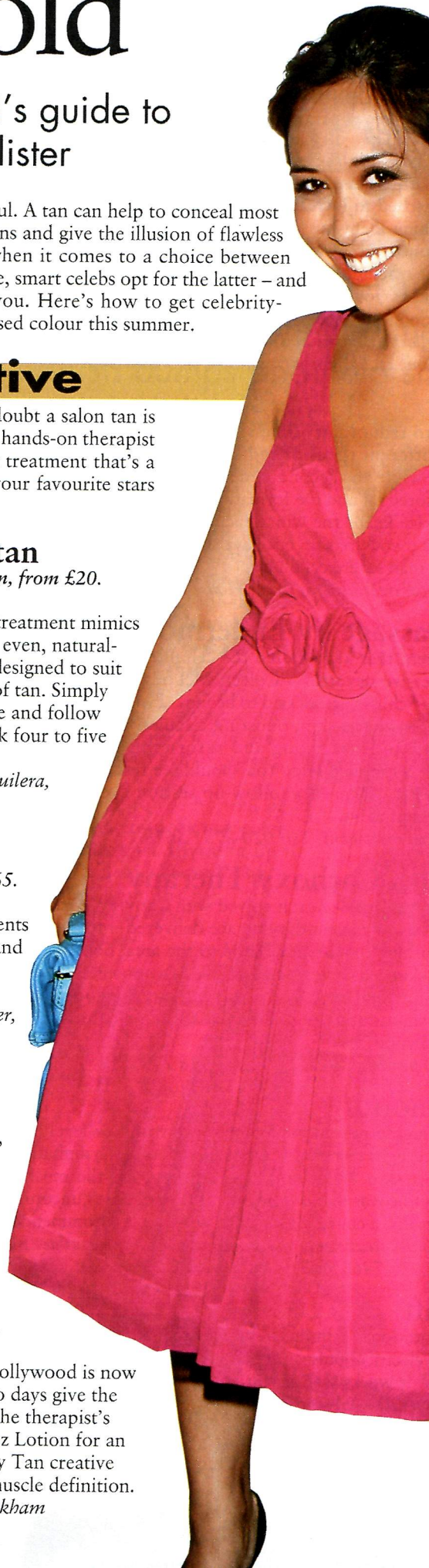
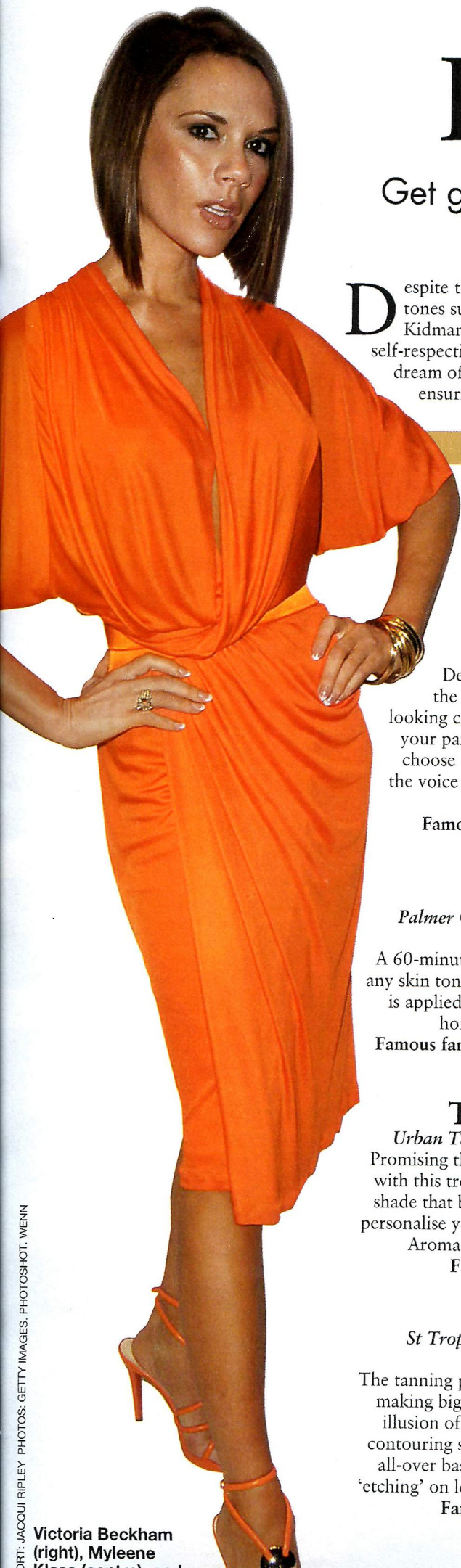
*Famous fans Paris Hilton*

### The cult tan

*St Tropez 'Double Dipping' Tan, from £50.  
Tel: 0115-983 6363*

The tanning phenomenon that's been sweeping Hollywood is now making big news here. Two treatments over two days give the illusion of a tanned and toned body thanks to the therapist's contouring skills. Day one is the Classic St Tropez Lotion for an all-over base tan; day two is the St Tropez Spray Tan creative 'etching' on legs, arms and stomach to give *faux* muscle definition.

*Famous fans Sienna Miller, Victoria Beckham*



Victoria Beckham (right), Myleene Klass (left)

## The golden girl tan

ART: JACQUI RIPLEY PHOTOS: GETTY IMAGES. PHOTOSHOT: WENN



## Home help

DIY tanning is, of course, the cheapest, quickest option, but unless you master the art, those telltale streaks will give the game away immediately. We've asked celebrity tanning guru Judy Naake – the woman who first brought St Tropez to the UK and was Victoria Beckham's personal tanner – for some expert guidance:

- Have any hair removal done at least 24 hours before applying a tan.
- Always exfoliate well. Concentrate on hands, elbows, knees and feet. Remember: the better you exfoliate, the longer the tan will last.

- For best results always tan at night – ideally about 20 minutes before going to bed. If you're using a tinted lotion, just shower in the morning.

- If you are tanning during the day, don't wear tight clothes afterwards as seams can rub the tan off while it's developing. Wear something loose, preferably in a dark colour.

- Moisturise drier areas such as the hands, elbows, knees and feet before applying your tanning lotion.

- Use latex gloves or wash your hands thoroughly after applying.

- Mix moisturiser and tanning lotion to custom

blend your colour for those areas you want to be lighter, such as the inside of your arms, which are not exposed to the sun as much.

- Don't take the tan into your hairline. Bleached or grey hair will absorb the colour. And cotton bud your eyebrows so they don't stain.

- Make sure you tissue the tan off your finger and toe nails. Always check the back of your heels in a mirror, and add a little moisturiser to the creases if needed. Do the same for your wrists.

## Bronze medal winners

Here are HELLO's top products for faking it at home:

**Xen-Tan Dark Lotion, £25.95**

*Ideal for mimicking an A-list St Barts-style tan. A thin coat will give you a golden glow, while two applications will deliver a darker olive colour. From House of Fraser.*

**GlowFusion Micro-Nutrient Face & Body Natural Protein Tan, £40**

*The first clear, all natural, odour-free, self-tanning mist will have you looking gorgeously sun-kissed within hours. Colour lasts for up to two weeks. Tel: 0870-160 7258.*

**L'Oréal Paris Sublime Bronze Illuminating Self-Tanning Care in Fair Skin or Medium Skin, £12.99**

*Specially formulated for the face, this has an ultra-light texture that blends effortlessly into the skin – and it's tinted for an immediate glow.*

**Lancaster Self Tanning Fast Dry Bronze Water Spray, £16**  
*Perfect for a last-minute golden glow, this fuss-free product dries in seconds, so there's no hanging around waiting to get dressed. Tel: 0800-376 0688.*

**Beauty Lab Peptide Tanning, £17**

*A revolutionary new anti-ageing tan that contains two peptides: one that stimulates melanin production to give a deeper, longer-lasting colour; another with anti-ageing properties to help firm your skin. Tel: 0844-555 5880.*

**Clinique Self-Sun Touch of Bronze Moisturizing Body Lotion, £15**

*An everyday body moisturiser that builds colour gradually – ideal for nervous novice fakers. Tel: 0870-034 2566.*

**Dior Bronze Self-Tanning Natural Glow Spray, £24.50**

*Inspired by salon airbrush tans, the spray diffuses a micro-fine mist and works in any position – great for angling to reach backs and legs.*

**Rodial Brazilian Tan Light, £39**

*This A-list treat gives an instant caramel tint and a long-lasting glow, and has added pomegranate antioxidant power. Visit [rodial.co.uk](http://rodial.co.uk).*

