

### Step 1 EXFOLIATE

Dry, dead skin loves to stick around, making your complexion look dull. To remove those dead cells, Alexandra DiMarchi, lead tanning artist of Tan-Luxe in L.A., recommends using a **body scrub** while in the shower. We like Dove Exfoliating Body Polish (\$6). Removing that layer of ashy dryness will help self-tanner or body oil go on smoothly, for the most even (non-streaky) finish.

### Step 2 PICK YOUR GLOW

**Self-Tanner** If you don't like the pastiness of your legs and arms—or just want to amplify your skin's natural color—try a **gradual self-tanner**. When applying, use small circular motions to ensure you don't miss any

spots, DiMarchi says. You'll want to use a light hand when passing over ankles, elbows and knees: The thicker skin there grabs more product, resulting in darker, uneven color. We love Jergens Natural Glow Wet Skin Moisturizer + Firming (\$9). It goes on while you're still in the shower, and begins to build a tan immediately. You can use it daily, but keep in mind that each time you do, the color will deepen—so if you're getting too St. Tropez bronze, simply skip a day or two.

**Body Oil** If you love the color of your complexion but just want to make it glisten and look smoother, try a **shimmery oil** like Sol de Janeiro Glowmotions in Copacabana Bronze (\$35). It's transfer-resistant, so the tiny mica particles won't end up on your clothes. To apply, use an upward sweeping motion along your arms, legs and any other part of your skin that will be exposed, DiMarchi says. The secret to a natural finish is to blend until the oil is fully absorbed—this could take a couple minutes, so enjoy a mini-massage moment!

#SELFCARESUNDAY

## GET GLOWING SKIN

### Sun-Kissed Complexion

To give your face that just-from-vacay look in an instant, try a combo of **bronzer and highlighter**. We love L'Oréal Paris True Match Lumi Glow Nude Highlighting Palette (\$15). To apply, use a kabuki brush to lightly dust the powder bronzer all over your face; then use a powder brush to sweep the highlighter across the top of your cheekbones, on the tip of your nose and on the Cupid's bow of your lips, DiMarchi says. For a foolproof way to self-tan your face, she suggests mixing three to four drops of Tan-Luxe The Face, Illuminating Self-Tan Drops (\$49) into your daily facial moisturizer.