



Self-Tanners, Decoded

Q There are so many different types of self-tanners out there. How do I know which is right for me? I don't want to look streaky.

—Allison Stratton, 30, @sweetieallycat

A I feel your pain. I'm fair-skinned, and self-tanning has always intimidated me. (My high school hallways were filled with orange-tinted girls before prom.) I'd dabble, but the products of the time left my skin sticky and stained my clothes (shudder). That's not to say the promise of a bronzy glow minus cancer-causing rays is lost on me, so I turned to St. Tropez tanning pro Sophie Evans for advice.

For a foolproof tan: The most versatile product to work with for the body is mousse, which spreads easily and dries quickly, Evans says. The exception is... **If you have dry skin or want lasting color:** You'll want a product that adds moisture, so look for lotions and creams with ingredients like shea butter (we like Jergens Natural Glow Wet Skin Moisturizer, \$9, at drugstores, which you apply in the shower). Lotions also *last*, so use them pre-vacation; just make sure you use enough. "When a person is scared to self-tan," says Evans, "they use a very small amount to tan a large area, leading to stripes." **If you don't want to commit:** A wash-off tanner (like the L'Oréal one, right)



Quick Fix Self-tan too deep? Baby oil will help fade the color. Apply oil, leave on for 10 minutes, then buff with a damp washcloth to exfoliate.

FOR A SPA-LIKE TREATMENT

St. Tropez Self Tan Express Bronzing Face Sheet Mask (\$9 each, sephora.com)

FOR SHADING CHEEKS
Vita Liberata
Trystal Pressed Minerals (\$35, ulta.com)



FOR A QUICK RESULT

L'Oréal Paris
Sublime Bronze Summer Express Body Makeup Lotion (\$11, at drugstores)

is basically sweat-proof body makeup; it'll bronze your limbs instantly but come off easily with soap and water.

To add color to your face: First of all, know that "the pH on your face is slightly higher and often makes self-tanners develop darker," Evans says. As a result, facial tanners usually have less DHA, the stuff that makes your skin look golden, so they work better on your face than body ones (try Dr. Dennis Gross Alpha Beta Gradual Glow Pads, \$35 for 20, drdennissgross.com, and the new sheet mask from St. Tropez, top). Or dilute your body tanner with moisturizer before applying.

And to sculpt your features: You can contour with self-tanning makeup. Yes, that's a thing. Vita Liberata's bronzing powder, left, reacts with your skin to leave it glowing for up to five days, even after washing your face.

—Erin Reimel, Glamour beauty assistant