

Sunless Tanning Tips

by Maria Krieser
from Darlene Rutledge website

1. Shave and/or exfoliate skin before applying. Shave legs or exfoliate using a body scrub, buffing cream or netted body sponge before applying sunless tanning lotion. This will remove top layer of dead skin and allow lotion to apply more evenly. As coloring wears off, continue exfoliating regularly (but not everyday) to keep tan looking its best.
2. Use less than you think you need. (For one half of leg or one arm I use a large pea sized amount of lotion.) Apply a thin, even layer of lotion, concentrating first on long or flat areas on body. Be sure to cover all areas. Lightly apply lotion to joints last using the lotion remaining on your hands. Also for a more natural look, go a little more lightly on insides of arms and other areas that naturally don't get as much sun exposure.
3. Always wash hands immediately following application to avoid staining palms. (do be careful to not wash lotion off of wrists and arms.)
4. For a darker tan, use small amounts on consecutive days. This way you can also cover any areas you may have missed or that appear uneven. Streaks? Cotton ball soaked in nail polish remover will tone them down.
5. Avoid contact with clothes and other objects for 25 minutes after application to facilitate even color development and to avoid staining materials.
6. Wait one hour after application before showering, bathing or swimming.
7. Color develops gradually over about 6 hours.
8. Reapply every 3-5 days to maintain color. More frequently to increase color.
9. Do try 2-3 times before giving up on sunless tanning lotion. Good application does take practice. But isn't it worth it to look good and avoid the damaging (aging) effects of sun exposure!!!

A note from Darlene:
I put lotion on before I use Sunless Tan...it makes a difference for me!

