



How to tan...

like a professional

As the biggest fans of fake tan in the world, we Irish should be a dab hand in the application stakes by now. Unfortunately, many of us still struggle to get it right! From patchiness to the dreaded 'palms' and hints of orange to hues of green and just about every shade in between, getting a decent fake tan is an art in itself.

Here, we ask some of the leading tanning experts for their top tips to help us cailíní tan like a pro. Australian expert Tania Walsh believes it's all about the preparation, while tanner to the stars Nichola Joss says the secret lies in the application. Our very own tanning guru, Oonagh Clarke, on the other hand, insists it's all about choosing the correct product...

BY
MAIREAD
NIC GIOLLA
PHADHRAIG

PREPARATION Tania Walsh

1 Australian Tania Walsh (pictured above) is the brains behind Vani-T, a beautifully packaged range of self-tanners and tanning aides that is taking the world of tanning by storm.

For Tania, the secret to tanning lies in exfoliation and moisturisation.

She explains: "The maxim 'fail to prepare and prepare to fail' certainly stands true in tanning.

"The best results can only really be had once the skin has been exfoliated and well moisturised.

"However, I am aware that the vast majority of women are prone to patchiness and dryness, which are the biggest enemies of sunless tanners.

"Certainly, while this patchiness may not be so apparent on naked skin, it immediately becomes apparent once the tan has been applied."

She recommends a 'buff and shine' method using Vani-T Organic Liquid Loofah and Vani-T Organic Body Frosting (€20.87 each). The range is available from Arnotts, Dublin 1, and salons and chemists nationwide.



APPLICATION Nichola Joss

2 Nichola Joss (pictured right) has gotten her perfectly tanned hands on some of the hottest bodies in the world, including supermodel Elle Macpherson and hunky Hugh Jackman.

As the official tanner at this year's Oscars, St Tropez was the brand of choice for the Scottish beauty professional.

"To be honest, less is sometimes more when it comes to tanning and right now the 'no-tan tan' is bang on trend.

"[This] is why gradual self-tanners, such as St Tropez's Everyday Perfect Legs [€45], are becoming more and more popular, particularly amongst tanning novices.

"Assuming the skin has been exfoliated and moisturised beforehand, use Vaseline as a barrier to keep the cuticles and brows clean and avoid applying a heavy layer of

tan to the lower legs.

"Instead, extend the calf application down to the feet, keeping it very light to mimic a natural tan around the ankles. Remember, it's easier to add than remove!"



PRODUCT Oonagh Clarke

3 As the distributor of Bronz'Express, Ireland's best selling sunless tanning range, it's fair to say that Oonagh Clarke (pictured left) knows a thing or two about what Irish women want from their tanning products.

For her, it's all about choosing the right product and she naturally recommends

Bronz'Express Lotion (€20.95, available from salons and chemists).

"No need for exfoliation, just apply this tinted lotion and go," she says. "It smells divine, looks great, is easy to apply and best of all we believe it delivers the best fake tan results you will ever get — no Oompa-Loompas guaranteed!"