

Q&A

Tanning troubles? Follow these tips from our experts

Beauty: BRONZE AGE

Meet the experts



Nyssa Addison
Make-up artist



Samantha Avvinti
Spa and salon
owner

Feet first

Q Whenever I apply fake tan, over time my feet always appear browner than any other part of my body – why is this and how can I prevent it?

A *Samantha says:* Our feet are the parts of the body that we probably take for granted the most, and it's important to remember how hard they work. There are more than 250,000 sweat glands in each foot, and the perspiration on the skin of the feet between washes will naturally affect the look of tanning products. Preventing browner feet when tanning requires regular soaking, moisturising and removing hard skin. All of this rejuvenates the skin and allows for a more natural look. Imagine what your feet would look like if you moisturised them as much as your face!



Perfectly polished

Q I really want to wear fake tan for my big day, but I'm worried about it ruining my dress. What should I do?

A *Samantha says:* To minimise the risk of fake tan rubbing off on your wedding dress, you should ensure skin is in good condition to absorb the product well in advance of the big day.



In the weeks leading up to your wedding it's essential to exfoliate and moisturise your body regularly, focusing on dry areas such as elbows, knees and feet. If you suffer from particularly dry patches then an exfoliating cream, salt or oil scrub is advisable, like Bravura's Unisex Body Scrub priced £19.19, from www.bravuralondon.com. Using an exfoliating mitt is also a good idea and is an inexpensive alternative to costly lotions and potions. Moisturise the skin to replenish the natural oils and nutrients you've removed. Regularly applying a thin layer of Vaseline to areas such as knees, elbows, wrists, ankles and feet in the run-up to the day will also help prevent dark patches and unevenness, allowing for a more natural-looking tan. I'd suggest having a spray tan two days prior to your wedding, as this will allow for any excess product to be washed away when showering or bathing. Don't exfoliate again before your wedding day, but do remember to moisturise regularly in order for the tan to blend naturally and evenly without transferring onto clothing.

Banish the blemish

Q I have a few blemishes on my face and whenever I put fake tan on them it really makes them stand out. How can I conceal them and get a flawless finish while still looking bronzed?

A *Nyssa says:* Firstly, you need to address the cause of the breakouts. While sometimes the stress of the wedding plays a key part, continuing to apply fake tan before the big day blocks the pores on your face, preventing the skin from breathing. This will inevitably cause blemishes which you may find

difficult to cover. I'd suggest trying to cut down on the amount of fake tan you apply in the lead-up to the day itself. Take advantage of any natural sunlight instead, using an SPF sun cream, and ensure you're cleansing, toning and moisturising your face at least twice a day. This should help to reduce the amount of blemishes.

Use a light bronzing powder to give your face a natural glow. If you still find blemishes continue to stand out, you'll need to neutralise the colour before applying your foundation and concealer. This can be achieved by adding shades of orange over darker blemishes, or shades of green over redder ones.



Contact our experts

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