

5

Things You
Must ALWAYS
Do If You Want
a Perfect
Fake Tan



By Victoria Winnard

5 Tips for a Perfect Fake Tan

You might have seen thousands of people with a great fake tan, but you will always remember the ones wearing a spray tanning disaster. That is because while a good spray tan looks just natural, if fake tanning goes wrong, it can be really bad.

It gets particularly painful if you get a fake tan for a special occasion and it turns out not exactly the way you were expecting.

Fortunately, there are few things you can do to avoid those problems, none of them too difficult to implement:

1. **Deep Exfoliation.** Fake tanning really starts and ends on the quality of the exfoliation you can achieve with your skin. It is like the most important thing you can do if you want to have your tan
 - Natural looking
 - Even
 - Last a long time
 - Wearing out evenly
 - Will make your tan glow

Baiden Mitten stands heads and shoulders above any other form of pre-tan exfoliation. Why? – Because it removes almost all the dead skin layer. It is especially important in self and spray tanning because the tanning solution only “tans” the uppermost dead skin cells on your body. If the dead skin layer is thick, the top dead skin cells will be ready to naturally exfoliate really quickly and not only will you lose your tan quickly, but it will be coming off in patches. If however the dead skin layer is really



shallow, it will take a long time to build up and so you will keep your tan a lot longer and it will be a lot more even.

1. **Wax before you tan.** That is the only way to do it – before you tan. You cannot plan to wax or shave afterwards because you will simply remove your tan. Waxing is preferable, because as the tan lasts few days, you might get a bit prickly if you just choose to shave. Again – there is nothing that is better before shaving than Baiden Mitten:



- Waxing will be almost pain free, as there are no obstructions of dead skin to trap the hair in hair follicles and
- There will be no ingrown hair using this method

Since the tan will last few days longer when you use Baiden Mitten, you might get some hair re - growth even if you wax. The best way to deal with that is to very lightly shave the hair with the razor with the hair growth, preferably without any soap.

Unfortunately you will not get smooth shave that way, however you will avoid scraping off the dead skin layer thus removing your fake tan.

2. **Wear loose clothing.**

When the fake tan is fresh, it is very fragile. It gets rubbed off really easily. That is why you need to wear loose clothing. If at all possible, no bra and no



panties. The best shoes for the occasion are flip flops. Try to avoid wearing anything tight for at least 7 hours, but if you can – plan to stay comfortable for up to 24 hours.



3. Excess spray tan removal trick.

Sometimes there is just too much of a good thing. While most dark patches can be simply removed with a light exfoliation, the soles of the feet and the palms of your hands can be a dead give-away that your tan is not of natural variety.

If all the scrubbing does not give you the desired effect, grab Mr Clean Magic Eraser and get rid of the stubborn stains. Please be sure you only use it on small stains and not over your whole body, because it contains chemicals which are not meant for the skin and can badly irritate it.

4. Moisturize with a tan extender. Fake tan needs to be religiously moisturized every day if you want to keep it longer and in good condition. Do not make a mistake of moisturizing it with just any moisturizer. Some oil based moisturizers can take the sunless tan of faster than you can say “fake-tan”. Use a moisturizer specifically made for sunless industry.



Fake extending moisturizers contain a small amount of spray tanning solution which will build up some tan as it wears off thus extending it for a much longer time. It is particularly important for the face, top of your hands and feet, since the tan there tends to wear off fastest. It is not a good look to have dark body with white face, hands and feet.

Few words of warning:

Looking tan can be such a great morale booster. It can make you look like you glow with health, or just came back from a holiday in Jamaica.

Please remember that spray and fake tanning will not make your skin more resistant to sun tanning. You can easily burn if you are not careful. Stay out of the midday sun. Not only will you lower the risk of skin cancer, but you will not get as much sun damage, you will not age prematurely and will not have to watch your wonderful fake tan peel.

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