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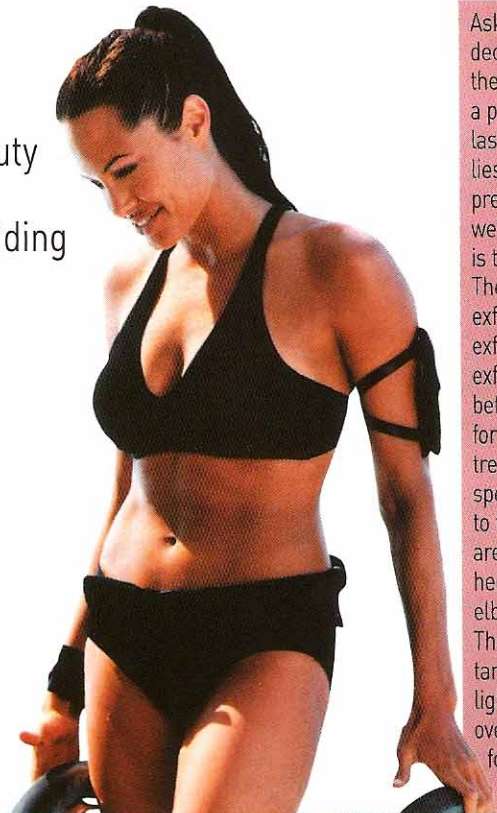
All tan and no trauma

Starting this month, B&H Life looks into the world of beauty treatments. We try, you buy! Our resident beauty expert **Emma Wells** looks into getting a gorgeous tan whilst avoiding the trauma of a streaky orangey hue

Sunbathing really is a beauty no-no these days. It is well known that it causes premature ageing and could lead to far worse consequences: skin cancer. So how do you look good and get that healthy glow safely? By faking it of course! There are a number of ways you can bronze up and look beautiful and a myriad of places you can go to get the look. We have searched out some great places to go in Brighton and Hove, but first here are two essential top tanning tips to help avoid streaky uneven tanning and ensure that healthy natural glow lasts as long as possible.



Above: St Tropez is available at Beauty Secrets. Right: Angelina is a big fan of Magic Tan.



Ask any decorator and they will tell you a perfect long lasting finish all lies in preparation – well, a fake tan is the same. Therefore exfoliate, exfoliate and exfoliate the day before you go for your treatment. Pay special attention to those dry areas like your heels and elbows. The day before tanning rub a light moisturizer over your skin for a smooth tan.

Location	Tansations	Sundials	Beauty Secrets
The treatment	Magic Tan – automatic spray booth	Fantasy Tan – air brush by hand in booth	St Tropez – by hand
The process	Arrive and watch a quick DVD so you are sure to get the best tan possible. Strip off and apply barrier cream to nails, elbow, feet and palms. Into the booth for four 15 second blasts of spray, turning between each one. Out you come, dab down and dress ready to go. Your tan will develop fully to your natural body tones over the next five hours	A male or female therapist is on hand. Stand naked or wear a bikini and let the spray begin. Three minutes top to toe with a myriad of shades to choose from. Have instant colour or if you need to go back to the office and are shy about the instant change choose clear tan and let it develop over a few days	The treatment begins with a full body, wonderfully scented exfoliation and moisturiser which is applied to all dry areas to ensure an even tan. The cream is then applied with a choice of three shades to suit skin tones. Wait ten mins until dry, and hey presto! Instant streak-free tanning
The chemicals	Tanning solution, aloe and moisturisers, all FDA approved	Sugar-based and active ingredient which reacts with the top layer of your skin	Aloe vera based
How long does it last	1 week - 10 days	6 - 10 days	5 - 7 days
Sneaky surprises	Pop along and you may bump into Peter Andre whilst you are there	Try the Chocolate flavour for a deliciously dark and luxurious tan that smells and tastes good too	Take away some home care products to easily top up at home
Finale facts	An off-the-beach-looking natural tan	A gorgeous golden glow	A silky smooth streak free bronze
Who goes there?	Peter Andre, Angelina Jolie at the Oscars and Brian Harvey in the jungle	Kylie, J-Lo and Kate Moss and Edith Bowman	Victoria Beckham, Cat Deely, Denise Van Outen and Billy Piper
Cash	£25 per session. Special offer '3 for £40'	£25 full body, 320 half body, £10 face. Special offer '3 for 2'	£45 full body, £32.50 upper body, £22.50 legs only
Timings	One minute for the spray half an hour with preparation	Three minutes top to toe, less for just legs	Full body one hour
For bookings	128A Carden Avenue, Patcham 550551	116 Dyke Road, Brighton 770500	65 Western Road, Hove 822476