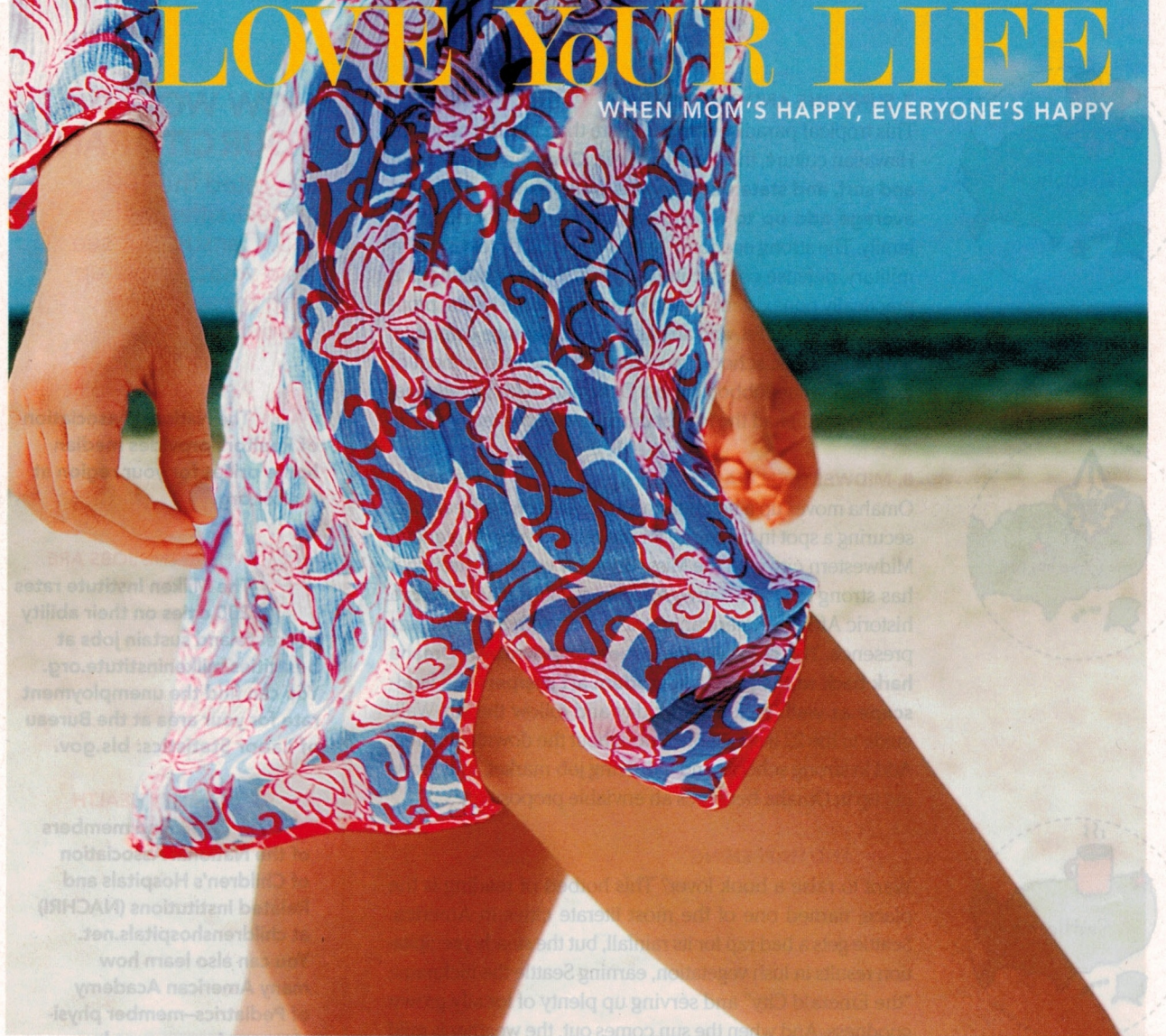


LOVE YOUR LIFE

WHEN MOM'S HAPPY, EVERYONE'S HAPPY



You Glow, Girl

Got a new sundress? Try a self-tanner. The results are more natural than ever.

BY CHRISTINA VERCELLETTO

The cheese-curl look you recall from high school was gone with N'Sync. Today's self-tanners give gorgeous results. You just need to take your time.

"Rushing is the most common reason for uneven color," says Channing Barnett, M.D., a dermatologist in New York City. Prep your skin by showering first, shaving your legs, and moisturizing, as self-tanners work best on exfoliated, supple skin. And don't try to go it alone; line up a helper to apply it to your back. Stumped about how to tan your hands? When you're done with your body, wash hands, using a cotton swab under nails.

Then apply tanner to the top of each hand with a cotton ball. Let the tanner dry naturally (15 to 30 minutes). "If you hurry things along with a fan or blow-dryer, you'll wind up with splotches," says Dr. Barnett.

OUR FOOLPROOF FAVORITES

1 DuWop Clear Revolution (\$28; duwop.com) goes on icy blue so you can track application, and then dries clear.

2 Jane Iredale's Tantiasia (\$36; amazon.com) is activated by your melanin, so it automatically creates the most flattering shade for you.

3 Fake Bake's Flawless (\$24; fakebake.com) comes with a mitt for supereasy application.

4 Still squeamish about taking the plunge?

You can dazzle anyway with **Hawaiian Tropic's new Shimmer Effect After Sun Moisturizer** (\$8; drugstores). It highlights your skin with a subtle sheen. And the coconut-papaya fragrance is heavenly.

