

Health & Beauty

Safe Ways To Tan

(NAPSA)—Many of Hollywood's brightest stars don't use the sun to tan. Instead, celebrities such as Jessica Simpson hit the salons for pricey airbrush tans and rely on this beauty secret to keep them glamorized throughout



At-home airbrush spray tans can be a safe way to get bronzed.

the year.

Airbrush tanning is a safe way to get a tan, without the UV rays linked to wrinkles, age spots and even cancer. A typical spray tan lasts five to seven days, but there are ways to make it last longer:

- Exfoliate your whole body and shave or wax before getting sprayed.
- Do not moisturize before getting sprayed.
- Avoid sweating and showering for at least six hours after treatment.

People who want to save money or can't get to the salon can use home alternatives such as Salon Bronze—a portable airbrush self-tanning system. It has a 360° spray and works upside down (to tan those hard-to-reach areas). The system is designed to provide a golden color that does not look orange or streaky. Considered a bargain at under \$20, it is available at mass-market retailers and drugstores.