

The Hottest Secrets For Looking Bronzed And Beautiful

(NAPSA)—When the temperature rises, women of all ages expose more skin. To help you, *Shape* magazine's style director, Jacqui Stafford, reveals beauty secrets and healthy ways to enhance your tan.

"We all want to look tan and healthy," says Stafford. "There are many beauty secrets that give you a sun-kissed glow without setting one foot near the beach."

Golden Glow

A great way to get bronzed is to do it conveniently with self-tanner. The newest products tan you in less than an hour, have a great scent and even contain powerful anti-oxidants such as vitamins C and E to protect from free radical damage.

When applying a self-tanner, be sure to exfoliate first. Try an exfoliating scrub in the shower to remove dead skin cells and allow for an even application. After moisturizing, use a tinted self-tanner, so that you can see where you have applied it. Then, use a wet wipe to swipe away tell-tale marks on ankles and elbows.

Make-Up Tricks

Certain make-up techniques can make you look healthily tanned and leave your skin brighter and glowing. In the humidity and heat, always use waterproof mascara. Or, stick with your favorite brand, but use a waterproof sealer over the top. To make your eyes look alive and alert, use translucent, sheer



washes of color. Try shimmering cream shadows that glide on for a crease-proof and long-lasting finish. If you are feeling a bit adventurous, brights like vivid greens and aquas look fresh and modern.

Give yourself lightly bronzed cheeks by using cream blushes that you can rub onto cheeks for a healthy glow and instant sun-kissed look. Be sure to avoid heavy foundations and concealers. Also, try oil-blotting powders to absorb excess shine without removing any make-up.

Sparkling Smile

A smile is still beauty's best kept secret, and a white smile always

complements a great tan. To enhance your tan with a brighter smile, try Crest Whitestrips, a leading at-home whitening kit. Start right now, just twice a day for 30 minutes. In two weeks, you will have dramatically whiter teeth.

Show off your white smile by using blue-based lipsticks. Blue-based lipsticks, rather than orange or brown-toned lip colors actually make your teeth look whiter and brighter. Forget intense, dark colors—go for bursts of bright color. Lip colors that may look unnatural in the tube actually go on sheer and translucent. Or, go for a slick of gloss. The newest ones have mirror-like reflecting pigments that sparkle and last all day.

Sunscreen, Sunscreen, Sunscreen

Most importantly, save your skin from sun damage by always using an SPF of at least 20, even on cloudy days. Choose a lightweight, oil-free moisturizer that soaks in instantly and contains both UVA and UVB protection. Also, to achieve a sun-kissed glow while avoiding the damaging effects of the sun, try a body shimmer sunscreen that enhances your natural color.

Use these tips to get more bronzed and beautiful. Show off your smile and discover why Crest Whitestrips is a beauty secret for more than 15 million people!