

Safely Sun Kissed

(NAPSA)—There are safer ways to achieve a sun-kissed glow than a tanning bed.

“Tanning is just a bad idea, especially indoor tanning, as the UV radiation is often 10 to 15 times stronger than that of the sun,” states dermatologist Darrell S. Rigel, a leading skin cancer expert.

Celebrity makeup artist Amy Oresman suggests some healthy ways to protect your skin and achieve that bronzed look:



- Apply a broad-spectrum sunscreen. Choose a sheer, lightweight product that layers easily under makeup and a waterlike formula that can be worn every day. Look for a formula with long-lasting, photostable UVA/UVB protection, such as Neutrogena’s Helioplex technology that has at least an SPF of 30.

- When choosing a facial bronzer, opt for a dermatologist-recommended brand such as Neutrogena. Healthy Skin Custom Glow Bronzer contains a triple antioxidant complex to enhance skin’s healthy look over time. For a naturally radiant look, blend the bronzer outwards on your cheekbones and sweep it lightly across the top of your nose. For even more glow, add a touch of bronzer to your temples and chin, too.

- Airbrush yourself. Professional airbrush tans can be pricey. “Avoid costly salon trips by using an at-home solution such as Neutrogena MicroMist Airbrush Sunless Tan,” says Oresman. This convenient, no-rub spray provides a streak-free, all-over glow.