



spray on the sunshine

Remember when it was the done thing to lather yourself in tanning oil, and roast yourself under the scorching sun for hours on end? It seems like centuries ago. Thankfully, the dangers of sun exposure are now so well known, that the pursuit of a 'real' tan is all but forgotten.

But just because you make an effort to spend less time in the sun, doesn't mean you need to sport the milk bottle look. A bronzed body is still the must-have summer fashion accessory, and there are plenty of ways to get that sunkissed glow - minus the UV exposure.

Fake tanning has come a long way in the past few years. Those orangey, patchy results you may remember have been replaced by a new wave of products and treatments which create a far more natural look.

There are a huge range of do-it-yourself products on the market, with options to suit all budgets. These can be a great choice if you're confident with your application technique. But what if you're having flashbacks of previous attempts where you've been left with decidedly dodgy brown knees and elbows?

Professional spray tanning is growing in popularity for good reason. With its quick application it is perfect for that one off event, or if you are a dedicated tanner, is a great way to maintain a summer glow all year round.

Shine Beauty salon, in the Myer Centre Brisbane, offers a 'walk-in, walk-out' treatment, using their preferred tanning range, TechnoTan. Tania Turner, owner of all four Shine Salons says, 'It is really important to assess our clients' complexion to ensure we achieve a great tan that looks really natural. We chose TechnoTan because its four fantastic shades can be matched to suit different complexions. It also doesn't come out orange, dries instantly and has no smell. Very important if you've got a big event that night!'

Spray tanning not only looks natural, but it fades like a natural tan as well. A spray tan takes 10-15 minutes to apply and last 4-6 days, longer if cared for properly.

Ensuring that you have prepared for your spraytan is crucial as it can mean the difference between a good and a great spray tan. The girls at Shine recommend the following:

1. Exfoliate before you tan. It is best to use exfoliants that are especially made for the tanning industry, as they will contain less oils and moisturisers than most.
2. Don't wear any deodorant moisturiser or makeup before spray tanning.
3. Wear loose clothing after your tanning session.
4. Wax or shave your legs the day before your treatment.
5. Shine recommends 6-8hrs without showering, to allow your tan to develop to its full potential.

There are a few steps that can assist you in prolonging your tan:

1. When showering, use a soap free body wash or shampoo.
2. Moisturise daily to assist in the hydration of your skin.
3. Use a tan extender daily, to extend your tan.
4. Try to avoid swimming in a chlorinated pool, or perspiring in a sauna, steam room or gym.
5. And the tanning tip from those in the know this season? Heavy spray tans are out. Light, natural spray tans are in. If in doubt, go a little lighter. You can always deepen your tan on your next visit.

So there's no excuse for tanning the unhealthy way anymore. With natural looking results available in just 15 minutes, there really is no need to consider venturing outside without your SPF30+.

Contact Shine Beauty, Level 1 for your next tan. Call 07 3003 1334 to book an appointment. ☎



Exfoliate with The Body Shop's Mango Body Scrub | \$25.95.



Moisturise with The Body Shop's Coconut Milk Body Lotion | \$21.95.



Extend your tan with Body Drench Quick Tan Enhancing Lotion | \$29.95.

SHOPPING?

How many hours have you circled the suburban shopping centre car parks - searching, stalking and finally finiding a car spot miles away in the hot blistering sun?

When you go shopping do you like to have:

- Choice & Options?
- Convenience?
- Flexibility?
- Security?

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And the Parking? It's a breeze! With 1600 undercover car spots, you never have to park in the sun again, you'll always be close to the shops and you'll be rest assured that your car is secure!

At the **Myer Centre Car Park** we even give you options with payment methods, choices with different peak and off-peak parking rates, convenience with a centrally located parking facility, flexibility with your parking needs and security with 24hr security patrols! What better could you ask for?

Off-peak afternoon rates start from 2pm Mon-Fri, so **PARK AT THE HEART** and shop til you drop!



Photo courtesy of TechnoTan.