

Molly Hanson Steel provides expert beauty advice for our readers in this regular column. Molly, CertEd BTEC and BABTAC, is a fully qualified lecturer and national trainer, and has her own beauty clinic, Uber Beauty, at 146 London Road, Stockton Heath.



## UV or not UV, that is the question!

THE recent warm weather means our summer is nearly here. People are shedding the layers of winter clothing and waiting in anticipation for the warm rays to turn their limbs bronze.

But, be warned: those rays of sunshine will eventually give you a deeply wrinkled leathery skin. Do you want to resemble something like the hide of an elephant?

We all know someone who has hammered the sun beds and now looks at least 10 years older than they actually are. Think about the consequences as you stretch out

under those rays.

Year after year, I see people of all ages (not just the fortunate under 25s), with red, blistered and sore peeling skin.

However there are alternatives and with a little practice and perseverance you can become an expert at applying self tan.

I do recommend that you go for a reputable company. A cream-based product is better if you are applying it yourself and they tend to last longer on the skin.

Also use one that has got a coloured base so you can

see where you are applying it, such as St Tropez (most chemists stock it now), or if you want the professional touch, try a holistic tan.

BeauBronz spray tan has a fantastic finish and is very natural and can also be used on the fairest of skin tones. It's also plant-based

and the lotion contains essential oils which helps your skin glow naturally.

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