

5 Tips For An Amazing Sunless Tan

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Summer around the corner, keeping your skin safe in the sun is always in style! Instead of baking your skin and leaving it at risk for skin cancer try using a sunless tanner. Dr. Marc Malek has 5 go-to tips for creating the perfect sunless tan.

1. Get Rid of Hair

Laser Hair Removal is very beneficial in permanently removing hair. This procedure works best for people who have thicker, darker hair, but it will work for all hair types. The laser works by selecting the darkest and coarsest hairs, so someone who fits these characteristics will see better results. It takes about 3 to 5 sessions on average, and it's a great procedure to have done in the winter because you cannot expose your skin to the sunlight 6 weeks before or after it's done.

2. Use a Scrub

Your skin can become dry and flaky during the winter. To refresh it for the summer, use a scrub to slough off dead cells and reveal smoother, more luminous skin. Look for products with Vitamin A and glycolic acids, which have great exfoliating properties. I recommend the Exfoliating Body Wash by Glytone and the St. Ives Exfoliating Apricot Scrub.

3. Amp Up the Self-Tanner

Keep your skin moisturized and invest in a quality self-tanner if you are feeling pale. Jergens Natural Glow and Neutrogena Sun Fresh Sunless Foam both work great and are affordable.

4. Schedule a Pedi

Treat yourself to a spa pedicure! Paint your toes a pretty color to celebrate the summer and attract attention on the beach. Chances are your feet will be dry and in need of some TLC after being trapped in boots all winter.

5. Moisturize

Make sure to regularly apply lotion to your tan. You want to prevent skin from cracking and it will also help the color last longer.

For more information on Dr. Marc Malek and his services that he offers go to <http://marcmalekmd.com/>