



SARAH
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BEAUTY ASSISTANT

7 STEPS FOR STAYING PERFECTLY (FAKE) TANNED

As a reformed fryer, this is my guide...

- Exfoliate with a scrub, concentrating on elbows, knees and ankles.
- Remove rings to avoid streaks, then apply **Dark Lotion Absolute Luxe** £34.99 Xen-tan.co.uk [1] in six sections (legs, stomach, chest and arms).
- Blend evenly around to the backs of your limbs – and wash your hands.
- Finish with your face. Smooth a drop of **Face Tanner Luxe** £18.95 Xen-tan.co.uk over your cheeks, down to the neck and up into the hairline. Now don't get dressed for ten minutes.
- Maintain the tan with **Tan Optimiser Shower Cream** £10 St-tropez.co.uk.
- Five to seven days later, you need to start again. I soak in a bath with a few drops of **Tan Detox** £25 St-tropez.co.uk [2] to remove old tan.
- The next morning, exfoliate and start again.



HOW TO TAME BIG, FRIZZY HAIR!

Nothing cured my frizz until I had a keratin blow-dry – and it changed my life. The natural protein ingredient completely smooths kinks and has ended my battle against fuzz (for at least three months, anyway). My other secret weapon is **Oil Treatment For All Hair Types** £29.95 MoroccanOil [3]. I rub it into damp hair, from the mid lengths down. It gives weight to the ends, which leaves my hair in a loose wave rather than a frizzy, tight curl, and flattens and smooths my frizz.



SCRUBS FOR SMOOTH SKIN

Like half of the UK population, I'm prone to lumpy patches on the arms. They're caused by clogged pores, so I buff three times a week with **Coconut Frosting Salt Scrub** £20 Philosophy [4] or **Apricot Deep Cleansing Body Scrub** £4.99 St Ives [5]. ©

