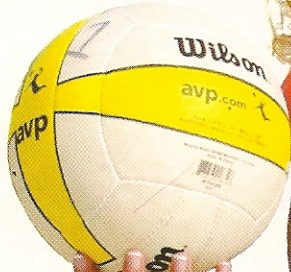


AVP'S BEST OF THE BEACH

Volleyball

WORLD CHAMPS
APRIL ROSS
& JEN KESSY



5

EXPLOSIVE EXERCISES

NCAA VOLLEYBALL
TIME FOR NEW
TRANSFER RULES?

10 TOP
SUPER FOODS



NOVEMBER 2009

\$4.99



0 09281 02389 0

VOLLEYBALLMAG.COM

MADAVOR MEDIA

Get Your Bronze On

BY ANNA M. JOHNSON, L.E.

SUMMER IS OVER BUT YOUR TAN DOESN'T HAVE TO BE A THING OF THE PAST

The tanning months are behind us now, but that doesn't mean that your sun-kissed tone has to fade. Self-tanners offer a safe alternative to the damaging UV rays you're exposed to when basking in the sun. Using self-tanners cuts your sun exposure, reduces the risk of skin cancer and signs of early aging while helping you to look your best.

There are many self-tanning products out there like lotions, gels, wipes and sprays promising to give you a healthy bronzed glow. Getting the perfect tan with a self-tanner is a real possibility when the product is applied properly.

HERE ARE SOME KEY POINTS FOR A SUCCESSFUL SELF-TANNING APPLICATION.

1. EXFOLIATE

Rub away dead flaky skin in order to optimize your tan and create an even finish. Exfoliation is easiest to do in the shower using beads, a loofa, or bath gloves.

2. DRY OFF

It is important that your skin is completely dry before applying a self-tanner. Do not try to apply a self-tanner in a steamy bathroom.

3. APPLY EVENLY

Make sure to spread the product evenly on your body but remember that the backs of your hands and feet should not be as tan as the rest of your body.

4. BE PATIENT

Wait until you are completely dry before going to bed or getting dressed.

Airbrush Tanning

Airbrush tanning is a process by which a Dihydroxyacetone (DHA) based solution is airbrushed onto the skin creating a safe, natural, sunless tan lasting 7-10 days.

You will see immediate results but the color will continue to darken after the initial application. With most solutions, the deepest tan color is reached within

12-24 hours. A lot of the bronzer added to the solution will come off in the first shower/bath after application. Don't worry. Although it looks like your tan is washing off, it's only residual product going down the drain. The color that remains is produced by the DHA reacting with the skin so you'll still have an amazing tan.

Prior to applying an airbrush tan,

South Seas Tahitian Glow Self Tanner

A cucumber, coconut-berry scented lotion creates a safe, streak-free, healthy looking tan within hours while also firming and tightening skin, \$18.



South Seas Bora Bora Body Polish

This non-greasy, invigorating scrub exfoliates and softens, leaving you with fresh, smooth skin, \$18.



South Seas Tahitian Tan Mist

This fast-drying, spray mist formula gives a golden brown tan so "real" it will be mistaken for a summer beach tan, \$24.



PHOTOS BY KURT JUPIN

exfoliate, shave and avoid using lotion. Wear dark, loose cotton clothing so you don't rub away the product before it has a chance to work its magic. Place a towel on the seat of your car for the drive home and avoid sweating and showering for at least 6 hours after your tan treatment to prevent poor coloring and unevenness.

For more information, visit www.annaskincareoc.com.