

# Follow these steps:

1. **Cleanse and exfoliate.** Use L'BRI Body Wash and Exfoliating Face and Body Scrub before applying the self-tanner. Exfoliating will help remove dead skin cells. Spend more time exfoliating where your skin is thickest, on the elbows, knees and ankles.
2. **Dry your skin.** Drying your skin before you apply a self-tanner helps it go on evenly.
3. **Apply in sections.** Apply the self-tanner in sections (such as the arms, then legs, followed by the torso). Massage the self-tanner into your skin in a circular motion.
4. **Wear gloves to apply the self-tanner.** You will avoid orange-colored palms by wearing gloves during application.
5. **Blend at your wrists and ankles.** For a natural look, you need to lightly extend the tanner from your wrists to your hands and from your ankles to your feet.
6. **Use sparingly over knees, ankles and elbows.** These areas tend to absorb more self-tanner than the rest of the skin. Apply a small amount of Daily Moisturizing Hand & Body Lotion to these areas before application.
7. **Give your skin time to dry.** Wait at least 30 minutes before getting dressed. For the next three hours, it is best to wear loose clothing and avoid sweating.
8. **Apply self-tanner daily until you achieve the desired color density.** Apply once or twice weekly to maintain color.
9. **Apply L'BRI Natural Broad Spectrum Sunscreen SPF 30 every day.**  
Sunless Glow Tanning Lotion does not contain sunscreen.

