

# Follow these steps:

- 1. Cleanse and exfoliate.** Use L'BRI Body Wash and Renew Body Exfoliator 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. Sunless Glow is not intended for use on the face, particularly for those with oily or blemish-prone skin.
- 4. 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.
- 5. 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.
- 6. 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.
- 7. Apply self-tanner daily until you achieve the desired color density.** Apply once or twice weekly to maintain color.
- 8. Wash hands immediately after applying the self-tanner.** You will avoid orange-colored palms by washing your hands right after applying or by wearing disposable gloves.
- 9. Sunless Glow Tanning Lotion does not contain sunscreen.** Protect your skin from the harmful UV rays of the sun with L'BRI Natural Broad Spectrum Sunscreen when outdoors. Apply as directed.

