

66 Best inexpensive suncare line

Soltan, from £3.49, Boots (available nationwide)

Beauty therapist Laura Ferguson recommends this affordable line even to her jet-setting clients. "It combats UVB and UVA, ensuring skin is protected from immediate sunburn and long-term skin-ageing sun damage," says Ferguson. She particularly loves the insect-repellent formula – "it smells so fresh, you'll feel instantly revitalised in the heat".

67 Best self-tan for face

Liquid Bronze Self Tanning, £15.50, Clarins (0800 036 3558)

If anyone knows about instant enhancement, it's Wendy Lewis, the cosmetic surgery expert dubbed "The Knife Coach". She's a fan of the subtle golden glow this quick-drying bronzing liquid will give you. "Fair complexions will love it as it isn't coppery and looks utterly natural. Apply at night for a soft, sunkissed glow by morning."



68 Best moisturiser with self-tan

Holiday Skin Body Lotion, £4.99, Johnson's (available nationwide)

This moisturiser with a hint of a tan is a top-spot fixture. "I use it at night for healthy-looking skin by morning," says Aimee Adams, who has made up Rachel Weisz and Sienna Miller. "To avoid streaking, rub it up and down and side to side over your skin," she adds. It's available in varying shades, so you can get the right hue for you.

Masterclass Fake tan fixes

Botched your fake tan? Our expert tips will remedy your bronzing boo-boos



THE EXPERT Moiya Saint

The tanning pro for St Tropez has bronzed the bodies of the Spice Girls, Elle Macpherson, Lindsay Lohan and, most recently, Paris Hilton, for her fragrance launch at Selfridges in London. We asked her for her troubleshooting fake tan tricks.

No mean feet

"You can spot a bad bronzer by the backs of the ankles and the knuckles," says Saint, "which are usually much darker." Apply a film of body moisturiser on hands, feet and elbows before you tan to dilute the colour and ensure an even finish.

Vanishing trick

"Coating your nails with a moisturiser will stop them getting stained by fake tan," says Saint. If it's already happened, use your usual nail varnish remover to get rid of the discolouring. "A few applications should take off any light staining."

Not a patch on...

"When I tanned Paris, she was wearing a white dress, so she wanted to look really brown," says Saint. "To even out her existing colour, I gave her a light coat of tan, let it dry, then applied another layer of colour on top for a natural, even glow."

Tanorexia

"Choosing the right shade of a good fake tan brand reduces the risk of going too dark," says Saint. "But if you do overdo it, exfoliate dry skin with a body scrub before showering to fade the colour." Next time you tan, do it gradually by blending a little body moisturiser and tan together first, then apply again to deepen the shade.



Paris Hilton