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How to fix a bad spray tan

Changing haircuts is a tricky business. There are so many questions: Will it fit your face? Will it look as good on you as it did on the red carpet? Will you be able to make it look as good as your stylist did when you left the salon? If there's one thing I can count on anytime I go under the scissors for more than a trim, it's that I'll absolutely hate it. Change—not for me. Give it a few weeks and I'm usually fine, but in those instances where it's a really, truly bad cut? There's nothing for it but heading back to the salon chair. So for the best recovery cut possible, here's what you should have in your head before heading back in.Bottle it up (for now).It's normal to feel shell-shocked after an iffy haircut, but save your judgment until after you've made it through one to three shampoos at home, says Lorean Cairns, cofounder and creative director of Fox & Jane salon in New York City. Freshly cut hair "freaks out a bit," according to Cairns, because new levels of the cuticle are exposed, so if your hair seems like a totally different beast, give it (and yourself) a week to calm down. And as tempting as it might be to immediately gather opinions from your friends, family, and neighbors, hold off. "Once you express dissatisfaction to your partner, or to your girlfriend, it becomes heightened," Cairns says. "Sometimes I actually think that's the worst thing you can do."Know the vocab.OK, so it's been a week and the cut's still bad. You need a fix-it cut. The key to getting a successful redo is speaking your hairstylist's language, says Jon Reyman, the founder of Spoke & Weal salon. The three factors they look at are density, length, and texture. Density is how thick your hair feels when you grip it, length is any layering action, and texture is your hair type. In a cut that's just not working, it's usually either the density or length that's off. Figure out which one is messing with your look, and you're well on your way to getting it right.But also pick what you love. Fake tanning can seem like a daunting prospect. Those accidental streaks and patches always look bad, whether it's winter or summer. But come May, we're thinking of all the weddings and various events that require feeling our best. The thing is, a little fake tan can work wonders for a sallow pallor made pale by the winter and is especially great during the imminent wedding season; the trick is to tread lightly. Want to know how to fake tan like a pro once and for all and avoid the common mistakes we've all made? Of course you do, which is why we called on Carly Hobbs, a celebrity tanner and brand ambassador for Sienna X. That classic saying "Fail to prepare, prepare to fail" should have been invented for tanning. If you don't exfoliate or pay attention to key areas and close off those pores, the results will be streaky, uneven and darker where you don't want it to be. Golden Glow Solution: Pre-tan exfoliate like a boss, buffing with specialized products, like Sienna X Polishing Body Scrub (\$15). This gets rid of any roughness, meaning your tan will glide on. Don't moisturize all over as this stops your tan from sticking properly. However, do give your elbows, fingers, between the fingers, knees and toes a wipe over with a moisturizer. Shave at least 12 hours before your tan to allow those leg and underarm pores times to close. In fact, you can even rinse off with cold water and pat dry before the tan to make super sure your pores are closed. And finally, prep-wise, make sure that you wipe off any deodorant under the arms —it can react with the natural tan ingredients and go a bit green. You have been warned. If you're rushing your tan, like most things in life, you will make mistakes. You might miss bits, overwork others and smudge all your hard work. Golden Glow Solution: Rushed for time? Book in for a spray tan at a top tanner, because a session with a professional will take just 20 minutes. All you have to do is pop on the paper pants/hair cap combo and let them take care of the rest. If you are going for a DIY approach, and why not, products like Sienna X Deep Self Tan (\$19) are amazing, then make sure you give yourself at least 30 minutes tanning time. Standing in front of a mirror, use a mitt and your reflection to work color from neck to toe, using wiping motions until the color is evenly covering you. Leave face, feet, and hands until the end, not adding more product to the mitt, but merely using the excess to apply limited color so you don't look too done. Finally, make sure you clean up—use a baby wipe to clean off palms, between the fingers and the toenails and fingernails—all those places you'd never tan! Going too dark or not dark enough can leave you wishing that you hadn't bothered tanning at all while giving you flashbacks to when you first tried to color-match your foundation. Sob. Golden Glow Solution: Go shopping and invest in a top tanner. The good brands these days have created formulas that react with your natural pH balance and skin tone, meaning we each get our own bespoke glow to go. Don't be tempted by cheap offerings, they will give you a cheap-looking tan. My current fave for at-home tanning is Sienna X Q10 Bronzing Mousse (\$19) as it gives a great sunkissed result, plus is super hydrating to skin thanks to the Q10 complex more commonly found in pricey facial skincare. And don't be tempted to laden on tan to get a deeper color, because you will just end up looking dirty. Instead, do one application, let it develop, rinse off the guide color, then do a section application. Building up the color this way gives your skin the chance to absorb the color and the finish will be like you went on a fancy holiday to Miami. You've nailed an even, all-over glow with your own fair hands, or thanks to the expert hand of a tan gun-waving specialist. But then you go and spoil it all by being less than gentle with your tan—rubbing too hard with a towel or clothes. Golden Glow Solution: As soon as you've finished tanning, put on loose clothes—joggers, T-shirt or even a onesie—they had to be good for something! Bear in mind you shouldn't wear a bra for at least an hour after tanning—the wires and straps can dent your color. Anything too tight will pull and smudge your tan. Keep things loose for at least eight hours, and on the off-chance you do see any patches or marks, grab the Sienna X Luxury Self Tan Mitt (\$5) and press/pat over the color, as if you're pushing your body away—that kind of motion. In serious cases, add a little more tan until it looks even again. When showering at the end of your tan's development time, rinse off, don't use any shower gels, don't scrub in the shower and when you're done, pat rather than rub yourself dry. Towels can be pesky at messing up color, so go gently. Or run around naked until you're dry—the choice is yours. Just like with your makeup, if you don't add little extras at the end once your tan is safely in place, it can look less than luxe and fade at super-speed. Maintenance is key. Golden Glow Solution: Switch to a tinted body balm (Ed. note: We love Soap & Glory The Righteous Butter Sunkissed Tint Body Lotion, \$20); it will look after your color and blur everything as your tan starts to fade. You can also keep your tan topped up with Sienna X Gradual Self Tan Lotion, \$13. Use it every other day to make your eight-day tan last weeks! You can follow Hobbs on Snapchat, Instagram and Twitter @carlytoptip. Nicole Kleist/Design by Cristina Ciani There's nothing that pains me more than joining the long list of stories on the internet about cutting your own bangs, but here we are. You know the drill: I wanted bangs, I lusted after said bangs, I ordered a pair of shears, did all the right things (dried hair, cut upwards, etc.), but somehow I still ended up with some bizarre, asymmetrical fringe. Despite combing through countless articles on achieving le parfait French girl curtain bang, I still ended up wishing I had just gone to a professional. It is worth noting that I wasn't starting from the ground up. I had seen my hairdresser a few weeks prior and had asked for some face-framing layers, but when I got home later that day, I wished I had asked for more. I "trimmed" these bangs thinking it would turn out swimmingly—and it did not. "Where did I go wrong?!" was the first question I asked Ryan Trygstad when I met with him a couple of weeks post-bangs massacre. He's a co-founder of Mark Ryan Salon (his husband, Mark DeBolt, is the other half) and a celebrity stylist. He graciously explained that I hadn't actually done "all that bad" but that there were two key factors I was missing: weight and styling. The former meaning, my bangs weren't laying properly because they needed more layering to add weight (something I assure you I could not have achieved on my own). Secondly, I wasn't styling my bangs for optimal results, and as such, they looked lackluster. So, he gave weight to my curtain bangs and styled them back to life. DeBolt also added subtle highlights to my hair ("good highlights can fix a bad haircut," he quipped), which brought out the bends and tips of my strands for a stunning finishing effect. The result was impressive. While Trygstad doesn't necessarily recommend my approach—trimming your own bangs at home—he does have some solid advice for styling your bangs, which is often half the battle. Ahead, tips for four key fringe styles—get a pen (and a blowdryer)! Nicole Kleist/Design by Cristina Ciani When considering bangs with wavy hair, "You have to decide if you want to leave the bangs wavy or blow the bangs out and leave the rest of the hair in a soft wave," Trygstad says. I have wavy hair and have found that when I'm going for beachier hair, I leave my bangs wavy, but if I want to feel a bit more polished, I blow them out. "Blow drying the bangs first (or straight away) will make them easier to control," he adds. "With curly bangs, it's all about using your styling products while your hair is quite damp," Trygstad says, "this will ensure your natural curl doesn't become frizzy while styling." If you do encounter any unwanted frizz, he advises not to overapply product. "General piece of advice with bangs, the less product, the better," he says. "Excess product in the bang may cause breakouts or make them look too oily." Curtain bangs are trending right now—and for good reason. This style is great if you don't want to go full fringe but want the benefits of a little face-framing. "The key to this bang is to create that soft, loose bend that creates a soft framing around the temples," Trygstad says. "Try using a large boar's hair bristle brush as it will give you that bend, plus add a lot of shine." You can't mess around with styling a blunt bang; your approach has to be swift. "With this style, you really need to blow dry right away," Trygstad says, "this will make it easier to combat any cowlicks or irregular hairline patterns." He also suggests holding a hairdryer overhead and brushing your bangs from side to side until dry. Share on PinterestAlthough the average spray tan is advertised to last up to 10 days, it really depends on how dark you're trying to go.For example:Lighter shades may last up to five days. Medium shades typically lasts seven or eight days. Darker shades can last up to 10 days.This variability is tied to the tanning solution's active ingredient, dihydroxyacetone (DHA). Darker solutions contain more DHA. The more DHA, the longer the color will hold. The way you care for your skin before and after your spray tan also plays a role. Read on to find out how you can make your spray tan last longer.A great spray tan starts long before you walk into the spa or tanning salon. Here's how to prep for your appointment. Schedule your appointment around your period In a weird-but-most-likely-true turn, spray tanning the week before your period may not take as well as tanning after your period. There isn't any scientific evidence to back it up, but a spray tan guru interviewed for marieclaire.com swears by the tip. Exfoliate every day for three days before Physical exfoliating techniques like body scrubs, loofahs, and dry brushing remove dead skin cells that cause streaking and flaking. Don't have any of these options? A washcloth works great, too. But don't use chemical exfoliants or oil-based productsChemical exfoliants use ingredients like retinol and glycolic acid to encourage exfoliation. Skip these for at least 24 hours prior to spray tanning to keep the exfoliant from taking off your spray tan, too. Oil-based products are also a major no-no. The oil creates a barrier that can keep the tanning solution from absorbing into your skin. No waxing within 24 hours of your appointment While smooth skin is a do, waxing within 24 hours of your spray tan can leave you with an uneven tint. That's because waxing temporarily opens your pores, leaving them larger than before.Shower at least eight hours before your appointmentEight hours seems to be the magic number when it comes to getting the best spray tan results. The skin has time to resume its post-shower pH balance while still enjoying the benefits of exfoliation. Wear loose-fitting clothes and shoes to your appointmentSpray tans mean no tan lines — unless you put on a tight bra, strappy shirt, or other tight-fitting garment immediately after your appointment. Plan ahead and opt for a loose-fitting shirtdress and slip-on shoes to prevent friction from creating unwanted tan lines. Remove your makeup and deodorant after you arriveIf you don't want to go without, bring a pack of unscented, oil-free wipes to your appointment. Remove all makeup and deodorant and allow your skin to dry before your technician sprays your skin. Your spray technician will tell you what to expect over the next 24 hours. This includes what clothes to wear; when to shower, and what products you can use. Here are some general guidelines to help you preserve your shade. Beware of VPLsMany tanning salons give their clients paper panties to wear for the rest of the day. They may not be the most fashionable, but these bottoms help prevent visible panty lines (VPLs) and save your undies from unwanted tanner stains. Apply baby powder to prevent streaking Unfortunately, deodorant is still a no-go after your appointment. Sticks and sprays contain ingredients that may interact with your tanning solution and result in unwanted patchiness. Sweating can also cause streaks and spots, so what's a newly tanned person to do? Apply baby powder. Shake a generous amount onto all sweat-prone areas, such as:underarms inner elbowsback of your kneesunder your buttWear loose-fitting clothes and shoes for the first 24 hours If possible, keep clothing loose for the first 24 hours after your appointment. This includes sleepwear. Friction from tight clothing can create streaks and leave indentation.Don't wash the solution off for at least six hours You must wait at least six hours after your appointment to take a shower. This gives your skin ample time to absorb the solution and ensure an even shade. There are some newer products on the market that allow you to shower sooner with the same great results (ask your salon if they carry it). You can leave the solution on for 12 hours at most. Any longer and you may actually develop streaking. When it's time, take the proper shower precautions You don't want to spend too much time in the water. Doing so could cause your color to begin fading before its public debut. Use lukewarm — not hot — water, and avoid using any scrubs or soaps. Just let the water run over your skin. If you have to wash your hair, it's important to keep the products off of your skin. This may mean a slower, more methodical wash and rinse. Nix the oil-based products and fragrances Avoid oil-based products until after your tan has faded. Not only can they prevent your skin from initially absorbing the tanning solution, but they can also prevent your skin from retaining the product. Lightly exfoliate every two to three daysEach exfoliation scuffs away the surface of your freshly-tanned skin, so keep it minimal until after the tan fades. You can use a gentle exfoliator (usually containing round beads) every couple of days to help keep things fresh. If you must shave, shave gently If hairy legs aren't your style, it is possible to keep your tan from fading with each swipe of your razor. Use slow, even strokes and press down lightly to prevent accidental exfoliation from your razor. Use self-tanner to "top off" your spray tanYou may be able to extend the life of your tan by using a self-tanner or other gradual tanning product. Although these won't provide the same color and depth as your initial spray tan, they may add a few days to its lifespan while keeping your skin soft. Apply highlighter to enhance your glow Highlighters have shimmery components that can really set off a tan. Apply some shimmer wherever you want your color to pop — like your cheekbones and collarbones.When it comes to getting your glow on, spray tans are the safest option available. And with the right maintenance, a dark spray tan can last up to 10 days. If you still have questions, talk to your spray technician about how you can make your color last and prevent streaking.

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