

the best places to get a spray tan

The healthy, ultra-quick alternative to any sort of actual tanning is easier than ever at these spas, where staffers know their stuff and the atmosphere is restorative--even glamorous.

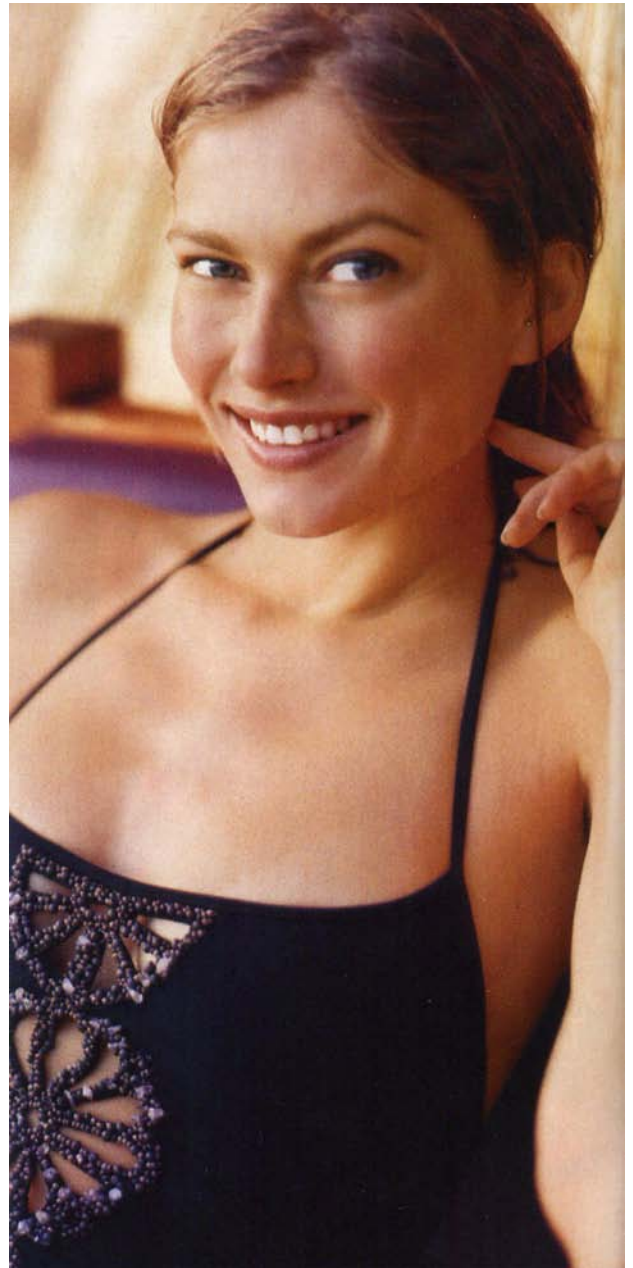
By Dawn Spinner

The newest spray booths give a longer-lasting, more even glow than their predecessors, so this is a service worth reinvestigating if you haven't tried it in a few years. Most of the spas here use booths from MagicTan, California Tan, or Mystic Tan, and the procedure is the same for all: You step inside a sleek chamber where dozens of tiny nozzles mist your body (it feels like cool water) for about 30 seconds. The formulas are tinted so you get instant color – the actual tan develops in about six hours and lasts approximately a week. *While it seems obvious this day and age, it still should be noted: Tanning booths are not tanning beds – which should be avoided at all costs.

New York City →

SPRAY-TAN TIPS

1. Wear dark clothing; tanner generally washes out easily, but your new white Chole sundress is not a good idea.
2. Put lotion on your hands and feet beforehand (focusing on your palms, soles, and cuticles- dry skin soaks up extra color), and wash them thoroughly once you're done tanning.
3. Blend drips immediately- then stand still until you're dry.
4. Don't shower until the next morning.



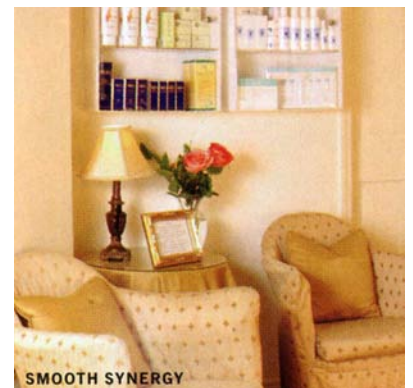
Smooth Synergy WWW.SMOOTHSYNERGY.COM

PHONE: 212-397-0111

WHAT: Smooth Synergy UV-Less Tan, \$65

You stand inside a big pop-up tent and get sprayed with beet based formula.

VIBE: A midtown medspa with a resident physician- you can get everything from Botox to laser hair removal. The staff is incredibly friendly and the atmosphere is relaxed.



SMOOTH SYNERGY