

# Gorgeous skin at 30, 40, 50

# Health

Lose stubborn pounds!  
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Walk off

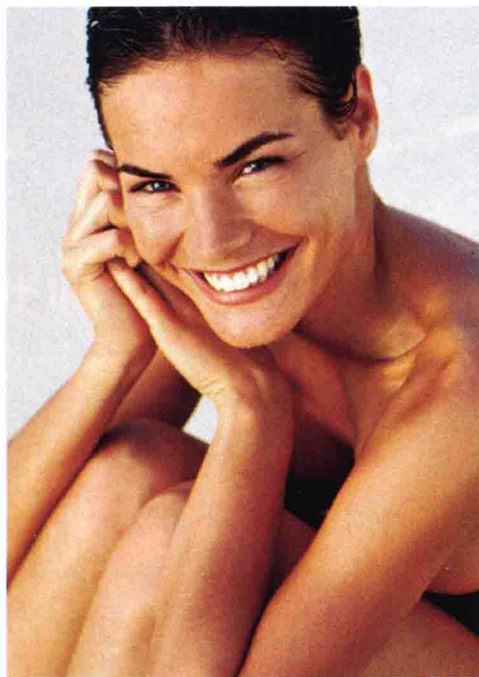
Healthy Looks

## The new, natural way to tan



**UPCLOSE**  
WITH BEAUTY & FASHION  
EDITOR COLLEEN SULLIVAN

"A faux tan is a safe and easy way to make you look healthier and boost your complexion."



The new faux glow to try is 100 percent organic.

I've always liked the idea of a salon spray tan, but the chemicals and that horrible odor kept me from making it a habit. Now, more salons are offering natural and organic versions of fake tans. They cost the same (\$60 to \$75), but they're free of the alcohol, oils, dyes, perfumes, and other chemicals used in traditional spray tans.

I went to the Smooth Synergy Cosmedical Spa in New York to try an organic tan. I put on a pair of disposable underwear. Then my esthetician, Kyung, sprayed my entire body. After 10 minutes, my body looked naturally and evenly tanned—and it took just 5 minutes to dry.

**Bottom line:** Thumbs up. There was no odor, no stickiness, and no uneasy feeling about spraying my body with chemicals. See [Health.com/looks](http://Health.com/looks) for organic-tanning locations near you.

# #1 way to curb your cravings



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