



Summer Hair, Beauty & Tanning Tips



- 1 A good quality salt spray will help create volume and texture... Perfect for "beach-wave" styles.
- 2 A gloss treatment is a great way to refresh highlights or full head colour for summer.
- 3 Treat your hair to a deep nourishing hair mask, it will help hydrate and replenish.

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4 Use a sun Shampoo and Conditioner after swimming to remove residue of salt and chlorine.

5 Wear a hat whilst out in the sun, it will help protect hair and scalp against burning.

6 A great tip for blonde hair that goes a little khaki... Apply ketchup to mid lengths and ends, leave for 30 mins and ta dah! Your blonde will be restored.

7 Use a sun protection spray prior to swimming in the pool or sea. It will help protect against chlorine and salt.

8 Embrace a messy bun or braid to give your hair the summer feel.



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9 Wearing a tinted moisturiser that contains spf is a great alternative to foundation, making it great for holidays.

10 Wearing a bronzer that contains a little shimmer will beautifully enhance your make-up.



11 Apply a hi-lighter to the top of cheek bones and along the arch of your brow bone for instant radiance.

12 Swap your normal lippy for a lip gloss, it will go beautifully with your tan.



13 Apply a light gold shimmer shadow to eyes. This will really enhance any eye colour for a summer look.

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- 14 Remember to exfoliate prior to using self tanning products or having a spray tan to ensure all dead skin cells are removed.
- 15 If you are wanting to use a self tan product, look for one that builds up the colour gradually. This allows you to create the perfect colour for your skin tone.
- 16 For best results, when applying a self tanning product, use a tanning mitt.
- 17 Letting your tan develop overnight will give you the best results.
- 18 Long baths or hot showers will fade your tan sooner.
- 19 Remember to still apply your sun protection when using any tanning product.



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20 Moisturise daily with Radiance Body Balm by Sienna X to help prolong your tan.

21 Exfoliate 4-5 days after your spray tan to encourage even fading.



If you would like any more information on the products I have featured or you want to share some of your own tips with me, then I would love to hear from you.

You can pop over to my **Facebook** page; or feel free to drop me an email; nina@bebeautifulhairandbeauty.co.uk.

