

# KONA™ Tanning Company

## Press

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### SELF Magazine Interviews Katie Quinn

**you have vacation**  
The best souvenir: coming home looking radiant and relaxed. The score that, even if the only you've done is on Pinterest.

**Brighten your skin**  
Lots of R&R means you'll want to fill a sink with cold water and a ½ cup witch hazel. Wash your face five times, keep your skin hydrated, says Dallas aesthetician. It helps instantly firm.

**Bronze up**  
A real tan (remember those?! ) has a red undertone, so choose a bronzer with a coppery tint, says Katey Denno, a makeup artist in New York City and Los Angeles. Blend it up to temples with a fluffy brush and dust a bit on eyelids, too.

**Get flushed**  
Nightly, massage a serum that contains stimulating ginseng or peppermint into bare skin. Both ingredients boost blood flow for a healthy, rested-looking face.

**Go "tanning"**  
Apply a tinted gradual self-tanner for your body, then do an extra coat following contours of muscles to define, says Katie Quinn, CEO of Kona Tanning in Orange County, California. Layering the color makes your faux not look it.

**Smooth your skin**  
Mimic sand's exfoliating effect by running a pad with glycolic acid over rough spots post-shower. Try Dr. Dennis Gross Skincare Smoothing Body Towels, \$36.

**SUN STREAKS**  
Ask your colorist for lived-in, fine highlights on ends.

**BRONZE STAR**  
Physicians Formula Bronze Booster Bronzing Veil in Medium to Dark, \$16

**TAN IN A TUBE**  
Dior Bronze Self-Tanning Crème Natural Glow for Body, \$35

**14 Day Slimdown**  
✓ Flatter Abs  
✓ Tighter Tush  
✓ Leaner Legs  
**Your trainer: Jillian Michaels**

**7 Simple Rules to Healthy Eating**

**28 Easy, Delicious Fat-Busting Recipes**

**Sporty Chic**  
Fashion designers get in the game

**FREE VIDEO**  
WORK YOUR GLASS WITH JILLIAN

**Skin That Glows**  
Best way to get it—zero products

**Burn More Calories**  
In just 24 minutes

**The mind trick that boosts self-esteem**

**Make 2014 your year!**  
Tame toxic work stress & feel happier every day

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