

SUN & BERRY

The Golden Glow Guide

THE 14-DAY DEEP TAN PLAN

Get golden twice as fast - and keep it twice as long

A \$19 value - FREE with your Sunberry order

How the carrot gel works

The science, simply

Carrot oil is rich in beta-carotene, which supports melanin production - the pigment that gives skin its golden color. The gel does not paint your skin: it helps YOUR skin respond faster to the sun, so you build real color in less time.

How to apply

Massage a thin, even layer onto clean, dry skin 15-20 minutes before sun exposure. Less is more: a coin-sized amount covers a full arm. Reapply after swimming or heavy sweating.

The golden rule

Consistency beats intensity. Twenty minutes of sun daily for a week beats three unprotected hours on day one - and your skin will thank you.

Your 14-day plan

Days 1-3 - The base

Exfoliate gently the night before day 1. Apply the gel and take 15-20 minutes of sun per side. Your goal is a light base, not color yet. Hydrate after every session.

Days 4-7 - The build

Increase to 25-30 minutes per side. The color starts to show around day 4-5. Apply the gel generously on knees, elbows and shoulders - they tan slower.

Days 8-11 - The deepening

This is where the magic compounds. Keep sessions at 30 minutes. Alternate front, back and sides for an even, deep tone.

Days 12-14 - The seal

Shorter sessions plus daily moisturizer lock the color in. By day 14 your tan is at its deepest - and built to last for weeks.

Skin care while you tan

Hydration is half the tan

Dry skin sheds faster - and takes your tan with it. Drink water through the day and moisturize every evening. Golden skin is healthy skin.

Exfoliate smart

Once a week, gently. It evens the canvas so new color builds uniformly. Never exfoliate the same day you sunbathe.

Feed your glow

Foods rich in beta-carotene (carrots, sweet potato, mango, spinach) support your tan from the inside.

Listen to your skin

Redness means stop. A tan is built over days, never forced in an afternoon. If your skin feels tight or hot, rest a day with extra moisturizer.

Keep it golden for weeks

After-sun ritual

Cool shower, pat dry (never rub), moisturize while skin is still damp. This single habit doubles how long your color lasts.

Prolong the tone

Keep using the gel 2-3 times a week after your 14 days - maintenance sessions keep the glow topped up.

Avoid the tan killers

Long hot baths, chlorine without rinsing, harsh soaps and skipped moisturizer are the four great tan destroyers.

Enjoy it

You did not buy a cream. You bought golden shoulders in every photo this summer. Wear it well.

Thank you

Questions? We answer within hours.

novahomeshop@outlook.com

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