

Esquire

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Style & Substance

Mark Ronson photographed exclusively
for Esquire by Simon Emmett





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Luxurious protection before and after you tan

1. SPF 30 Face Moisturiser, £30, by Malin+Goetz
2. Ultra Protection Stick for eyes, lip and nose, £60, by La Prairie
3. Power Protector SPF 50, £45, by Lab Series
4. Sunleya Soin Après-Soleil Anti-Age, £140, by Sisley
5. Facial Fuel, £30, by Kiehl's



The world's best secret beaches

As recommended by Tom Barber, Esquire travel editor



Nihiwatu, Sumba Island, Indonesia

Basically private for guests of the hotel and people from the local village because it's so remote.

Tip Try the Raja Mendaka villa. nihiwatu.com



Tsarabanjina, Madagascar

The most archetypal of island paradises, with perfect beaches.

Tip A guided walk reveals the island's biodiversity. constancehotels.com



Comporta, Portugal

Less than an hour from Lisbon, this is Portugal's top holiday secret.

Tip An Aman Resort is rumoured to open this year. amanresorts.com

Stop sizzling in the sun

Tanning and grooming expert Jules Heptonstall explains how to go golden brown safely

Invest in a high SPF

The higher your SPF, the longer it takes you to tan but also the longer your tan will last. The sun, however, is also one of the biggest factors to our skin's aging and should be enjoyed but treated with caution.

Perfect a fake tan

Exfoliating removes dead skin cells and creates a soft and even base for fake tan, plus stops streaks and helps a tan to fade evenly. An aloe vera-rich lotion will stop your tan from cracking, too.

Focus on your face

Gradual tanning moisturisers can turn stubble ginger. Opt for a spray, hold 6ins away from your face and apply before bed every other evening. Opt for a golden tan not a super-dark shade.

Avoid UV coffins

Sunbeds have been proven to increase your risk of skin cancer. You wouldn't smoke 50 cigarettes in three minutes, so why stand in a UV death trap for the same amount of time? It is just as bad.