

HAWAIIAN
TROPIC®

tantra sutra



TANTRIC POSITIONS FOR OPTIMAL GLOW-GETTING

Hello glow- getter.

Hey glow-getter. Happy summer. The sun is finally out, so that means all bets are off, just like your clothes. Now that you're wearing nothing but Hawaiian Tropic and the sun, it's time to focus on getting an even glow. And that's hard work. (Trust, we know.) You have to switch positions every

20 minutes just to make sure the sun hits every inch of skin. Enter our *Tana Sutra* guide. A cheek-to-cheek, play-by-play filled with all the *tan*-tric positions and products you need all summer long. We've thought of everything. So lather up, switch it up, and bathe in the golden-y glory of the hottest thing there is: YOU.

xo *Hawaiian Tropic*

Always use protection



- ◆ Apply like you mean it (liberally, baby) 15 minutes before sun exposure.
- ◆ Reapply after 80 minutes of swimming or sweating. Translation: your glow just did cardio and it deserves a refresh.
- ◆ Just toweled off? Time to reclaim the spotlight with another layer of SPF.
- ◆ Set a timer and reapply every 2 hours.
- ◆ Treat reapplying like a full-body beat, and get every inch. Even the parts you tend to overlook (we see you, feet).





POSITION  1

The Flip Flop

Sit reverse lounge-girl and lay back, fully horizontal. Feet are up, bikini is askew, and the vibes are immaculate. You're hot and unbothered, and even though you're technically upside down, your glow is trending up.



POSITION  2

The Hibiscus Hottie

Lie down flat with full commitment to chilling and just being, well, a hottie. Bend one leg casually, and drape one arm overhead like you've never known stress. The other is tucking a hibiscus bloom behind your ear. Now act like that hibiscus, and let the sun help you bloom.



POSITION



The Selfie Stretch

Lay back with your arm straight up in the air to avoid any awkward shadows (and to make sure every inch gets the glow-up). A subtle wink under your sunnies is optional, but a phone or vintage cam in hand isn't. With this one, lines are minimized, likes are maximized.

POSITION



4

The Sunshine Snooze

You were just going to "close your eyes for a second," and now you're napping in a pose that defies physics. You're full split with your head resting on your arms because, let's face it, they're the ultimate cushions for your snooze sesh. Somehow, it works. The tiles are hot, the air is hotter, and it's like you're the sleeping star of your own poolside soap opera.



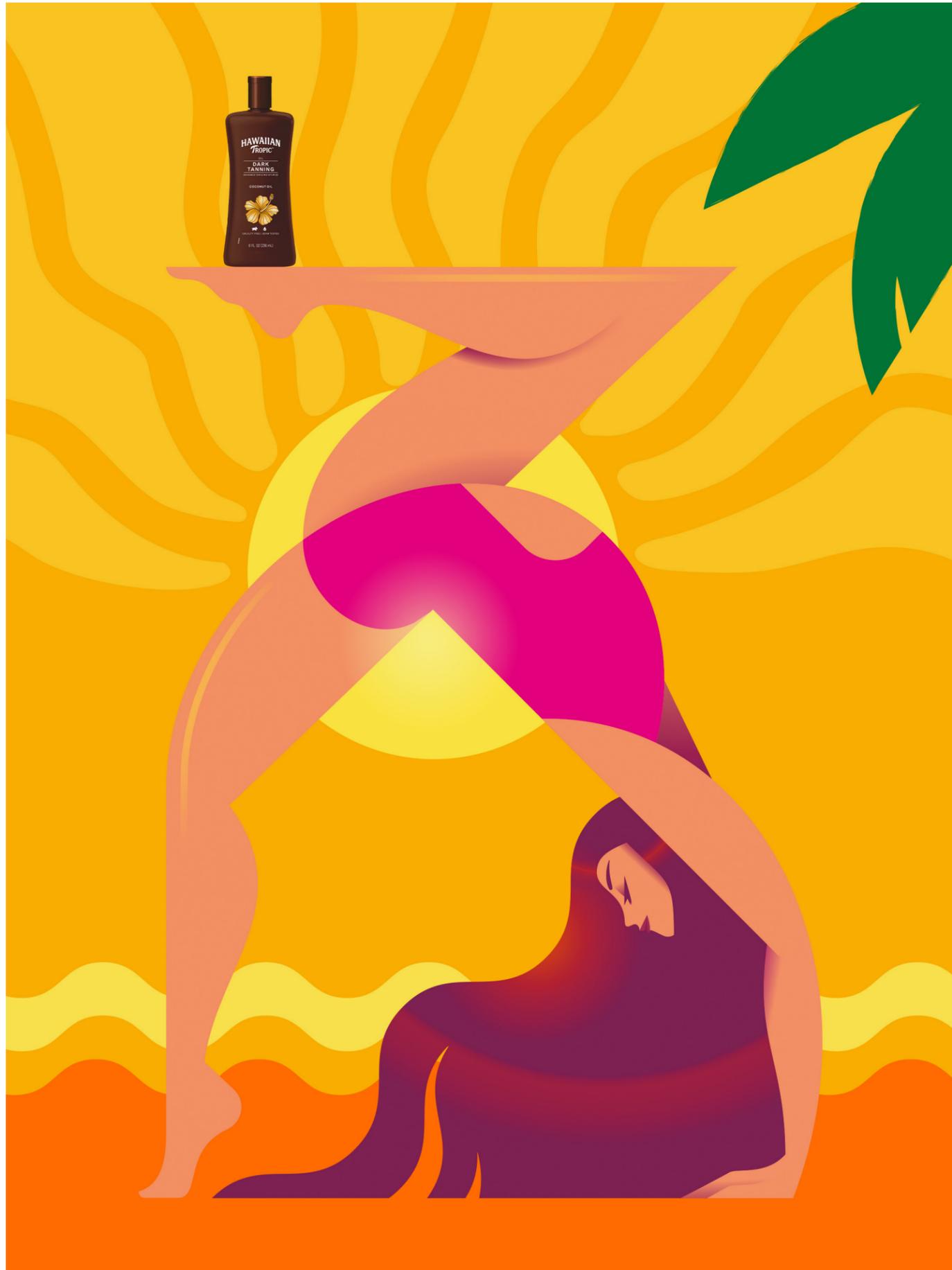


POSITION



The Miami Mist

Post-dip in the water, stand tall with arms and legs extended like you're greeting the sun itself. Open your chest, tilt your chin up, and let every droplet catch the light. Mist yourself down from every angle with SPF like it's a final, radiant touch. With the water glistening and reflecting sunlight, your glow is dialed all the way up. And after all that fun in the sun, it's the perfect time to take a shady break or throw on a cute cover-up.



POSITION  6

The Tropic Twist

This one is a full backbend fantasy that's all about showing off and soaking up the sun. Start with your chest out to the sky, palms on the ground. Then bridge it out like a human rainbow. Throw your leg in the air while you're at it. Is it dramatic? Always. But is it effective? Obviously.

POSITION



The Strap Tease



Position yourself front or back, then tuck in any strings or straps. Less lines, more radiance. Extra points if you do it in slow motion or add an exaggerated sigh like the sun's working overtime just for you. Because it's not just about the glow; it's about the whole performance.

POSITION 8

The U(V) & Me

Grab your besties, and head to the grass or sand. Lie on your belly, legs outstretched, torso propped up on one sultry elbow like you're ready to talk about something juicy. The UV bond? Unbreakable. And the unfiltered opinions? Abundant.



P O S I T I O N



The Down Baddie

Full flat lay. Belly down, booty up, legs extended. Arms folded like a built-in beach pillow. One cheek pressed gently into your forearms like you're writing a love letter to the sun. This is the most peaceful you've looked all day, lost in a perfect glow-filled moment. No thoughts, just cheeks (both kinds) soaking up maximum rays.





POSITION

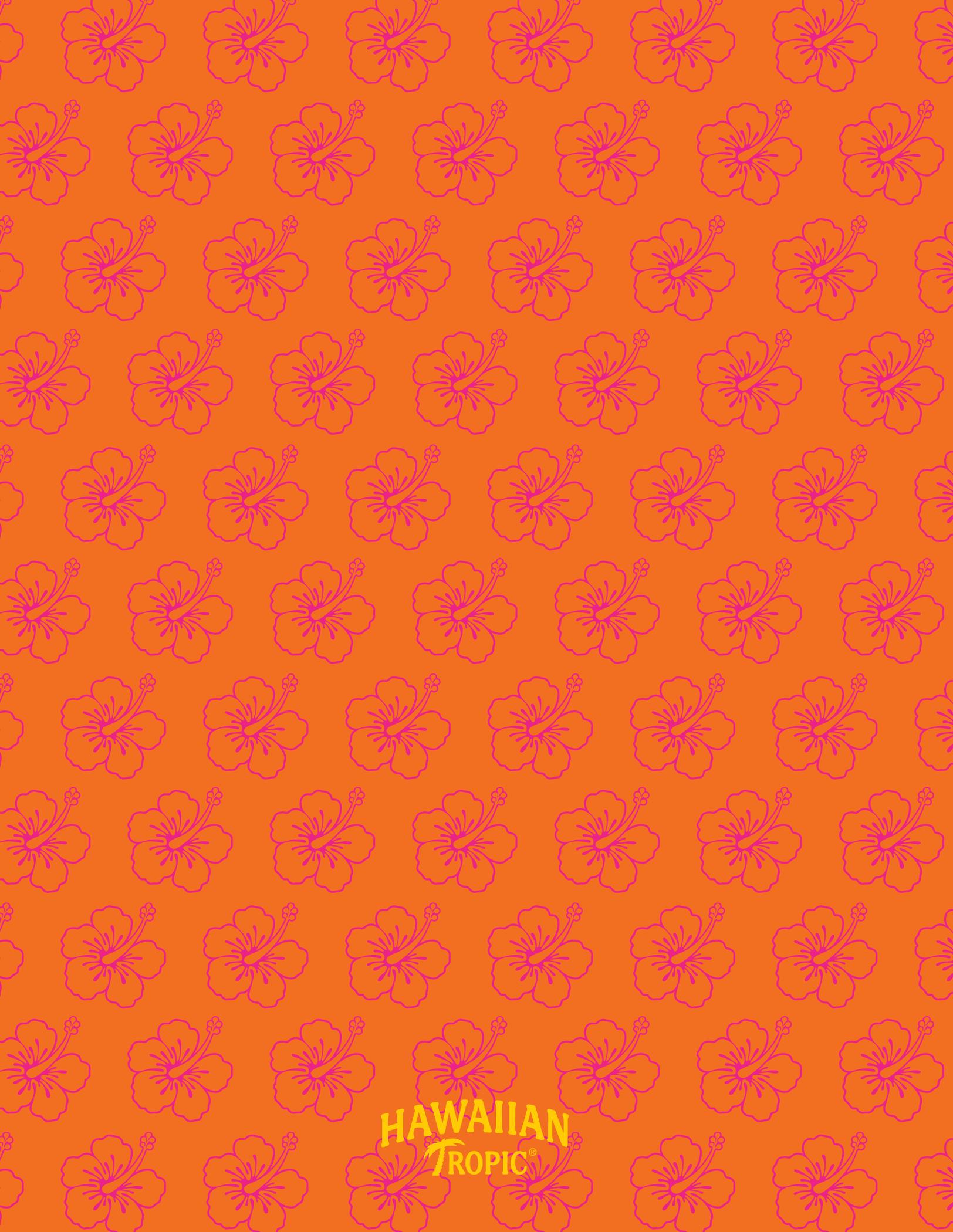
10

The Sun Chaser

When golden hour hits, it's not over. In this book, it's glow-time. Run barefoot across the grass, sand, or pavement like a girl on a mission. Chase the light like it owes you money. The destination is wherever the sun's hitting just right. Think Olympic-sprinter-meets-beach-babe. Sure, you're out of breath, but you're also lit like an angel.

Get
glowing.





HAWAIIAN
TROPIC®