

The Sunless Tanning Guide

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INTRODUCTION TO TANNING

This ebook sheds light on body tanning, sharing tips, secrets and other helpful information on using the variety of sunless tanning solutions available these days. And you'll also learn about the benefits of each, the drawbacks, how well they work and much more to help you with your own tanning goals and planning.

For example, you'll learn about various skin types and the appropriate sunscreen agents for each. And you'll find out why you should reapply sunscreen especially after swimming or heavy perspiration.

With this ebook, you will read about the most recent research and findings available so that you can discover more about body tanning, covering as many bases as possible from A to Z. You'll find answers to questions like: Which sunless tanning products are safe? What are the two kinds of sunscreen agents? Can you tell me more about ultraviolet A and B or OVA and OVB sunrays and the sun protection factor (SPF) for my protection?

Note that the contents here are not presented from a medical practitioner, and that any and all health care planning should be made under the guidance of your own medical and health practitioners. The content within only presents an overview of tanning research for educational purposes and does not replace medical advice from a professional physician.

SUNLIGHT & UV RAYS

The human body benefits from sun exposure. And a little bit of tan protects you from the sun. Right? Wrong!

The body does indeed benefit from sun exposure. But a little bit of tan does not necessarily protect you from the sun. Let's see why.

The sun's rays are a major source of vitamin D and help the body's systems acquire much needed calcium for building hearty bones. However, most people do not need to spend large amounts of time exposed to the sun in order to get their required amount of vitamin D and shouldn't. Because the body's health can suffer negative effects when it's exposed too long to the sun's rays, especially if it's unprotected. Results can vary from skin and eye damage to immune system suppression and ultimately cancer, even for the young.

In a nutshell, let's look at the basic facts about sun exposure.

There are three kinds of invisible ultraviolet (UV) rays in the sun that reaches earth: UVA, UVB, and UVC. When these rays come in contact with our skin, affects of UVA and UVB can be tans, burns and other reactions like acne and cancer. So we need to be proactive and protect our skin from harmful damage.

It is notable that the effects of all UV rays are not the same. Depending upon the season, time of day and place on the planet in relation to the sun; i.e. your altitude and latitude, the rays' intensities vary. For example, during summertime, UV rays are at their

strongest. Between 10 a.m. and 4 p.m., the rays are strongest. And close to the equator and at high altitudes (where air and cloud cover are less, resulting in increased harmful penetration of UV rays into the environment), the rays are strongest.

In order to protect ourselves from the harmful UV rays, we need to first look at the skin's first defense, melanin, a chemical present in a variety of colors and concentrations in most people's skin that helps with defense from the sun. Melanin reacts with UV rays and absorbs them. Or rather the rays act upon melanin, to be more specific, causing the melanin to spread out or grow, increasing its presence in response to the sun's exposure, resulting in a sun tan. The darker the skin color, the more melanin the skin has for protection. And —tanningll for darker color is included here; —colorll does not have to refer to just the original skin color.

Tanning may look great on the surface, but the amount and length of time a person is exposed to the sun determines the amount of possible damage and future risk of damage that's likely. For example, people who are exposed to the sun in huge doses like ship crews, field workers and beach surfers, are at higher risks for skin damage than indoor workers. What happens is that when the amount of UV exposure is greater than what the skin's melanin can handle, sunburn can result. And those with lighter, fairer skin, who have less melanin, absorb less UV, suffering less protection.

Research shows that UV damage from the sun is the main cause of skin cancer. In fact, the U.S. Environmental Protection (EPA) reported that one person dies from skin cancer every hour and one out of every five Americans will develop skin cancer during their lifetime.

Americans have repeatedly heard the negative message about the damage of ultraviolet (UV) rays since the 1980's. The message's focal point was that about 80 percent of people's lifetime dose of radiation was obtained by the time they reach 18 years of age, damage from the sun's rays having had a cumulative effect throughout life. As a result, once young men and women finished with their high school years, many tossed aside the concept of skin-protection, not believing there was anything that could be done from that point on to help.

However, recent studies show that the previous negative message may not be true. A report published last year by —Photochemistry and Photobiology journal, said that the false information was a result of misinterpretation of published data in a mathematical sense. And another, shared by the Netherlands and the United States, concluded that by age 18, most Americans are only exposed to less than 25 percent of their lifetime UV dose.

SKIN TYPES & SPF

Regardless of color, skin responds that repeatedly is exposed to the sun tends to become tough and thick. The results can be leathery skin with wrinkles beyond the middle years of adulthood. What can help is using a sunscreen product with some degree of protection from UV rays, listed as the concentration on the SPF (Sun Protection Factor) numbers on the products' labels. These sunscreen products can be made with ingredients that offer protection against UVA rays and / or other ingredients to protect against UVB rays (more harmful for sun burning than UVA rays.) The best products offer ingredients for protection from both UVA and UVB rays.

The SPF listed on the product label refers to the minimum amount of UVB sunlight required with that product in order for redness to appear on the skin after that product has been applied, versus the length of time bare skin or skin without the product applied would redden. To sum that up, the basic math involved in using the SPF number is like this. The SPF number tells people how much longer they can last out in the sun with protection for their skin without being burned. For example, say a young high school student would normally burn after 12 minutes of being out in the sun. He applies a sunscreen, also referred to as a sun block, with an SPF of 15. This means that he should be fine for 15 times his average amount of protection time. In other words, he would be protected for up to 3 hours. Here is the formula for calculating:

$$12 \text{ minutes} \times 15 \text{ SPF} = 180 \text{ minutes (3 hours)}.$$

So in short, sunscreen products with a high SPF provide more protection against the sun. Here is a closer look at different skin types and their preferred SPFs:

Young children – For ages 6 months on up, you should apply a product with SPF of 15 or higher to protect against both sun tanning and burning. And the product label should list protection against both UVA and UVB rays also known as the "broad-spectrum."

Skin Type - Very Fair – This skin type generally burns quickly. Tanning is rare, or minimally not common. It is recommended that sunscreen products for this skin type contain SPF 20 to 30.

Skin Type = Fair – This skin type almost always burns easily. Tanning can occur some, not much. It is recommended that sunscreen products for this skin type contain SPF 12 to 20.

Skin Type = Light – This skin type burns in the moderate range. Tanning is normally gradual, yielding a light brown shade. It is recommended that sunscreen products for this skin type contain SPF 8 to 12.

Skin Type = Medium – This skin type burns in the minimal range. Tanning happens much of the time, yielding a moderate brown shade. It is recommended that sunscreen products for this skin type contain SPF 4 to 8.

Skin Type = Dark – This skin type rarely burns. Tanning occurs big time, yielding a dark brown shade. It is recommended that sunscreen products for this skin type contain SPF 2 to 4.

Skin Type = Other - This skin type includes people with moles or whose close blood-relatives have a history of moles, people with skin cancer in their family histories, including melanoma, and people with very fair skin and hair. Use the highest SPF available combined with light to moderate sun exposure, as this is a high-risk category for health damage from too much UV exposure.

Note that regardless of skin type, before going out into the sun's rays, each person should have the most suitable sunscreen product possible applied beforehand for protection against UV rays. The product should be spread fairly thick and in a

uniform manner for the best possible UV protection over all areas of the skin that will be exposed to the UV rays.

TANNING & SUNSCREEN AGENTS (FOAMS, GELS, LOTIONS) There are a wide variety of tanning products from which to choose. Here are popular brand name products carried throughout the United States and Canada in multiple forms (sprays, lotions, sticks, gels, etc.):

A-Fil

Aquaderm Sunscreen Moisturizer

Aquaray Sunscreen

Bain de Soleil All Day For Kids

Bain de Soleil All Day Sunblock

Bain de Soleil All Day Sunfilter

Bain de Soleil Long Lasting For Kids

Bain de Soleil Long Lasting Sport Sunblock

Bain de Soleil Long Lasting Sunblock

Bain de Soleil Long Lasting Sunfilter

Bain de Soleil Mega Tan

Bain de Soleil Orange Gelee

Bain de Soleil Sand Buster

Bain de Soleil SPF + Color

Bain de Soleil Tropical Deluxe

Banana Boat Active Kids Sunblock

Banana Boat Baby Sunblock

Banana Boat Dark Tanning

Banana Boat Faces Sensitive Skin Sunblock

Banana Boat Protective Tanning

Banana Boat Sport Sunblock

Banana Boat Sunblock

Banana Boat Sunscreen

Blistex Daily Conditioning Treatment for Lips

Blistex Medicated Lip Conditioner

Blistex Medicated Lip Conditioner

Blistex Medicated Lip Conditioner with Sunscreen

Blistex Regular

Blistex Sunblock

Blistex Ultraprotection

Bullfrog Body

Bullfrog Extra Moisturizing

Bullfrog For Kids

Bullfrog Original Concentrated
Bullfrog Sport
Bullfrog Sunblock
Can Screen 400 Sunscreen
Catrix Correction
Catrix Lip Saver
Chap Stick
Chap Stick Sunblock
Chap Stick Sunblock Lip Balm
Chap Stick Sunblock Petroleum Jelly Plus
Chap-et Sun Ban Lip
Conditioner
Clarins Self Tanning Milk SPF 6
Clarins Self Tanning Instant Gel
Clinique Endless Summer Self Tanning Lotion, Dark
Clinique Oil Free Effortless Color Light/Medium
Clinique Endless Summer Self Tanning Lotion, Light/Medium
Clinique Sunless Tanner Spray, Dark
Clinique Oil Free Effortless Color Dark
Coppertone All Day Protection
Coppertone Dark Tanning
Coppertone Kids Sunblock
Coppertone Lipkote
Coppertone Lipkote Lip Balm
Coppertone Moisturizing Sunscreen
Coppertone Moisturizing Suntan
Coppertone Sport
Coppertone Sport
Coppertone Sport Ultra Sweatproof
Coppertone Tan Magnifier Gel
Coppertone Waterbabies Sunblock
Coppertone Waterproof Sunblock Lotion
Curel Everyday Sun Protection
DermSol
DML Facial Moisturizer Cream
Durascreen
Du raScreen
Eclipse Lip & Face Protectant
Eclipse Original Sunscreen
Estee Lauder Sunless SuperTan For Face,
Medium Estee Lauder Go Bronze for the face
Estee Lauder SuperTan for the body
Estee Lauder Self-Action Tanning Creme
Estee Lauder Sunless SuperTan For Face,
Dark Eucerin Dry Skin Care Daily Facial
Formula 405 Solar
Hawaiian Baby Faces Sunblock
Hawaiian Tropic Baby Faces
Hawaiian Tropic Baby Faces Sunblock

Hawaiian Tropic Dark Tanning
Hawaiian Tropic Dark Tanning with Sunscreen
Hawaiian Tropic Just For Kids
Hawaiian Tropic Land Sport
Hawaiian Tropic Plus
Hawaiian Tropic Plus Sunblock
Hawaiian Tropic Protective Tanning
Hawaiian Tropic Protective Tanning Dry
Hawaiian Tropic Self-tanning Sunblock
Hawaiian Tropic Sport Sunblock
Hawaiian Tropic Sunblock
Hawaiian Tropic Water Sport
Herpecin-L Cold Sore
Johnson's Baby Sunblock
Johnson's Baby Sunblock Extra Protection
Johnson's Baby Sunblock Extra Protection
Johnson's No More Tears Baby Sunblock
Maxafil Cream
Mentholatum Lip Balm
Lancome Flash Bronzer Medium Colour Self-Tanning Body Spray with
SPF Lancome Flash Bronzer Medium Colour Self-Tanning Face Gel
Lancome Flash Bronzer Tinted Self-Tanning Moisturizing Mouss
Neutrogena Chemical-Free Sunblocker
Neutrogena Deep Glow
Neutrogena Intensified Day Moisture
Neutrogena Light Glow
Neutrogena Lip Moisturizer
Neutrogena Moisture Untinted & with
Sheer Tint Neutrogena No Stick
Sunscreen Neutrogena Sunblock
Nivea Sun
Noxzema Moisturizer
Oil of Olay Daily UV Protectant
Oil of Olay Daily UV Protectant Beauty
Fluid Oil of Olay Moisture Replenishment
Ombrelle Sunscreen
Photoplex Plus Sunscreen
Pond's Daily Replenishing Moisturizer
Presun
PreSun Active Clear
Presun Clear
Presun Creamy Sundown Sunscreen
PreSun For Kids
PreSun Lip Protector
PreSun Moisturizing
PreSun Moisturizing Sunscreen with Keri
PreSun Sensitive Skin
PreSun Spray Mist
Presun Spray Mist for Kids

Presun Sunscreen
Presun Sunscreen for Kids
Q.T. Quick Tanning
Ray Block
Shade Oil-Free Gel
Shade Sunblock
Shade Sunblock Oil-Free
Shade UVA Guard
Shade Waterproof Sunblock
Softsense Skin Essential Everyday UV
Protectant Solbar
Solbar Liquid
Solbar PF
Solbar PF Liquid
Solbar PF Ultra
Solbar Plus
Solbar Shield
Solex A1 5 Clear
Stay Moist Moisturizing Lip Conditioner
Sundown
Sundown Broad Spectrum Sunblock
Sundown Sport Sunblock
Sundown Sunblock
Sundown Sunscreen
TI - UVA - B Sunscreen
TI Screen
TI Screen Baby Natural
Total Eclipse Moisturizing Skin Lotion
Total Eclipse Oily and Acne Prone Skin
Sunscreen Tropical Blend Dark Tanning
Tropical Blend Dry Oil
Tropical Blend Waterproof
Vaseline Baby Sunblock
Vaseline Broad Spectrum Sunblock
Vaseline Extra Defense for Hand and Body
Vaseline Intensive Care Active Sport
Vaseline Intensive Care Baby Moisturizing
Sunblock Vaseline Intensive Care Baby
Sunblock Vaseline Intensive Care Blockout
Moisturizing Vaseline Intensive Care Lip
Therapy Vaseline Intensive Care
Moisturizing Sunblock Vaseline Intensive
Care Moisturizing Sunscreen V a s e l i n e
K i d s S u n b l o c k Vaseline Lip Therapy
Vaseline Moisturizing Sunscreen
Vaseline Sports Sunblock
Vaseline Sports Sunscreen
Vaseline Sunblock
Vaseline Sunscreen

Vaseline Ultraviolet Daily Defense for Hand and Body
Waterbabies Little Licks
Waterbabies Sunblock

Besides skin type, here are other factors to consider when making your selection from so many tanning products:

Chosen Activity – Being outdoors is not the only element to take into consideration when factoring in your amount exposure to the sun. You also need to note the intensity with regards to climate, the season, location and time of day. For example, just because you may be hiking in a cool mountain region or snow skiing, doesn't mean you should through all caution aside. Wind and UV rays still reach you so protection would be wise. And surfaces with reflective qualities; snow, water, sand, etc. can intensify UV ray harm. And activities that make you work up a sweat or that involve water, with a potential to wash off your sunscreen, need to be handled a little differently; like basketball, jogging, sun bathing on a hot beach, biking, water skiing, jet skiing, parasailing and outdoor work and exercise. Choose a sunscreen product for these activities with both UVA and UVB coverage and an SPF of 15 or higher, when possible. And for water / sweat activities, choose a product that offers a waterproof or water-resistant agent. Dress appropriately, too, by covering up as much skin as possible, like wearing long sleeves, a scarf or hat, slacks or jogging pants.

And don't forget your eyes; the sun's UV rays can cause cataracts. There are plenty of stylish UV-opaque sunglasses in all price ranges for both genders in a variety of stores, today ranging from the corner drug store to the local optometrist's office.

Age – There are only a couple words of caution about age. First of all, health care providers do NOT recommend using alcohol-based sunscreen products on children. And they do NOT recommend using sunscreen agents of any type on babies under the age of 6 months. For children older than 6 months, a lotion is the preferred form of sunscreen, over a spray, for example. And the SPF should be a minimum of 15.

Use on Body – Your choice of tanning product also depends upon where you are going to apply the lotion, gel, spray or other form. And it also depends upon the health of the area of the body. For example, there are lip balms with sunscreen, solid or gel-based ones, that not only help the lips but can touch up spots in a hurry. Also if you're trying to apply protection to fingers, ears, nose and other small areas, a physical sunscreen agent, lotion or gel may be easier than a spray. If you have dry skin, you might want to try a product in lotion or cream form. For oily skin, gel-based or alcohol forms of sunscreen might be better choices. Word of caution: do not use alcohol-based products with inflamed skin or eczematous.

INGREDIENTS: RECIPE FOR HEALTH

Let's look at what makes up sunscreen products and how to tell what is best for our health. A sunscreen product basically contains these main ingredients: lisadimate, aminobenzoic acid, padimate O or roxadimate. The other added ingredients tally up a lengthy list, resulting in sunscreen agents being available pretty much in the following varieties, covering products in cream, lotion, gel, spray, oil, lip balm, stick and combination forms across the United States and Canada, with respect to MICROMEDEX Thomson Healthcare's 2004 research report: Aminobenzoic Acid, Padimate O, and Oxybenzone
Aminobenzoic Acid and Titanium Dioxide
Avobenzene, Octocrylene, Octyl Salicylate, and Oxybenzone
Avobenzene and Octyl Methoxycinnamate
Avobenzene, Octyl methoxycinnamate, Octyl Salicylate, and Oxybenzone

Avobenzene, Octyl Methoxycinnamate, and Oxybenzone
 Dioxybenzone, Oxybenzone, and Padimate O
 Homosalate
 Homosalate, Menthyl Anthranilate, and Octyl Methoxycinnamate
 Homosalate, Menthyl Anthranilate, Octyl Methoxycinnamate, Octyl
 Salicylate, and Oxybenzone
 Homosalate, Octocrylene, Octyl Methoxycinnamate, and
 Oxybenzone Homosalate, Octyl Methoxycinnamate, Octyl Salicylate,
 and Oxybenzone Homosalate, Octyl Methoxycinnamate, and
 Oxybenzone Homosalate and Oxybenzone
 Lisadimate, Oxybenzone, and Padimate O
 Lisadimate and Padimate O
 Menthyl Anthranilate
 Menthyl Anthranilate, Octocrylene, and Octyl Methoxycinnamate
 Menthyl Anthranilate, Octocrylene, Octyl Methoxycinnamate, and
 Oxybenzone Menthyl Anthranilate and Octyl Methoxycinnamate
 Menthyl Anthranilate, Octyl Methoxycinnamate, and Octyl Salicylate
 Menthyl Anthranilate, Octyl Methoxycinnamate, Octyl Salicylate, and
 Oxybenzone Menthyl Anthranilate, Octyl Methoxycinnamate, and
 Oxybenzone Menthyl Anthranilate and Padimate O Menthyl Anthranilate
 and Titanium Dioxide
 Octocrylene and Octyl Methoxycinnamate
 Octocrylene, Octyl Methoxycinnamate, Octyl Salicylate, and Oxybenzone
 Octocrylene, Octyl Methoxycinnamate, Octyl Salicylate, Oxybenzone, and
 Titanium Dioxide
 Octocrylene, Octyl Methoxycinnamate, and Oxybenzone Octocrylene,
 Octyl Methoxycinnamate, Oxybenzone, and Titanium Dioxide
 Octocrylene, Octyl Methoxycinnamate, and Titanium Dioxide

 Octyl Methoxycinnamate
 Octyl Methoxycinnamate and Octyl Salicylate
 Octyl Methoxycinnamate, Octyl Salicylate, and Oxybenzone
 Octyl Methoxycinnamate, Octyl Salicylate, Oxybenzone, and Padimate O
 Octyl Methoxycinnamate, Octyl Salicylate, Oxybenzone, Padimate O, and
 Titanium Dioxide
 Octyl Methoxycinnamate, Octyl Salicylate, Oxybenzone,
 Phenylbenzimidazole, and Titanium Dioxide
 Octyl Methoxycinnamate, Octyl Salicylate, Oxybenzone, and Titanium Dioxide
 Octyl Methoxycinnamate, Octyl Salicylate, Phenylbenzimidazole, and
 Titanium Dioxide Octyl Methoxycinnamate, Octyl Salicylate, and Titanium
 Dioxide Octyl Methoxycinnamate and Oxybenzone
 Octyl Methoxycinnamate, Oxybenzone, and Padimate O
 Octyl Methoxycinnamate, Oxybenzone, Padimate O, and Titanium
 Dioxide Octyl Methoxycinnamate, Oxybenzone, and Titanium
 Dioxide Octyl Methoxycinnamate and Padimate O
 Octyl Methoxycinnamate and
 Phenylbenzimidazole Octyl Salicylate
 Octyl Salicylate and Padimate O
 Oxybenzone and Padimate O

Oxybenzone and Roxadimate
Padimate O
Phenylbenzimidazole
Phenylbenzimidazole and Sulisobenzone
Titanium Dioxide
Titanium Dioxide and Zinc Oxide
Trolamine Salicylate

Caution is advised with using all tanning agents, both sunless and sunscreen types, for possible side effects and reactions when combining with medications, and for using when pregnant, breast feeding or with allergies / allergic reactions to anything. Check with your healthcare provider first even when combining tanning products with over-the-counter medications and other products. Call them for healthcare advice immediately at the first sign of a rash. And also note the following.

Para-aminobenzoic acid (PABA) – Poisoning can occur with the Para-aminobenzoic acid (PABA) agent found in some tanning lotions. Although most negative reactions are the result of the users' allergies, and not over use of product, ill effects include slowing and shortness of breathing functions, irritations with eyes, ears, nose, throat, skin, nausea / vomiting, intestinal discomfort, allergic rash, dizziness, and nervousness.

Other Side Effects – Check with your healthcare provider if any of the following rare effects occur for your safety: itching or burning skin, an acne-type or reddish appearance, blisters, pain, oozing, or opposite – dry and tight skin.

RECIPE TIPS for BETTER HEALTH

- Avoid possible skin allergies by not using sunscreen products with PABA.
- Apply lip sunscreen products approximately 45 to 60 minutes before you head outdoors.
- Apply other sunscreen products anywhere from 30 minutes to 2 hours before being exposed to the sun's rays, unless directed differently on the package (check application instructions for each product).
- For people with sensitive skin, choose a product with a chemical-free block ingredient like titanium dioxide.
- For fussy children or even for those who just want to make their outdoor activities more fulfilling, check out the variety of sunscreens on the market that are formulated for children. Products come in scented varieties cherry, chocolate and watermelon, and in easy-to-use forms like in nifty spray bottles.
- Avoid alcohol-based products for children, as they can irritate their young skin.

SUNLESS TANNING METHODS

Tanning products, both sunless and sun, go to work on the epidermis, or the outside layer of your skin, and not the dermis or inner layer. However, the layer of epidermis that is affected by sunless versus the layer affected by sun tanning products differs. Sun tanning lotions, sprays, gels and other assorted items, go to work on the stratum basale or deepest layer. And sunless tanning items go to work on the stratum corneum or outermost layer.

Applying Self-Tanning Product

WHEN – Since most self-tanning lotions have no sunscreen for protection outdoors, the best time to use self-tanners is at night before going to bed. If done earlier, allow a minimum of two hours and test for staining before putting back on your regular clothes. Note that if your lotion contains extra coloring formula or if you're using a spray, staining could be a major issue and you won't to go to bed and stain bedding; so use these types of products earlier in the evening or when you have more time to —dryll after applying (at least a few hours).

WHAT – Gather your necessary items together. Choose what you want to wear for tanning lines, whether it's a swimsuit, undergarments, etc. Use caution in your choices because the product may stain or run so choose old clothing, especially without nylon (permanently stains this fabric), and not loose clothing (to inhibit runny lotions). You will also need to be able to shower or wash beforehand. So round up a cotton washcloth or whatever you use to exfoliate your skin (sponge and other product, etc.), soap, any moisturizer you may want to use, your self-tanning product, disposable clear gloves, a nail brush, a ball cap, hair pins or accessories to keep hair from your face, a sponge roller brush or paintbrush if you will apply product to your back, and access to a clock.

TIMING NOTE: if you are not going to use disposable gloves, you will need to wash your hands and scrub your nails about every minutes while applying the tanning product so that they don't stain orange. Hence the need for the timer mentioned above.

WHERE – Begin with a shower or washing to remove dead, flaky and dry skin. Wash with your washcloth or exfoliation sponge, gently going in a circular motion. Special areas of focus are your knees and lower legs, your ankles and feet, and your elbows. When finished, dry yourself, including your hair, thoroughly, and get hair up off neck. Let steam out of the room, if you'll be continuing in there. (Remember: moisture like steam & sweat can cause the self-tanning product to run / wear off.)

MOISTURIZER STAGE– Gently rub moisturizer into the special areas of focus mentioned above (knees, ankles, etc) to prepare (prep) for the self-tanning solution. Some apply this to the face and neck areas, too.

SELF-TANNER STAGE– Now it's time to suit up and apply your tanning product. Note: beginners should practice on small areas first.

FIVE MINUTE LEGS - Begin by applying the tanning product to your legs. Work with one leg at a time, applying in a circular motion from top to bottom. Don't rub it in thin. You want a good even coating. For feet and ankles, go ahead and apply a little thinner coating. You can skip sides of feet, toes and heels or go lighter here or mix in moisturizer a little for easier coverage (knees, too). (If you are not using gloves, work quickly and check timer to wash up when finished with this stage).

FIVE MINUTE UPPER BODY – Continue applying product upwards in circular motion. Most prefer to cover the torso first, using the roller brush or paintbrush on the back, then continue with the arms. If it's taking awhile to cover all areas and you're not using

gloves, remember to check the clock and wash hands and nails thoroughly before continuing. (Treat elbows as you did knees).

FIVE MINUTE NECK-UP – Time to finish up with the neck, face, ears, nose, cheeks.

—Go thinll is the motto for these areas.

DRYING STAGE – Now it's time for drying. Wait at least 30 minutes before coming into contact with anything. Stand and read or sit on the edge of a chair and enjoy computer games, television, a friendly phone chat or something. After the 30 minutes, you can wear loose clothing. Skip the jeans scene, though, and other tighter clothing to allow for around one to two hours. Check your specific product instructions for guidelines.

FOLLOW UP STAGE - Keep in mind different products have different drying times, so you don't want to get wet, even by sweating, for at least three hours. Depending upon the tanning product and your kin and genetics, you will want to wash, exfoliate the dry, flaky, dead skin cells and re-apply product every few days or so. Check your product for guidelines and monitor your skin for any rashes or other irritations that could develop.

Then What?

What happens is that you apply a tanner or tanning solution, be it a lotion, crème, spray, towlette or other form, by gently rubbing the product into your outer skin layer. Then those that are most effective, the ones that list dihydroxyacetone (DHA), an isomer of glyceraldehydes, as an active ingredient, according to the American Academy of Dermatology, begin to work within around 40 minutes to an hour. DHA is a dull (in

coloring) sugar important in the metabolism of carbohydrates. It interacts with the dead cells located in the stratum corneum or outermost layer of the epidermis. In other words, DHA reacts with amino acids in the epidermis, producing a natural pigment called melanoidin that bonds with proteins in skin cells. And results are a change of color that can last up to about seven days.

A couple things to note here. First is that although melanoidin is produced, and melanoidin and melanin (the dark pigment that enables a —sunll tan to develop via UV exposure) work together in the absorption of harmful rays, a self-tan only provides about a SPF 2, more or less, not high enough to offer enough protection. So take care to wear protective outer garments, eyewear, etc. and / or a sunscreen. And second, note for a quick overview that in general, sunless tanning products that are out on the market today are reported to provide users with pretty much —realll looking tanning results.

From start of application of the tanning product until complete drying time or about three hours, you can have a sunless tan that can last all week. The chemical makeup of the products versus where and how they interact with the different parts of your body can affect tanning results; i.e. some areas may demonstrate different color variations and the tanning may last longer.

Then what? Where does the tan go? Dead skin cells rub and wear off the epidermis, resulting in the fading or losing of the tan. In fact roughly once a month or a period between 35 to 45 days, the epidermis is all rejuvenated. In order to keep a tan going long-term, many companies recommend that you reapply their sunless and self-tanning products approximately every three days. Some products last longer and wear

better than others, too. So experimenting, even with products that do not list DHA in the ingredients, might prove to be rewarding.

Sunless Bronzers

Some sunless tanning products come in the form of moisturizers (as lotions and crèmes) and powders and are referred to as bronzers. Basically you simply apply these to your skin as you would make up products for a temporary —tan appearance, similar to the effects of applied makeup leaving a —tint. Then you just wash the bronzers off with soap and water; the —tan is removed with washing. Caution is needed so that the products do not stain clothing or other fabric. And care needs to be taken so that the applications do not streak or run when wet, similar to the results of mascara running. And finally, make sure that if you wear these products outdoors, they contain sunscreen in the ingredients; otherwise wear protective clothing, eyewear, etc.

Sunless Tanning Booths

Sunless tanning booths are becoming more popular. With an air compressor and an airbrush delivery system in one of these booths, skin receives a —tan. What happens is that pistons in the compressor quickly press or force air out via a nozzle in an airbrush or spray head. This air mixes with a tanning solution containing DHA that's inside compartments within the airbrush, and sprays this in a fine mist over the outer skin layer. Some tanning booths have up to 36 of these airbrushes connected to the compressor and they are all either in fixed positions or moving. Thus tanning clients then either move under fixed sprayers so that skin is covered all over. Or else the

tanner parts move to spray the different body parts (these types pose more mechanical maintenance issues though.)

Many report a more professional-looking, smooth and even tanning that even covers hard-to-reach areas like cheeks and shoulders. Note that the tanning solution used in the machine most probably has no sun protection component; so if you are heading outdoors, protect your skin appropriately.

Tanning Accelerators

For a speedier tan, you might elect to try a tanning accelerator. Generally sold as lotions or pills, these products list an amino acid called tyrosine in with the ingredients. This amino acid is reported (but not proven) by some users to increase the production of melanin, speeding up the tanning process. Again, these are not FDA-approved solutions or drugs.

Other Tanning Pills / Vitamin D

A different type of sunless-tanning pill on the market today lists canthaxanthin, a color additive for food, as an ingredient. The FDA has approved of this substance with use in foods and only small amounts are added. However, as with tyrosine, canthaxanthin has NOT been approved by the FDA. In actuality, to tan with this, you would need large amounts. And the results would likely be an orange-brown- colored tan, and possible side effects; hepatitis or a retinopathic condition with yellow deposits forming in eye's retina.

Some people worry about vitamin D deficiency when using sunless-tanning products and staying out of the direct sunlight. And they reach for supplements and increase their intake of foods that contain Vitamin D. Others turn to outdoor tanning for longer periods thinking that this will help them benefit more from increased exposure, more vitamin D. However, the scoop is the average person doesn't need to be out in the sun that long to get the recommended vitamin D amount needed via their body's absorption. Depending upon genetics, skin coloring, region and climate, for example, a person only needs between five and maybe 10-15 minutes per day, around the middle of the day, three or four times during the week. Less can work for those in warmer, sunnier regions.

Tanning Lamps / Indoor Tanning Tips

Tanning booths and lamps, unfortunately, can have the same bad effects on the body as direct sunlight. The equipment emits UV rays that are just as damaging as the sun's. Some measures to take towards safety when using this type of equipment are closely monitor sessions, keeping to the minimum number and timed lengths that are recommended, don't book sessions closer than every-other day, ALWAYS wear recommended safety eyewear, follow safety and other directions that come with the equipment or are (or should be) posted near it, and do place some sort of protection like a thin piece of acrylic between your body and tanning lamps. (Check for this possibility with booths, too, by asking the host or reading the equipment's instruction booklet).

TANNING SAFETY TIPS

Here are a variety of tanning tips, in no particular order of reference, for you to review at your leisure and share with your friends and family. After you've read them, return once in awhile for a refresher so that you'll keep safety foremost and always in your tanning program.

Shaving – Avoid shaving right before applying sunless tanning products to avoid irritation.

Lighten up – For areas you want to protect from getting too dark, pre-apply baby oil (gel or lotion); i.e. knees and elbows, then use sunless tanner.

Streaking – Getting wet too soon after applying sunless tanning products could result in streaks. So wait after applications, at least two hours or so, before swimming or showering, etc.

Orange – To avoid orange hands when applying products, cheap, disposable elbow from a dime or wholesale store are great to use. Regardless of glove wearing, thoroughly wash hands and fingernails after application.

Expunge – Eliminate dead skin via washing or exfoliating before applying tanning products.

Special Areas – When using self-tanning products with your knees, feet, hands and elbows, either dilute first with a lotion (moisturizer) or use very small amounts when

gently rubbing in. Rubbing with a make-up sponge applicator works well for these areas, too.

How-to-Apply – To apply tanning products, begin working on a small area. Gently, in an even manner, rub in the product generously. (Skimping, to make a bottle lotion last all summer, for example, is not a good idea. Instead, go for the protection factor). Reach out to other areas in a swirling, but still gentle and even rub, rather than going in an up-and-down direction. To reach your back, try using a sponge paint roller or sponge paintbrush; a little goes a long way, so slow and steady does it. Do remember to apply protection to: ears, face, lips (lip balms), neck, shoulders, nose and other small areas.

When-to-Apply – Start sun tanning product applications 30 minutes before you head outdoors. Then re-apply every two to three hours (or after you're wet – showering, swimming, sweating, etc.)

Waterproof – Forget about only applying this once. Still re-apply. It wears off in water / sweat, etc. over time (after an hour or so). So use caution, especially with children using this type product, and re-apply.

Fabric Stains – Caution when using sunscreen agents that list padimate O, lisadimate, aminobenzoic acid or roxadimate in the ingredients. These may cause discoloration, staining fabrics a yellowish hue.

TIME – As you change time zones when traveling, remember to adjust your sun-timing, too, and avoid direct UV contact unprotected during peak daylight hours. And watch

the location change to adjust your clothing, sunscreen products, eyewear and other protective devices. Pack your sunglasses and sunscreen!

Winter – Don't forget about protection during the cold, winter months, regardless of your location. Make sure to use sunscreen and appropriate eyewear, as UV rays reflect off snow, ice and water, meaning an increased possibility for sunburn.

Limits - Since between 10 a.m. and 4 p.m., the rays are strongest, don't overdo outdoor activities during this time period. Establish some limits for sun exposure during those hours.

Inside / Outside – Remember that when you use sunless or self-tanning products, if they list no sunscreen in their ingredients, you will not be protected from harmful UV rays. And even if you are using a sunscreen, it doesn't last or work beyond a few hours. So take caution running in and out, and be prepared. Either carry along more sunscreen product to reapply or wear, carry or take protective clothing and gear (hat, sunglasses, etc.)

Eyewear – For those enjoying a lot of outdoor weather, check into investing in good protective eyewear. Read labels for 100% UV protection. Check with pharmacist or healthcare provider for help selecting appropriate levels for children and yourself.

Babies / Youngsters – Young children can burn more easily because of their thinner skin and melanin development. And remember to not use sunscreen products on those

younger than 6 months. So use caution with these babes and older children, too, when out in the sun. Protective clothing and shade are good rules of thumb.

Re-Apply – Don't forget to reapply sunscreen products, especially after swimming and on children.

Math – Remember, the high the SPF, the greater the protection! Seek higher than SPF 15.

Cranky Kids – For finicky kids on the go, check for long-lasting sunscreens and fun spritz sunscreen bottled versions with children's scents (bubblegum, grape, etc.) There are sensitive formulas available, too.

“First Aid” Tips

Uh, oh! Over did it a little? Here are some for you.

Heat Sickness – heat stroke, exhaustion and fainting (syncope)

can happen when a person becomes too heated and dehydrated. Sunburn may be present, too, but not necessarily. For fevers, diarrhea, nausea, vomiting, trouble looking at light (possible cornea burn) see healthcare provider or head to emergency room ASAP.

Sunburns – For sunburns, drink plenty of fluids. And make them clear and cool.

Either apply cool (not cold) compresses or soak in cool (not cold) water; don't use soap since it can dry out your skin, causing more discomfort. Do NOT apply butter or grease or anything like similar to burns, even if you think those old wives tales are worth trying; they're not because they hold in heat and increase pain.

Products for Sunburns – To help with sunburn pain and discomfort, try adding about a cup of baking soda or a cup of Aveeno to bath water. Moisturizers without alcohol can help with itching, especially aloe vera-based products, which are also helpful for either applying directly to burns or adding to water; check product labels and see which can be cooled first in the refrigerator before applying for more soothing affect.

Blisters – For sunburn blisters, use antibiotic cream and sterile gauze wrappings to keep clean and uninfected. Do not burst or force blisters open.

Check Skin - For your safety, regularly check your skin for possible problems areas. If you notice a mole or other spot on your skin with any of the following qualities, contact your healthcare provider for advice and possible testing: bleeding, growth (larger than pencil eraser), uneven edges, flaking or itching.

Sunless Tanning Product Lines Reviewed

Au Courant - This companies' Bronze Face Gel, Dark, is a fine lite-scented sunless tanner for the face. Going on easily, drying quick and light, it boasts AHA to help with skin exfoliation while it colors. Their Instant Sunless Tanning Lotion is said to have a slight odor and be a little thick for easy application, but overall helps with good coloring for people with light to medium skin tones.

Bain de Soleil – Their Soleil Streakguarde Tinted Self Tanner Foam rates as a super foam self tanner and sub-par lotion. Great color results, light nice scent and ease of

application are other highlights. Many recommend the product for light skin, although there is a —darkll version for those with darker coloring, too. Note that reviewers did not prefer lotions or foams from Bain de Soleil, though. They shared dislikes for the products' bad scents and too light coloring.

Banana Boat Product Line – Highly recommended line of tanners. Some double as good moisturizers. They boast vitamins A and E and a snappy fragrance of coconut mixed with mandarin. By rubbing their lotion on prior to your tanning sessions can help keep your skin moist, allowing it to tan better. Their crème version is said to go on light and smooth with a good scent, but is not the choice for those wanting darker tanning. When using the instant sunless lotion version, results improved when mixing or diluting it half-and-half first with a moisturizer. And although their so-so tanning accelerator boasts a great coconut oil scent, this product's SPF 4, not from titanium dioxide, avobenzene or zinc oxide, is not said to be effective against UVA rays.

California North – California North Titanium Self Tanner is a preferred product with a nicer scent than most competitor products, good coloring, fading and good ease-of-application. Not ideal for darker tanning, though.

Clarins – Their gel has reportedly been more like a lotion and their product pricing a little high, application greasy yet quick-drying and lightly fragrant.

Coppertone - Beware permanent fabric stains, color bleeding off on everything, and somewhat strong smell (that fades) reported with this self-tanning product line. Quick, long-lasting and attractive coloring results, though. Great results reported with red

heads and exfoliation beforehand. For some products in this line, only a thin application is needed.

Doctor's Dermatologic Formula [DDF] - This fragrance-free self-tanner applies smooth, easy and even. Very good coloring. Use repeated applications to darken as desired.

Hawaiian Tropic Tan 2 Max Indoor Tanning Lotion – Another great indoor tanner / moisturizer product. Exotic fragrance, non-oil—based, this contains no SPF but absorbs quickly, leaving no unwanted greasy residue.

Jan Tana - A little pricey, messy and smelly, this self-tanner goes on very dark. Lighter-skinned people may prefer an alternative product.

John Abate Babie – This two-thumbs up, somewhat pricey tanning accelerator is touted as being a hi-quality moisturizer. Non-greasy and light, this product tends to stay on longer than its competitors. And the main attraction is its —babyll powder scent! Two other great varieties are: John Abate Mango Flambe and John Abate Titanium.

Lancome - This fast drying self-tanner reportedly has a high alcohol content, so those with sensitive skin need to take note. (Some products in the line carry a flammable warning). Good color. Bad alcohol smell.

Neutrogena – Their self-tanning products come in lotion and foam form. The foams aren't highly recommended. And the lotion form has been reported to spread easier with a sponge applicator, otherwise patchy spots can result. Both have reportedly light

smells that do go away quickly though. And Neutrogena tanning sprays have left many orange-colored.

Philosophy - The self-tanner is known for good average pricing, dark coloring, OK scent. Heavy applications or repeated applications improved tanning results, too.

St. Tropez - Their tanning kit offers a complete line to help with exfoliation, self-tanning and moisturizing products all-in-one package. Products have light, good scent, apply easy and smooth, product overall very good tan. Watch pricing of individual products; some reportedly need heavy applications and carry heavy prices.

Supre Vibe – This medium-priced, fresh-scented accelerator rates well. Applies smooth with low vibe or tingle feeling.

Tantowel – These easy-to-use, good scented towlettes are super except for one main thing; the coloring is reported to be lacking. Even using more than one per application yielded only minor coloring results with some users.