



Sunless Tanning Options

For people who want some extra color without hurting their skin with damaging UV radiation from the sun and tanning beds, sunless tanning provides a safer option.

SUNLESS TANNING PRODUCTS:

These products contain dihydroxyacetone (DHA), a colorless sugar that works with dead surface cells in your skin, staining it to look darker. The color fades as the dead skin cells wear off. Sunless tanning comes in many varieties including lotions, sprays, foams and towelettes and can be found at drugstores and department stores.

PROFESSIONAL MIST-ON TANNING:

Many salons provide mist-on tanning. Mist-on tanning works by spraying an even coating of DHA to your skin using machines. The results usually last for several days. DHA is approved by the Food and Drug Administration (FDA), but only for external use. DHA is not approved for the areas of the eyes or lips, and should not be inhaled or ingested. Before using a spray tanning booth, ask if your eyes and lips will be protected, and whether you will be protected from inhaling or ingesting the spray. If the answer is no, look for another salon.

AIRBRUSH TAN

Many salons also offer airbrush tan, which may be a safer way of getting an even coating of DHA. During an airbrush tan, a salon technician should cover your eyes, lips, and other mucous membranes, and spray a coat of DHA onto your skin using a spray compressor. A natural-looking tan will appear within a few hours and usually last for several days. The benefit of airbrushing is that it results in an even tan, while reducing the risk of inhalation and eye and lip exposure.

BRONZING PRODUCTS:

Bronzing powders, gels and creams that add temporary, topical color to the skin are available at drugstores and department stores. Tinted lotions and sunscreens are also available.

REMEMBER!!

A sunless tan does NOT protect you from damaging sun rays. Always use sunscreen before going into the sun.