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**8 Spray Tanning Tips**

**By Angela Maroevich**

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With the recent surge in the popularity of tanning, many people are flocking to salons to use tanning booths or beds to build and maintain a healthy tan, but some people are still leery of the effects of ultraviolet light, and other people simply cannot afford to pay for tanning sessions.

One of the best alternatives to indoor tanning is sunless tanning, which offers a realistic looking tan from a bottle. These products come in cream, gel, or spray-on form, and there are benefits and drawbacks to each. If you choose spray-on sunless tanning, a number of things can be done to improve the results. You can have your tan sprayed on at a tanning salon, or you can apply it yourself.

Whichever option you choose, here are a few tips for spray tanning, to make sure the application goes smoothly.

1.Exfoliate – All the self-tanner in the world will do you no good if it attaches itself to dead skin that is about to come off your body! Use a loofah sponge in the bath the night before you self-tan to remove these dead skin cells.

2.Moisturize – Applying a good moisturizer a few hours before you self tan is a great way to make sure your skin is ready to accept the self-tanner.

3.Choose your clothes carefully – You should pick clothes that cover all the parts you do not wish to tan. Self-tanning nude is not recommended for newcomers, because the results can be unpredictable. Make sure you select tight fitting clothes so that the self-tanner cannot go under your sleeves. You should also choose dark colored clothes, since spray tanners will stain light clothes.

4.Use gloves – Nobody looks good with orange palms, so when you spray tanner on your hands in order to tan your face, don a pair of latex gloves to prevent stains.

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5.If you are going to a tanning salon, follow the instructions! Self-tanning booths typically have a handout, so read up, and make sure you know what to do!

6.BLOT – After applying your spray tan, you will need to blot your skin with a towel to catch any drips.

7.Stand still – Standing still for about 30 seconds after a self-tanning booth application will ensure that your tan dries evenly. While it may take a lot longer to dry completely, the first minute or more is when you run a real risk of rubbing off the self-tanner before it has a chance to work.

8.Protect your feet – Because they typically get less sun than the rest of you, your feet are paler and may get dark faster. If you are spraying yourself, go lightly on the feet. If you are using a booth, use the paper booties (usually offered by staff) to protect your feet and apply a self-tanner later on to ensure you get the right shade.

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### **A Quick Look At Sunless Tanning**

**By Oliver Turner**

Sunless tanning, also known as indoor tanning, is becoming much popular these days. As the term implies, sunless tanning is the process of attaining a suntan by sunless means. The main reason behind the popularity of sunless tanning is that there are several people who live in a place where constant sunshine is not available and most of the people cannot afford such a vacation every month to top up their tans. Another reason why people are more attracted with sunless tanning is that the regular and constant exposure to the sun rays increases the chances of contracting skin cancer. Sunless tanning offers several harmless and easy ways for people to achieve the desired result.

Sunless tanning can take the form of tanning lotions, tanning sprays, tanning beds, and tanning pills. The results and efficiency of these methods differs from one another. Let us look on the four main sunless tanning methods:

Sunless Tanning Lotion

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Majority of the sunless tanning lotions come with the bronzing ingredient dihydroxyacetone (DHA). DHA is a colorless sugar which can interact with dead skin cells resulting in a color change to that skin. Generally this change in color lasts for five to seven days from the initial application. Using sunless tanning lotions is a well liked method for sunless tanning. However, the only drawback is that, getting an even tan is very difficult.

### Spray Tanning

Spray tanning is also the same as tanning lotion; the only difference is that tanning solution used here is a spray. Spray tanning can be done manually by a spray gun. If you wish to use it automatically then you can go for a tanning booth. A recent development in spray tanning is the colorless tanning solution. The solution does not have bronzer and affords a less streaky, more even tan.

### Tanning Beds

Tanning beds, also known as sunbeds, feature fluorescent tubes to tan the applicants' skin by emitting UV (Ultraviolet) Rays. Though, tanning beds are considered as an efficient sunless tanning method, continuous use of this method can cause skin cancer and skin aging.

### Tanning Pills

Tanning pills usually comes in three varieties - pills which contain carotenoid pigments, pills which contain tyrosine, and pills with no active ingredients. Tanning pills which contain carotenoid pigments when consumed internally saturates the fat layers just below the skin, which results in the change in skin color. The other two varieties of tanning pills are not proven to have any desired effect on the color of the skin.

The cost of sunless tanning methods differs from just a few bucks to \$100 or even more for one or more visit in a tanning salon. However, with sunless tanning you can easily achieve that beautiful bronzed look without damaging your skin.

We have made a research to find the best tanning methods. Find the results only

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