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Fake a Tan with Sunless Tanning Lotion

By Lorene Radenz

Fake a Tan with Sunless Tanning Lotion

by: **Lorene Radenz**

A great tan is associated with health and beauty. While a bronze look is desirable, especially in the summer or on holiday — we all know the dangers of the sun's UV rays. Is a temporary tan worth the permanent sun damage, wrinkles, and skin cancer risk? Absolutely not!

You can save time and avoid these risks entirely with sunless tanning lotion. Today's self-tanners give you a deep golden tan, not the orange look of years ago.

Many new self tanning lotions are tinted and these are the ones I recommend. Not only do they give you an initial tan, you're more likely to apply the lotion evenly and avoid streaking.

First, take a shower or bath and exfoliate your skin. Pay special attention to your elbows, knees and any other rough spots. These areas will soak up the self tanning lotion and turn darker so you need to get rid of any dead skin.

Pat yourself dry and pin your hair up. Apply regular body or hand lotion to the dry spots you exfoliated. Allow yourself several minutes to completely dry.

You may choose to wear thin gloves to put on the self tanning lotion and avoid getting it on your hands, but applying it with your bare hands will probably result in a more even application. It's your choice.

Start applying the lotion from the bottom – up, bracing your foot on a chair or stool. Rub in lightly, you can always go back later and apply a second time.

Don't forget the areas that would tan naturally in the sun, the back of your legs, knees, arms, and neck. When applying to your face, remember to smooth it on your eyelids and into your hairline — avoiding your eyes and hair. For people with sensitive skin, there are self tanning lotions formulated specifically for your face and will result in a more natural look.

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If you will be wearing your hair up, don't forget to apply the self tanner on the back of your neck, and behind your ears to look more natural.

When you're finished, wash your hands thoroughly if you chose not to wear gloves, so your palms don't turn an unnatural color. Use a hand towel to dry them completely.

Before the lotion dries, it's more likely to tan what you're wearing too, so let yourself dry and put on some loose clothing. If you're going to be sitting on a cloth chair or couch, sit on a towel to avoid staining.

For a deep, dark tan before a special occasion, apply self tanning lotion before bed, and again in the morning. Before you go out, check yourself in the mirror for any streaks and correct them with a damp paper towel. Apply bronzing powder to your face and shoulders for a finishing touch, and hit the town!

Lorene Radenz is a freelance writer and the founder of

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Is Fake Tan A Safe Tan?

By Lucy Bartlett

Ultra violet free tanning or self tanning which is also known as sunless tanning is a process in which chemicals are applied on the skin to produce an outcome similar in look to a conventional suntan. This process is known as fake tan. During the 1960s it was discovered that there is a link between skin cancer and exposure to the sun which resulted in the growth of fake tan.

Dihydroxyacetone (DHA) is the dynamic component in the sunless or self tanning lotions available in the market. DHA is not paint or a stain or a dye which produces the tan. The chemical reaction between DHA and amino acids in the dead layer on the surface of the skin causes the skin to tan. This chemical reaction is similar to the browning process during the manufacturing process of food. Fake tan obtained with the use of sunless or self tanning lotions does not involve any pigmentation of skin and there is no need for exposure to ultra violet rays. The chemical reaction obtained with the use of DHA is not toxic and does not harm the skin. It does not cause any damage to the skin whereas exposure to UV sometimes causes damage to it. The fake tan has a very short term effect and will change gradually over a week's period.

In some people the chemical Dihydroxyacetone in the sunless tanning lotion might cause skin problems so it is better to apply the lotion to a small patch of skin. If no adverse reaction in the skin is noticed within 24 hours then it can be applied all over the body to get a fake tan.

By using various sunless tanning products in the form of sprays, wipes, mousses, lotions or gels, a

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fake tan can be obtained at home. To obtain best results, apply the sunless tan lotion on dry and clean skin. Until the product is fully absorbed it is advisable not to take a bath or go swimming. Within one to six hours the product normally gets absorbed by the skin. Since thicker skin on the feet and hand absorbs more DHA it is necessary to either skip these areas or clean these areas immediately after applying the sunless tan lotion.

Since we get what we pay for, it is necessary to use a brand of tan which is considered safe and which has acquired a good reputation among the users. St. Tropez is known to be the favorite among the Hollywood stars and other celebrities. Fak, Clinique, Clarins are some of the other popular and luxury brand of fake tan products.

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