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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Hot News On Tanning!**

**By Carrie A.Hall**

For the longest time, we have worshipped the sun, and in return, we tanned stunning gold!

However, recent studies has shown that worshipping the sun for hours on end isn't so good for our skin. With that, a new method of tanning has emerged, it is called the Sunless Tanning Method!

Recent improvements in sunless products have made the demand skyrocket. They're easier to use than ever, the color appears more natural, and some lotions even contain sunscreen with a high sun protection factor (SPF), says Stanley B. Levy, MD, adjunct clinical professor of dermatology at the University of North Carolina School of Medicine in Chapel Hill.

It's important to remember that most of these products, unless they contain an added sunscreen, will not protect you from the sun's UVA and UVB rays. Even products that do contain a sunscreen won't be of much help, since they lose their efficacy within hours of application.

So, if you're planning to head outside to show off your new glow, be sure to apply some extra sunscreen too!

There are some sunless-tanning product which comes as a tanning pill that contains canthaxanthin, which is most commonly used as a color additive in certain foods. Although the FDA has approved the use of canthaxanthin in food, it does not approve its use as a tanning agent. When used as a color additive, only very small amounts of canthaxanthin are necessary.

As a tanning agent, however, much larger quantities are used. After canthaxanthin is consumed, it is deposited all over your body, including in your skin, which turns an orange-brown color. These types of tanning pills have been linked to various side effects, including hepatitis and canthaxanthin retinopathy, a condition in which yellow deposits form in the retina of the eye. Another popular form of sunless tanning is the bronzer. These powders and moisturizers, once applied, create a tan that can easily be removed with soap and water.

More like make-up, these products tint or stain your skin only until they are washed off.

## Hot News On Tanning!

Today's sunless tanning products produce much more realistic results. Tanning pills, sunless-tanning or self-tanning lotions and sprays, and cosmetic bronzers are available to impart a subtle bronze glow or a deep, dark tan. Bronzers yield immediate results, although some sunless tanning products require 45 minutes to an hour before taking effect. Although sunless tanning products can yield a golden glow, they do not protect the skin from the ultraviolet radiation in the sun's rays the way melanin in a 'real' tan does, so users of sunless tanning products need to apply sunscreen before venturing out in the sun.

Knowing the right tanning methods is crucial to your skin and to your looks! We urge you to look further into self tanning methods today! Gather hot tips on tanning and look fabulous today!

Self-tanning products, also called "sunless" tanning lotions, contain dihydroxyacetone. Find out about Self Tanning at

<http://SelfTanning.ewhy.info>

### **The Best Sunless Tanning Methods**

**By Paton Jackson**

If you haven't noticed the summer is already here. Surprisingly, you don't have to wait for the summer for endless beach hours beating down on the sun rays. Sunless tanning also known as the indoor tanning is more popular and easy than ever and it is much safer than sun tanning. Here are 10 tips for sunless tanning:

1. Airbrush tanning - Airbrush tanning is a new and emerging sunless tanning method. Using a clear liquid containing dihydroxyacetone (DHA), you can get a golden tanned look for five to ten days. The ingredients of the airbrush tanning lotion are FDA approved and are considered safer than commercial tanning beds.
2. Tanning beds - Tanning beds and tanning booths actually imitate the sun. Tanning bed lamps use UV-B and UV-C rays to achieve the optimal tanning results. However, tanning bed lamps do not use UV-A rays which are considered harmful.

You will feel the tanning beds results after a couple of weeks.

You may go to a professional tanning salon and get the golden look at one of the commercial tanning beds (Wolff tanning beds are the best ones) or get your own home tanning bed. You can get a discount tanning bed in one of the wholesale home tanning beds shops. Yet, you must realize that maintaining a tanning bed is an expensive task - you will have to purchase tanning bed products like tanning bed lotions and tanning bed bulbs.

3. Tanning lotions - There is a wide variety of sunless tanning lotions. They are definitely the cheapest sunless tanning method. Nothing is easier than buying discount tanning lotions. However, most of them have uncertain efficiency. In most cases, the tanning lotions are made of vitamins, minerals and herbal ingredients.

## Hot News On Tanning!

You may choose either one of the above sunless tanning methods. There is no reason for sun tanning nowadays. It takes too long and it is too risky.

Find the best sunless tanning method only on

<http://www.tigilet.com/c/Tanning.php>

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