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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!**

**How To Apply Tanning Lotion Correctly?**

**By Carrie A.Hall**

Every day, millions of dead skin cells are sloughed off or worn away from the surface of your skin.

In fact, every 35 to 45 days, you have an entirely new epidermis. This is why tans from sunless- or self-tanning lotions will gradually fade -- as the dead cells are worn away, so is your tan. For this reason, most of these products suggest that you reapply the sunless- or self-tanner about every three days to maintain your tan.

Although gels, lotions or sprays that contain DHA are said to be the most reliable and useful, there are dozens of other types of products on the market. Tanning accelerators -- lotions or pills that usually contain the amino acid tyrosine -- claim that they stimulate and increase melanin formation, thereby accelerating the tanning process.

**Hot Tips for Proper Application!**

Wait AT LEAST 15 minutes before getting dressed (remember that self-tanner can stain clothes). Do not exercise or swim for at least three hours.

If you make a mistake and end up with streaky or dark areas of skin, consider using an exfoliant such as my 2% Beta Hydroxy Acid Liquid over those spots. Then, in the morning, manually exfoliate those areas with a wet washcloth. This should rub off any uneven stripes. Take special care with problem areas.

As an option for your hands (which can be particularly tricky to get looking natural) apply self-tanner as you would a moisturizer, but then quickly wipe your palms off on a slightly soapy washcloth. Then take a Q-tip dipped in cleanser, eye-makeup remover (one that is not greasy so it doesn't spread or smear), or nail polish remover and carefully use it to wipe around the nails and cuticle area and between your fingers. You can also use a makeup sponge to apply self-tanner to the back of your hands, tops of your feet, temples, and hairline. By holding the sponge deftly between two fingers, you only need to worry about preventing this small area from changing color.

## How To Apply Tanning Lotion Correctly?

Skin-care products such as AHAs, BHA, topical scrubs, Retin-A, and topical disinfectants can affect the self-tanner's action on your skin or even eliminate the color by exfoliating the surface skin cells (self-tanners only interact on the surface of skin). It is best not to apply these products the evening you apply a self-tanner. However, if you must do so, wait at least two to three hours before you do.

Reapply self-tanner as you feel the need. Generally it will start fading in about three to four days as the surface layers of skin shed.

It is important to tan correctly and we urge you to come find out more about self tanning! Learn about the common mistakes made and gather hot tips of looking totally fabulous!

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

<http://SelfTanning.ewhy.info>

### **Sunless Tanning Lotions Avoid Cancer**

**By John Morris**

For most Americans, having a pasty complexion isn't really all that appealing. Unlike other people who want to be fair, a lot of Caucasians want to darken their complexion a bit through tanning.

Unfortunately due to the harmful effects caused by the ultraviolet rays from the sun, it really isn't advisable anymore to stay under the heat for so long for that coveted golden tan. This is why a lot of people want to go through the healthier alternative which is with the aid of a tanning bed as well as tanning bed lotions. This type of self-tanning is often referred to as sunless tanning wherein you won't be relying on the sun's rays to darken your skin.

#### 1. Tanning Procedure

– Lay on the tanning bed after applying tanning bed lotion – Don't stay on the tanning bed for too long, 30 to 45 minutes will do – No need to rotate – Reapply lotion to preserve your new golden brown color for around a week

#### 2. Lotions

There are actually a lot of tanning bed lotions available in the market today. You can choose from all sorts of variants and brands depending on your natural skin tone. The type of shade that you wish to have and your tanning bed lotion budget. The Fiji Blend tanning bed lotions actually offer all sorts of tanning bed lotions that you might want to try and they are all available on the internet. Various online tanning bed lotion stores you can find all sorts of products from various tanning bed lotion manufacturers that may not be available to your local surf shop or beauty supplies store. It is highly recommended that you take some time out to check out these tanning bed lotion websites.

One of the popular tanning bed lotions that you can purchase either from the internet or at your local

## How To Apply Tanning Lotion Correctly?

beauty supplies store is the Fiji Blend line of tanning bed lotions. The Fiji Blend line of tanning bed lotions boasts of being a staple in tanning salons and is highly recommended by tanning bed lotion users. Aside from being able to give you a smooth and even tan, the Fiji Blend tanning bed lotions will actually provide you with various other benefits for your skin such as anti-aging factors and moisturizing enhancers. This is a great plus for tanning bed lotion users as this will ensure you of a nice looking, healthy and even tan. Other tanning bed lotions, when not applied accordingly usually end up uneven and very unflattering.

### 3. Maintaining a Smooth, Even Tone

Even with the Fiji Blend tanning bed lotion variants, you need to be able to choose that one that is most appropriate to your skin tone, or else you might end up either looking too dark or half-baked. You need the right kind of tanning bed lotion that will give you that fresh from the beach look that most Caucasians are envious of. Also, the Fiji Blend line of tanning bed lotions are safe and easy to use and are comparatively affordable to the majority.

For more great tanning lotion related articles and resources check out

<http://suntan.skincarehq.com>



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