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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 than 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 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

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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, Clinque, Clarins are some of the other popular and luxury brand of fake tan products.

Find more info at

<http://www.glowingskin.info>

Lucy Bartlett is a proud contributing author. Find more articles at

<http://consumerresourcesportal.info/>

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A Guide To Sunless Suntan Lotion

By Ken Morris

The danger of exposure to the ultraviolet lights of the sun and tanning beds has been well established. The only safe tan is a fake tan. Using a sunless suntan lotion is the best way to get the color you want without the risks to your health. Skin cancer and premature aging of the skin are the most common health dangers resulting from exposure to UV rays.

Sunless tanning products are available in a wide range of formulas. You will find them for every skin type and color. It's important to choose a product that is made for your skin type for the best results. Using a darker formula on very light skin can result in skin discoloration and an orange hue to the skin. Many products are marked for light or fair skin. Using Sunless Suntan Lotion at Home A variety of self tanning products are available for home use, including sprays, crème and lotions. Even application is essential for even color. Colored lotions are available that allow you to see exactly where you have applied the product. You will be able to see any missed areas. As the lotion soaks in, the color fades. Apply to thicker areas of the skin, such as the elbows, knees and ankles last to avoid darker color in these areas. Wear plastic gloves during application to keep the palms of the hands from getting stained.

Prepare your skin before applying the tanner. Shower and use an exfoliating product to remove dead skin cells. This will help with even absorption. If you take time to prepare your skin, you will get better

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coverage and your color will last longer. Some self tanners come in a complete kit with the lotion and an exfoliating product.

Sunless tan products take up to an hour to work. For an all over tan without tan lines, apply the product in the nude. It can take up to an hour for the product to soak in and begin to work. The effect will last approximately one week. To maintain your color, re apply the lotion every three to five days. You can make this part of your regular beauty routine, or just use them for vacation or a special occasion.

Suntan Lotion in a Booth If you want a great safe tan, but don't want the hassle of applying the lotions, consider visiting a salon for a spray on tan. These use products like Mystic Tan or Sunshower. They are applied by spray nozzles, while you stand in a booth. The process only takes a few minutes, but the full effect won't be seen for several hours. Most solutions have a bronzer that will give some immediate results. This initial color will darken throughout the day.

Your spray on tan will last between one and two weeks, depending on your skin. Shaving, chlorine and sitting in the sand will make your skin exfoliate faster and your tan will fade quicker. An extending moisturizer can help extend your tan. You can use a home tanning product in between booth sessions to keep your color.

Ken Morris is the founder of the internet site

<http://www.tanning-lotions-tips.com>

. In his publication the

author is specializing in subjects like suntan lotion (

<http://www.tanning-lotions-tips.com/suntan-lotion.html>

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