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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!**

**Self Tanning Lotion – Creame Or Spray?**

**By Jeff Miles**

The most effective self tanning products are the ones that list dihydroxyacetone (DHA), an isomer of glyceraldehydes, as an active ingredient.

According to the American Academy of Dermatology, they begin to work within around 40 minutes to an hour.

DHA is a dull (in coloring) sugar, which is important in the metabolism of carbohydrates.

It interacts with the dead cells located in the stratum corneum or outermost layer of the epidermis. In other words: DHA reacts with amino acids in the epidermis, producing a natural pigment called melanoidin that bonds with proteins in skin cells.

And results are a change of color that can last up to about seven days.

There are a couple of things to note here: First: although melanoidin is produced, and melanoidin and melanin (the dark pigment that enables a sun tan to develop via UV exposure) work together in the absorption of harmful rays, a self-tan only provides about a SPF 2, more or less, not high enough to offer enough protection.

So take care to wear protective outer garments, eyewear, etc. and / or a sunscreen.

And second: note for a quick overview that in general, sunless tanning products that are out on the market today are reported to provide users with pretty much real looking tanning results.

>From start of application of the tanning product until complete drying time (about three hours), you can have a sunless tan that can last all week. The chemical makeup of the products versus where and how they interact with the different parts of your body can affect tanning results; i.e. some areas may demonstrate different color variations and the tanning may last longer.

So: Where does the tan go?

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Dead skin cells rub and wear off the epidermis, resulting in the fading or losing of the tan.

In fact roughly once a month or a period between 35 to 45 days, the epidermis is all rejuvenated. In order to keep a tan going long-term, many companies recommend that you reapply their sunless and self-tanning products approximately every three days. Some products last longer and wear better than others, too.

So experimenting, even with products that do not list DHA in the ingredients, might prove to be rewarding.

Interested in getting a tan? You can lighten your tanning worries and darken your skin: Get help with

the Sunless Tanning Guide. Just visit the website at:

<http://www.sunlesstanningguide101.com>

### **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

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

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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

[http://www.leandernet.com/Sunless\\_tanning/Sunless\\_tanning.php](http://www.leandernet.com/Sunless_tanning/Sunless_tanning.php)

. All about sunless tanning on

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