

This Free E-Book is brought to you by Natural-Aging.com.

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

Spray Tanning – What To Expect

By Ciara McGrath

Spray tanning has become a modern fashion phenomenon. It is a brilliant way of avoiding both the shocking risks of skin cancer associated with regular sun bathing and sun beds, and also the streaky, orange look that gives self-tanning lotions and mousses a tacky reputation.

The high-quality results of spray tanning meant that only a few years ago it was reserved for celebrities and the very rich - now however, there is somewhere offering the treatment in most communities. Often it is easily available from hairdressers, sun bed salons or specialist businesses.

The Internet can help you locate the nearest spray-tanning provider to you. Additionally certain sites display reviews and ratings of individual salons, giving potential customers an idea of what to expect, and maybe which places to avoid.

What happens when you go to the salon will vary, but most reputable providers will ask you to fill out a record card. This is important, as it informs the salon assistants of any allergies you have, and also, by recording your weight and height, allows them to calculate more exactly how much sunless-tanning solution you will personally need.

It is also recommended, and in some places will be required, that you ask for a patch test twenty four hours before you plan to tan. This minor inconvenience could prevent an uncomfortable and unsightly allergic reaction - and is therefore all the more important before a spray tanning, which will cover most of your body.

There may be changing rooms or a special area where you can undress to your underwear. This is the part most new customers are nervous about, but it is completely unnecessary, as the salon assistants are experienced professionals. They are doing their job, not judging the bodies of their clients, and would generally be disciplined for making jokes or personal remarks. And contrary to some high school myths - spray tanning never, ever requires full nudity!

The streak-less, natural-looking effect achieved through spray tanning is a result of the body being covered with a fine mist of tanning solution, rather than having a cream or mousse rubbed in

Spray Tanning – What To Expect

inaccurately by hand. Some specialist salons have developed an even better technology, Electrostatic, which uses the static energy of your body to disperse the tanning spray evenly over your skin.

Before you go to your spray tanning appointment, it is very important to prepare yourself properly, or the results will be affected. Do not wax or shave less than a day before your spray-tan, as this increases the chance of irritation. However, before you go to your session exfoliate your skin to create a smooth surface.

If you want to wear your own underwear, rather than the paper ones provided by the salon, it should be dark or old, as there is a high risk of staining. Additionally you should arrive at the spray-tanning appointment in loose clothing, as tight clothing may rub the bronzer off in the first twenty four hours. If you take all these precautions, and use the net to help you find the best provider, you could be enjoying a flawless, natural, glowing tan all this summer, and winter too!

Find more help at

<http://www.spray-tanning-fx.info>

.

Ciara McGrath has four teenage daughters. She travels widely. For more articles click

<http://www.ezine-articles-4u.info>

. Find more help at

<http://www.spray-tanning-fx.info>

and

<http://www.spray-tanning-service.info>

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.

Spray Tanning – What To Expect

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 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

. All about sunless tanning on

LeanderNet –

<http://www.leandernet.com>



This Free E-Book has been brought to you by Natural-Aging.com.

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