

# Types of Tanning Lotions:

Tingle and Hot Action Lotions: Not recommended for first time tanners! Hot Action lotions promote micro-circulation. More plainly, it increases the blood flow and brings oxygen to the cells in your skin. This process of oxygenation will improve your tanning results. When using these products you will experience a mild tingling, reddening and warming sensation on the skin's surface.

Bronzer Lotions: The nice thing about a bronzer is it gives you an instant tan, so you can achieve that sun-kissed look immediately and continue to darken for hours after your session. With bronzers, you typically wanna wait a few hours after tanning to shower, but it is recommended that you wash your hands right away to avoid discoloration.

Accelerator & Maximizer Lotions: These are great products for beginners. They are formulated to help you quickly achieve a base tan, but normally don't contain any added bronzers. Mostly they contain a large amount of moisturizers that allow the skin to tan more quickly and retain your color for a longer time. Once you build up a good base tan you can try a more intense bronzer or tingle lotion to give that extra boost

# Bronzer Tanning Lotions

There are 2 main types of bronzer lotions:

DHA Bronzers: Also known as self-tanners. Using a DHA bronzer only gives you the illusion that your skin is tanned, due to its golden color. They do not impact melanin production and they are not instantaneous. It takes approximately 2-4 hours for the results to show up, and your skin may continue to darken for up to 72 hours.

Natural Bronzers: These contain specific plant and herbal extracts instead of DHA or chemicals. Higher quality natural bronzers are formulated with organic ingredients and exotic extracts that aid in the tanning process by increasing oxygen circulation and boosting melanin production. Many of the ingredients in natural bronzers are moisturizers that support health tanning by providing proper moisture to the skin and evening the color.

# Common Questions Asked

**What are skin types?** Skin Types are the way individual's skin is categorized based on its reaction to ultraviolet light.

- Type 1- Very fair skin, always burns easily, severely, never tans
- Type 2- fair skin, burns easily, tans minimally or lightly peels
- Type 3- Burns moderately and eventually tan
- Type 4- Burns minimally and will tan well
- Type 5- Always tans, rarely burns
- Type 6- Always tans profusely, Never burns

**How do I keep my tan?** Moisture is the key to a long lasting tan. Healthy skin tans faster, darker, and retains tan longer. Your skin is constantly renewing itself. Dryer skin will shed it's top layers and bring new skin to the surface. When those top layers are shed, you will lose your tan. Dry layers on the surface of your skin can also block the UV rays from getting to the other layers to tan them.

**How can I build a tan quickly?** Trying to build a tan to quickly can be dangerous. You cannot tan more than once a day. You should only be tanning for what is appropriate for your skin type.

**What is a "Double Dip" tan?** Double Dip is a strategy to get an "Instant" tan or an "extra boost" to your existing tan. By utilizing the revolution sunless tanning booth followed by 3-5 mins in a stand up. For best results DO NOT USE LOTION WHEN TANNING IN THE BED.

**How much time should I let pass between tanning sessions?** The FDA requires 24 hours between tanning sessions.

**Is it ok to shower right away after tanning?** You should wait at least 3-4 hours when using a bronzing lotion, and 8 hours after using the sunless booth.

**Should I use SPF on my lips?** Yes you should use SPF on your lips because lips can't tan

How old do you have to be to tan without parents consent? State law requires signed parental consent for anyone under the age 16 years. Anyone under 16 must have parent or legal guardian present with them to sign the release form before tanning the first