

## Nine Good Reasons To Use Sunless Tanners

### 1. You can get a sunless tan even if you can't get a real tan.

Sunless tanners don't need your melanocytes to be in working order. Dihydroxyacetone [DHA], the active ingredient in sunless tanners, saturates the dead skin cells in the outermost layer of skin where it turns the protein in the dead cells brown.

### 2. Sunless tans are completely safe.

Back in the 1970s, the FDA added DHA to its list of safe cosmetic ingredients, and there it remains. Unfortunately, the belief that sunless tanners are hazardous is not uncommon, possibly due to confusion with tanning pills containing beta carotene or canthaxanthin, which were banned by the FDA many years ago.

### 3. Sunless tanners are better now than they have ever been.

DHA is the same ingredient that would have embarrassed you at that swimming pool party in the 1970s, yet it can now fool dermatologists, not to mention your mom. Since it first appeared in Coppertone QuickTan in 1960, DHA has made many strides due to improvements in the refining process.

### 4. Sunless tans are temporary.

After five to seven days, your sunless tan will be completely gone, although a few small remnants could cling as long as two weeks. A sunless tan is not a long term commitment!

SUNLESS  
TAN  
ZONE

### **5. Sunless tans take less time than a real tan; you can have a tan tomorrow.**

You don't have to start "working on your tan" months in advance. A sunless tan can be a spontaneous decision, like trying a new nail polish.

### **6. Sunless tanners help you keep your resolve to use sunscreen every day.**

Everyone knows they are supposed to use sun screen daily, but few people are fond of the short term effects: pasty white skin. With sunless tanners, you can have the best of both worlds — a golden brown hue, and no skin damage. Ten years from now, everyone will hide behind you when the camera comes out because you'll be wrinkle-free! Even if the sunless tanner has a high concentration of DHA, however, it's SPF factor may be only 2 to 4. So make sure you apply sunscreen that has an SPF of at least 15.

### **7. You can use a fake tan on specific areas.**

A sunless tanner can add a glow to just your face, just your legs, just your...well, you get the picture.

### **8. Conversely, you don't have to worry about tan lines — you can get a fake tan all over.**

And you won't get arrested for exposing yourself. It can all take place in the privacy of your own bathroom. So if you are contemplating wearing those extra short shorts...

### **9. You don't have to spend a lot of money.**

Have you been afraid to try inexpensive drugstore brands? You shouldn't be; since all sunless tanners use the same active ingredient, drugstore sunless tanners can be as good as, or even better than, many department store brands. Most tanners cost anywhere from \$5.00-\$12.00 depending on where you get them. If you purchase them from high-end stores, or through agencies such as Avon or Mary Kay, they could be more expensive.



# SPRAY ON TANS

Spray on tans seem pretty harmless- step into a booth, be sprayed, and then you have a natural, even glow. However, there are some precautions. A person needs to have protective eye wear, like disposable ones called “winkies,” and a nose filter, something that someone can use to protect the mucous membranes of the nose and the nasal passages, as well as providing inhalation protection. Also apply lip balm such as Vaseline.

Many salons do not offer these things to their customers, and spray sunless tanners have not been approved by the FDA. The main reason they have not been approved is because some of the ingredients of DHA can be quite poisonous. The product has been approved by the FDA for topical use, but not in the form of a spray mist, which could enter the blood stream through inhalation or through the mucous membranes. It is suggested that the spray could be dangerous to those with respiratory problems. Those with respiratory problems should take extraordinary precautions.



# *Application Tips*

- 1.) Exfoliate before you use a sunless tanner. It will help you get an even tan. You may want to bathe first because after applying the tanner it could take up to a couple of hours before the tanner dries completely.
- 2.) Start at your legs and work your way up. Do not apply in an up and down motion; use an overlapping circular motion and go around the legs.
- 3.) Wear gloves.
- 4.) Apply the tanner in a non-steamy environment.
- 5.) Apply the tanner and let it dry before reapplying to places you could have missed. Wait at least 12 hours before reapplying or touching up your tan.
- 6.) Don't swim, bathe, or exercise for at least 3 hours after applying, because it could rinse or sweat off.
- 7.) Avoid using a product with a lot of alcohol in it, because it can dry out the skin.

# How to take

~ For areas such as the hands and feet, which tend to be bigger problem areas, use a body hair bleach. Apply to the stained area, and wash off in ten minutes. If you don't have that, using hydrogen peroxide will work just the same, but make sure to apply to a small area at a time. Applying to large areas will irritate the skin.

~ Whichever product you use, use only one at a time, not all three different kinds, because your skin will become irritated.

~ If you have blotchiness, step in the shower and get damp. Take baking soda, and rub it onto the skin in small, gentle circles. This will help take off the dead skin and help with the orange and blotchy appearance.

~ If your color looks unnatural wipe your face and neck with an alcohol free toner or liquid makeup remover.

~ If you have an AHA or BHA product such as Paula's choice 2% Beta Hydroxy Acid Solution, this will work extremely well. Just apply this before you go to bed and you should see improvements in the morning.

# your tan off!

# Alternatives to Tanning

Some people go to tanning beds to get a glow before spring break or before some big event. Others go to tanning beds to relax. Here are some alternatives to tanning that will improve your mood without harming your skin:

1. Take a 20 minute power nap
2. Call or email a friend
3. Color a picture
4. Go for a run, walk, or bike ride
5. Paint your toe nails
6. Read a chapter in a book that isn't a textbook
7. Read your email
8. Get organized for tomorrow's classes
9. Clean your room
10. Do a random act of kindness for someone who is having a bad day





# The money you will save from not tanning.

Say you go tanning 3 times a week, and it costs \$4.00 for 20 minutes every time you tan. Not tanning for a month will save you about \$48.00 a month, and \$576.00 dollars a year.

Instead:

1. You could take a trip somewhere.
2. Buy a new wardrobe.
3. Go out to eat with some friends twice a month.
4. Pay cash for your Christmas presents.
5. Buy a semester's worth of books with your savings.
6. Pay off 6 months of car insurance.
7. Have plenty of money for gas for the next 6 months.
8. Buy yourself a really cool present. Maybe an IPOD, digital camera, or really cute shoes!



# SUN SAFETY TIPS:

Wear dark, loose fitting,  
tight weave clothes

Wear sunglasses to help  
protect against UV  
absorption of the eye  
and surrounding tissues



Always use  
sunscreen, and  
reapply often.  
Make sure you  
have an SPF of  
at least 15

The sun is most  
dangerous  
between  
10:00am -  
4:00pm



# Dangers of tanning beds

- ~ Tanning beds release high levels of UV radiation, which can cause premature aging of the skin and increase risk for skin cancer and increase risk of skin cancer
- ~ Short-term indoor tanning can cause red, itchy, dry skin
- ~ Long-term indoor tanning can cause sagging, wrinkled skin
- ~ Tanning beds can also burn skin and eyes and damage your immune system
- ~ Tanning, like burning, causes genetic damage, which accelerates skin aging and increases the risk for skin cancer



# FAQ

## **What is Skin Cancer?**

Skin cancer is abnormal cell growth on the skin

## **What do skin cancers look like?**

Skin cancer takes many forms. Anything that changes, grows or fits any of the ABCD's (assymetry, border irregularity, color irregularity, and diameter larger than the size of a pea) should be taken seriously. Anything suspicious should be examined by a doctor.

## **How can I tell if a skin cancer is developing?**

There can be many signs including: a change in a mole, a sore that does not heal, a skin growth that increases in size, and a spot that continues to itch, hurt, or scab.

## **How is a skin cancer diagnosed?**

Every diagnosis begins with a thorough examination of the skin growth or lesion under a bright light. A biopsy may be taken. This is the most accurate diagnostic test.

## **Can skin cancer be cured?**

Almost all skin cancer that is diagnosed early and treated promptly and appropriately can be cured.

## **How is skin cancer treated?**

Skin cancer may be removed by one of several methods including surgical removal, cryosurgery (freezing it off), radiation therapy, or topical chemotherapy.

## **Can skin cancer recur?**

Yes, so regular follow-up and self-examination is extremely important!

**In 2003, nearly 1.3 million Americans developed basal or squamous cell skin cancer and 54,200 cases of malignant melanoma were diagnosed. To help detect melanoma, the American Cancer Society recommends using the ABCD method (Assymetry, Border, Color, Diameter).**

# ABCD method:

**Asymmetry** - Does one side not look like the other half?

**Border**- border irregularity or is it poorly defined?

**Color** - Does the color vary from one area to another, shades of tan, brown, or black?

**Diameter** - is the diameter greater than 6mm (bigger than the size of a pencil eraser or pea)?

# Who's at Risk?

These are risk factors for developing melanoma:

- ~ Blonde and Red Hair
- ~ Blue Eyes
- ~ Fair Complexion
- ~ Family History
- ~ Many Freckles
- ~ Sun exposure; the greater the amount of time you spend in the sun unprotected, the greater your risk.





# What is Acne?

Over 17 million Americans have acne, it is the most common skin condition in the United States. Acne can appear on the face, neck, back, or chest. The reason acne appears in these regions is because they are where our sebaceous glands are located. Sebaceous glands produce an oily substance called sebum. Normally, the sebum exits the skin surface through follicles. However, there are times when the sebum gets trapped inside the pore, resulting in the formation of acne pimples

The specific cause of acne is unknown, but several factors can lead to outbreaks of acne, including:

- ~ Puberty: due to rising hormone levels, the sebaceous glands are enlarged, which leads to more sebum being produced.
- ~ Hormonal Changes: in addition to hormonal changes in puberty, hormonal changes before a menstrual cycle, during pregnancy, and before starting or ending birth control pills can also cause outbreaks.
- ~ Genetics and Heredity: if there is a family history of acne, especially in boys, there is higher risk of developing acne.
- ~ Age: acne happens mainly in adolescents, but can occur into your twenty's or even thirties.
- ~ Cosmetics: acne can be caused by cosmetic products that have a lot of oil in them, so try and use non-comedogenic products.
- ~ Daily behaviors: over-washing the skin, eating poorly, and stress can cause the acne to be irritated.

# Some Tips, Prevention and Treatment for Acne

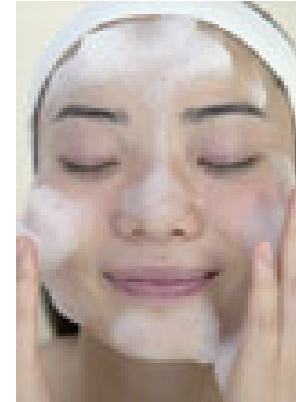
~ When using over the counter medicine or medicine prescribed by a dermatologist, give it at least 4-6 weeks before you expect to see some results. Once you do see results, don't stop using the medicine or cream.

~ Try to eat healthy, exercise, drink plenty of water (it helps hydrate the skin), and keep stress levels down.

~ Avoid tight fitting clothing; loose fitting clothes help the skin breathe and prevent bacteria from being trapped.

~ Don't squeeze or pick at the pimple; this can increase or cause bacteria to spread or could lead to an infection.

~ Don't over-wash your face.



~ Wash your face twice a day, and make sure to pat it dry.

~ Keep your hands away from your face, and try to touch your face as little as possible. The bacteria from your hand can get into the pores and clog them or cause an infection.

~ Use water based cosmetic products, and read the label to find out if there is any oil in the product.



## Buyer Beware!!!

When using over the counter medicines look for ones that contain:

**Benzoyl peroxide:** This dries up excess oil and kills the bacteria often associated with inflamed acne. Since it doesn't affect the sebum production, it can only keep the acne at bay until it goes away by itself.

**Salicylic acid:** This increases the cell turnover so that dead cells don't accumulate. Like benzoyl peroxide, it often times must be used continuously for at least two weeks before effects can be seen. This also breaks down blackheads and whiteheads.

Other active ingredients that you might want to look out for include sulfur, resorcinol, and alpha-hydroxy, which help break down blackheads and whiteheads.

**Some common side effects associated with these medications include skin irritation, dryness, and redness.**

## Dermatologist Recommended

Make sure to find out all the various side effects of the medicine you are prescribed. Don't be afraid to ask questions and to even say no if you are uncomfortable with a certain medicine!

Oral Antibiotics  
Topical Antibiotics  
Birth Control Pills  
Accutane

These are all possible medicines your Dermatologist prescribe.

