

# WHAT IS SUNLESS SPRAY TANNING?

SUNLESS SPRAY  
TANNING FAQ

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**MYSTIC TAN**  
The Color of Confidence

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## WHAT IS SUNLESS SPRAY TANNING?

Sunless spray tanning is the spray/mist application of sunless tanning solution to your body. When applied, DHA (the active ingredient in sunless tanning solution) reacts with the proteins in the skin's superficial layer to form a golden brown color. Your skin begins to darken two to three hours after application and reaches its peak color within 24 hours. The color will gradually fade through natural exfoliation, just like a tan from the sun.

# SUNLESS SPRAY TANNING FAQ

## How should I prepare for my Sunless Spray Tanning Session?

Exfoliate and shave the day before or the day of the sunless spray tanning session (day before is preferred).

The day of the sunless spray tanning session refrain from using moisturizers, perfumes, lotions, oils or deodorants that may create a barrier between the skin and the sunless tanning solution. You may resume using these after your first shower or bath.

## How long should I wait after a session before showering?

To give the DHA enough time to fully set, it is recommended to wait a minimum of 8 hours after a sunless spray tanning session or 24 hours for optimal results. Showering sooner may diminish the intensity of the tan. If you tan using an Instant Cosmetic Bronzer, the instant cosmetic color will wash off in the shower, but the color produced by the DHA will remain.

## Will swimming affect my tan?

Swimming in chlorinated water or salt water can fade the sunless spray tanning results, cause possible streaking and diminish the length of your tan. However, normal activities such as bathing, showering or physical activities will not affect the quality of the tan.

## Will my skin look orange?

No. The advanced technology currently used in sunless tanning solutions is designed to ensure a natural, bronze tan. The salon staffer can help you select the proper level of tanning solution to best match your skin tone.

## Does sunless spray tanning solution have an odor after contact with my skin?

Mystic Tan, Norvell and VersaSpa sunless spray tanning solution use a breakthrough odor control technology designed to virtually eliminate the odor that may be present when the solution interacts with the skin.

## Will the cosmetic bronzer stain clothing?

No, the sunless spray tanning solution which includes a cosmetic bronzer is water soluble and will be removed after the next wash in cold water. However, in some instances, the DHA in the tanning solution may permanently stain undergarments worn during the spray session.

## How long does a sunless spray tan last?

A sunless spray tan can last up to 5-7 days depending on the solution you select and the condition of your skin.

## Are there ways to enhance the sunless spray tanning results?

Yes, take-home products from Mystic Tan, Norvell and VersaSpa sold in the salon will enhance and extend sunless spray tanning results. Ask the Salon Professional to explain and recommend the right product for your skin type and desired results.

## What is DHA (dihydroxyacetone)?

The active ingredient most often used in all sunless tanners including tinted moisturizers, self-tanners, and spray tan solution is called Dihydroxyacetone, or DHA. DHA is a carbohydrate (monosaccharide sugar) compound approved by the FDA for use in externally applied sunless tanning solutions. For misting applications, the FDA recommends protective measures to prevent eye contact, inhalation or ingestion. DHA is often derived from a vegetable source like beets or sugar cane. The FDA added DHA to the list of approved colors for cosmetic products in the 1970s.

## Is the DHA in sunless spray tanning solution safe?

The FDA has approved DHA for external application to the skin. For misting applications, the FDA recommends protective measures to prevent eye contact, inhalation or ingestion. To ensure complete protection, the FDA suggests wearing protective eyewear, nose filters, ear plugs, lip balm, and undergarments.

## Is sunless spray tanning solution recommended for people with skin sensitivities or allergies?

This product is safe, however, for those with skin sensitivities or allergies, it is recommended to consult a health care professional before using the product.

## What happens if the sunless spray tanning solution gets in the eyes?

FDA recommends that DHA not be used in the eyes or surrounding area. Protective eyewear is recommended and can be supplied by the salon. If eyes feel irritated, gently splash with water. For additional questions or if irritation persists, consult a health care professional.

## What happens if sunless spray tanning solution is inhaled?

FDA recommends that DHA not be inhaled. Nose filters are recommended, which can be supplied by the salon. For additional questions or if irritation persists, consult a health care professional.

## What is the sunless spray tan (DHA) advisory?

The FDA advises that users avoid inhaling or ingesting DHA or letting the spray get into the eyes. When using DHA-containing products as an all-over spray or mist, it may be difficult to avoid exposure in a manner for which DHA is not approved, including the area of the eyes, lips, or mucous membrane, or internally.

## The FDA recommends protective measures to eliminate eye contact, inhalation or ingestion during a spray tan session, such as:

- Eye protection
- Nose filters
- Ear plugs
- Lip balm
- Undergarments

For additional questions or concerns regarding DHA, consult a health care professional or the FDA web site.

To understand the complete FDA position on DHA, visit: <http://www.fda.gov/Cosmetics/ProductsIngredients/Products/ucm134064.htm>