

Abrams Dermatology



Pre-Tanning Information Sheet

The following information is intended to give you an overview of the air brush tanning process by answering the most frequently asked questions and providing you with the necessary steps to prepare for your tanning session. Please do not hesitate to ask one of our staff members for more information or clarification on any of these areas.

1. **What is air brush tanning and F.A.B. Tan?**

F.A.B Tan is a sunless spray that uses an ingredient called DHA to react with the skin's amino acids to produce a golden tan that can last up to a week or more. It is a healthy way to get a tan without exposing your body to the damaging rays of the sun or tanning beds. The spray is distributed evenly across your body via the use of an air brush.

2. **What kind of result can I expect?**

Just as you can't force a tan on your skin with the sun, you should not try to force a darker tan than your skin will allow. Although there is no skin damage associated with over-exposure to F.A.B. Tan, your color may look unnatural if you go too dark. The darker you tan naturally, the darker you can go with F.A.B. Tan.

3. **How long does the process take?**

A complete body tanning session should take approximately 30 minutes. This includes 5 minutes of preparation, 20 minutes of spraying, and 5 minutes of drying time. Drying and spraying times may vary according to the depth of color that you are hoping to achieve and the moisture level of your skin.

4. **How long will the color last?**

Your air brush tan will usually last for 5 to 7 days. However, some people have maintained their color for up to two weeks. Your results will depend on your skin type and maintenance routine. Since sunless tanners only produce color on the outermost layer of your skin (which is constantly shedding), your tan will fade as your skin sheds. If you keep your skin moisturized, the color will last longer.

5. **How do I maintain my tan?**

By keeping your skin moisturized and avoiding long hot showers and baths, you will maintain your color longer. Do not rub the skin excessively or wear tight clothing that may chafe the skin for at least 5 hours after your tanning session.

6. **Does air brush tanning protect me from the sun?**

Absolutely not! This is the most important misconception about sunless tanning. Just because the solution changes the color of your skin, it does not reduce the potential for your skin to be damaged by the sun's UVA and UVB rays. You should wear sunscreen and protective clothing in order to avoid direct and indirect exposure to the sun.

7. **What are the difficulties with sunless tanning?**

The F.A.B. Tan formula and air brush delivery system have eliminated most problems associated with self-tanners such as orange, uneven color and the strong odor. However, if you try to go too dark too fast, you may look unnatural. We also recommend that you don't wear shoes or socks for at least 5 hours after your tanning session as perspiration can turn feet yellow or orange unlike the other parts of your body. It is important to note that certain sun-damaged spots on your skin may not accept the color and may appear lighter than the rest of your body just as they do with a tan from the sun.

8. **Are there any known side effects from the DHA?**

At this time, we are not aware of any reported side effects with the active ingredient DHA. However, the other inert ingredients may cause the face to break out for some acne prone individuals. We highly recommend the use of the clear formula for the face and other affected areas on acne prone patients. As a precaution, we do not wish to spray F.A.B. Tan on pregnant women until further clinical testing has been completed in this area.

9. **How do I determine my skin type?**

Please refer to the following descriptions to aid you in determining your skin type.

Type I – Always Burns, Never Tans

Your skin typically reddens and freckles. This is the most challenging skin for sunless tanners as too much color will not look natural. We suggest only minimal tanning using the clear formula for light to medium color.

Type II – Burns Easily, Tans Minimally

Your skin works well with sunless tanners. You can use light, medium, or dark solutions. Avoid extremely dark as this will not look natural.

Type III – Burns Moderately, Tans Gradually to Light Tan

Your skin works well with sunless tanners. You can use the bronze formula with bronze enhancer for medium, dark or very dark color.

Type IV – Burns Minimally, Always Tans to Moderately Brown

It is tempting for your skin type to get a natural tan from the sun. However, it is important to note that you are still susceptible to skin cancer. You can use the dark and very dark solutions with bronze enhancer.

Type V – Rarely Burns, Always Tans to a Very Brown or Dark Brown

You may not need a tanning session as frequently as the other skin types. Air brush tanning can help to even out skin tone and help you to achieve a glowing bronze appearance. You can use the dark and very dark solutions.

10. **How do I prepare for my tanning session?**

- a. The morning of your tanning session take a shower and use the best scrubbing mitt, loofah, or exfoliant that you can find. We do offer a natural sea-salt exfoliant that you may purchase at our office or on our Web site for this purpose.
- b. At least 2 hours before your tanning session, generously apply the F.A.B. Tan bronzing moisturizer over the entire body. This is also available at our office and on our Web site. If you do not have the F.A.B. Tan bronzing moisturizer, do not use any other moisturizer as some may contain oils that will repel the tanning solution.
- c. Do not shave your legs on the day that you plan to tan. It is better to shave the night before as the exfoliating process can be irritating to freshly shaved legs.
- d. Protect your fingernails and toenails by covering them with nail polish or acrylic nails. Note: We can use Vaseline if your nails are not already protected.
- e. Wear a dark colored bathing suit or undergarments and avoid all fine fabrics. Bottoms are required. Disposable undergarments are available to purchase at our office.

11. **What should I do and not do after my tanning session?**

- a. Do not wash your hands or face for at least 30 minutes.
- b. Do not get into a hot car – allow it to cool off first.
- c. Do not walk into the rain unprotected as you could get water spots.
- d. Do not use any products containing Alpha Hydroxy acids.
- e. Do - Put on loose fitting clothing and shoes after your skin is dry.
- f. Do - Wait at least 8 to 12 hours before showering. Then, use warm (not hot) water. You can expect some of the brown mist to come off. This is excess solution which is normal. Do not use a loofah, rough wash cloth, or exfoliant until you are preparing for your next tanning session.
- g. Do - Use the F.A.B. Tan moisturizer daily to help enhance the color and extend the life of the tan.
- h. Do - Schedule another tanning session in 4-5 days in order to help establish a good base.