

Indoor Tanning Tips

Indoor Tanning Tips: How To Establish An Amazing Tan Without Getting

Burned, And Much More...

The problem with the indoor tanning is that most **people make a lot of mistakes which are costing them time and money**. Plus, they are unnecessarily damaging their skin and increasing the aging process.

Have you ever seen one of those people who are extremely tan, or burned, and they look much older than they should? I am sure you don't want to look like them, right?

By the way, if you are hesitant about using an indoor tanning bed but want to get a tan, try a UV-free spray tan like Mystic Tan.

Otherwise, the tips below will help guide you through the UV indoor tanning process:

Indoor tanning tip #1. Are you using any prescription medications?: blood pressure medications, antibiotics, skin problem medications are just a few categories of drugs you preferably should not be taking if you are tanning or spending lots of time outdoors. Refer to the photosensitizing medication chart in your local tanning salon to **be sure the medications you are taking are not listed**. These medications can effect the results of your tanning, making it more difficult to tan and you are more prone to burning.

Indoor tanning tip #2. Why you should always use a good quality indoor tanning lotion: It will help your skin to absorb the UV, which will aid in the tanning process. There are also special ingredients that stimulate melanin production which will give you the most out of every tanning session. **Your skin tends to dry out** during the tanning process and if you don't use a good quality indoor tanning lotion, your skin will exfoliate faster, become more dry and flaky, and you will lose your tan faster.

So the bottom line: for a deeper, darker, longer lasting tan, you need to use quality indoor tanning lotion. It's best to apply indoor tanning lotion immediately prior to your session or 1-2 hours prior is even better if you can. **Applying it ahead of time** allows your skin to absorb the lotion better so you will get the best results from your tanning session.