

Accelerators and YOU



Choosing an accelerator is a matter of trial to find what works for you. Generally when you are building your base tan you need to get the melanin stimulated. The lower level accelerators do this well. If you are fair you start at levels 1-2.

Medium 2-3, Dark 3-4. Once you have a base tan and want to darken it you can then move up to higher levels of accelerators. After that it's a matter of which accelerator works for your skin, the look you want, smell and your budget. The higher the cost of the accelerator the more technology and amount of ingredients has gone into it.

Bronzers have a self tanning formula in them so they not only accelerate the tanning process they also short cut it!

Hot products oxygenate the skin improving the melanins ability to tan. Use these only when you have a base tan already and never use them on your face. They do feel hot so try them on your legs first. It's usual to go pink, this reaction subsides in 30min-2hrs. Every accelerator variety produces a different heat intensity.

Ice products are accelerators that keep you cool while you're tanning.

Enjoy your tanning experience

Keep your body beautiful:

- CLEANSE
- ACCELERATE
- MOISTURISE



For further assistance seek advice from your tanning professional:



0800 SUPERTAN

sales@supertan.co.nz

www.supertan.co.nz

Introducing YOU to a super TAN



Want to know how to get a great tan then check this out!

The Process of Tanning

Ultraviolet rays act on the outer layer of the skin (epidermis). UVB rays work on the lower layer of the epidermis and stimulate the melanocytes to produce melanin. It's the melanin that darkens with both UVA light and an oxidation process via oxygen in the blood stream. Aka a tan.

Introducing YOU to a super TAN

How to get the best tan

Tanning is a process. Before commencing on the process you need to remove the dead skin, by exfoliating. Now you're ready to start. Using the skin type chart, (see example chart) first determine your skin type and then work out the most appropriate tanning times for you. As you build up your tan you'll be able to increase your session times, more about this later. Try to cleanse before your session. Use an accelerator; these help you to produce melanin (that all important ingredient that tans) and darken the tan. Your base tan will take 3-4 weeks of tanning every 2-3 days, then maintain it with weekly or biweekly sessions.



Always moisturize your skin; your skin dries out with UV exposure, regular moisturizing helps keep it supple and slows the skins ageing process.

Your Tanning Times

Each sunbed and tube type combination can change the length of your tanning session. Look for the skin type chart for the sunbed you're about to use.

Start your tanning with the initial times recommended for your skin type. You can increase the times by 20% each time until you are at the maximum for your skin type.

Example Chart:

Skin Type	Description	Initial Time	Maximum Time
1	Fair skin, red to auburn hair	NIL	NIL
2	Fair / Medium skin, blond to light brown hair	6 mins	16 mins
3	Medium / Dark skin, brown hair	10 mins	23 mins
4	Dark skin, dark brown or black hair	14 mins	25 mins

You know best all about you; take responsibility for your tanning.

Important Notes on Tanning

- Always wear goggles
- Leave 48 hours between tanning sessions
- If your skin tingles or goes pink you should reduce your times; this is over exposure and should always be avoided
- If the sunbed has new tubes (<50hrs) reduce your time by 20%
- We recommend you use a suntanning professional who follows the Australian / New Zealand Solarium standards

Do Not tan if you:

- Have very fair, sensitive skin that does not tan in normal sunlight
- Are taking medications that react with sunlight
- Have a pre disposition to melanomas
- Are under 18yrs of age