

# SPRAY-TAN INFORMATION

## Recommended Guidelines for Sunless Tanning with Products Containing DHA

The key ingredient in most sunless tanning products is *Dihydroxyacetone* (DHA) – a color additive that darkens the skin by reacting with amino acids in the skin’s surface. A simple carbohydrate, it is often derived from plant sources.

While DHA has been approved by the FDA (Food and Drug Administration) for external application to your skin, the use of DHA solution in tanning booths as an all-over spray has not been approved by the FDA, since data to support the safety of this use has not been submitted to the Agency for review and evaluation.

For spray-tanning, the FDA recommends consumers request the tanning salon provide protective measures to prevent contact with the eyes, lips or mucous membrane (nose), as well as inhalation or ingestion of the spray solution, including:

- Protective Garments
- Protective Eyewear
- Nose Filter
- Lip Balm

If you have additional concerns, you should consult with your doctor prior to spray-tanning. To access the FDA’s complete position on DHA use, please visit [www.FDA.gov](http://www.FDA.gov) and search “DHA”. For more factual info on indoor tanning and UV exposure, visit [www.sunislife.com](http://www.sunislife.com).



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