

Know Your Skin Type!



With a little common sense and some education, most sunburns can be avoided altogether. Whether you tan indoors at a tanning salon or achieve your tan outdoors from Mother Nature, learning about your skin type and how to tell when you have had enough ultraviolet exposure will help you quickly identify when to come in from the sun.

Additionally, if you are taking any medications or natural supplements you should research if they are capable of causing a photosensitive reaction.

Skin typing helps determine how many sessions it will take you to establish a base tan and how long you can be in the tanning unit without experiencing an uncomfortable and unnecessary sunburn.

Remember, skin type determines the amount of natural protection a person has against ultraviolet light. Because of the variety among people with different genetic backgrounds, dermatologists categorize humans into six different skin types, starting from the lightest and working up to the darkest.

	Skin Type	Skin Reaction Examples
1.	<i>Tans little or not at all; always burns easily and severely; then peels.</i>	<i>People most often with fair skin, blue eyes, freckles, white unexposed skin.</i>
2.	<i>Usually burns easily and severely (painful burn); tans minimally and lightly; also peels.</i>	<i>People with fair skin, blue or hazel eyes, blonde or red hair, white unexposed skin.</i>
3.	<i>Burns moderately; gains average tan.</i>	<i>Average Caucasian, white unexposed skin.</i>
4.	<i>Burns minimally; tans easily and above average with each exposure; exhibits IPD (Immediate Pigment Darkening) reaction.</i>	<i>People with light or brown skin, dark brown hair, dark eyes, unexposed skin is white or light brown (Asians, Hispanics and Mediterraneans).</i>
5.	<i>Rarely burns; tans easily and substantially; always exhibits IPD reaction.</i>	<i>Brown-skinned persons, unexposed skin is brown (East Indians, Hispanics, etc.).</i>
6.	<i>Tans profusely and never burns; exhibits IPD reaction.</i>	<i>Persons with black skin (Africans and African Americans, Australian and South Indian Aborigines).</i>

If you are an indoor tanner, you must take into account your skin type, as well as the maximum exposure time on the tanning unit you are using. If this sounds confusing, don't worry--your salon professional will help you determine your exposure time according to the formulas. Remember, they are there to provide you with the tools to achieve a gradual tan in a responsible manner.

