

## Tips to Maintain Your Tan

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One of the best parts of summer is the tan that comes along with it. Unfortunately, too much sun will cause skin damage; however, there are now ways to prolong the tan that you have, either from the sun or from a spray-on tan.



The active ingredient in spray tans is DHA. "DHA was approved by the FDA back in 1970," says Julie Nostrand of South Seas Skincare, a spray tanner frequently used by celebrities on Hollywood sets. "It is completely safe and effective, and dermatologists have been recommending it on talk shows daily. It is completely paraben-free."

Whether sprayed on or natural, there's a couple things you can do to make a tan last longer.

- Exfoliate beforehand. It will smooth your skin and the tanner will come out evenly. Also, avoid exfoliating for a few days after your spray tan.
- Moisturize frequently. "Hydrating the skin with a really good moisturizer is really helpful," Nostrand says.
- Use a tan-extender lotion. "This can help the tan last a couple more weeks," Nostrand says. A tan extender has a small percentage of DHA, so your tan will not fade as quickly.
- Pat your skin dry after showering to avoid rubbing your tan off, and avoid too-long showers, which can make your tan fade quicker.
- Try to avoid highly chlorinated hot tubs or pools, which tend to bleach the skin.

The South Seas spray tan is now available at the Hyatt Regency Scottsdale Resort at Gainey Ranch.