

SUMMER SUN

Bake It? or Fake It?

The world we live in today has become very “conscious.” The “green” movement has helped us to become environmentally cautious; the overweight are aware that if they do not change their eating and exercise habits, they are headed down a path of diabetes and heart disease; peer pressured teens are well informed that smoking will lead to emphysema and cancer of the lungs.

Another malicious factor to be conscious of in this day-and-age? The sun. More and more cases of skin cancer from over exposure to the sun are reported every year, with thousands upon thousands of cases resulting in death from melanoma.

Skin cancer affects all ages, all races, all sexes, and all parts of the body, with no discrimination and no one excluded or exempt from the threat. This is something that I found out for myself, after I succumbed to a tanning bed for years, and as a result, was diagnosed with a pre-cancerous mole that had to be surgically removed from my leg at the age of 24. All of a sudden, all of those perceived-cliché warnings to us young adults became much more valued.

Who could forget the visual image of the “NJ Tanning Mom” featured in the media as of late? She (as well as my former self) is the true definition of a “Tanorexic.”

Tanorexia is the term often used to describe a condition in which a person participates in excessive outdoor sun tanning or excessive use of other skin tanning methods (such as tanning beds) to achieve a darker skin complexion because they perceive themselves as unacceptably pale. It is suggested that, like anorexics, they have an addiction to tanning and won't stop no matter how dark they get.

According to the Melanoma Research Foundation; “Exposure to tanning beds before age 30 increases a person's risk of developing melanoma by 75%, and younger people who regularly use tanning beds are eight times more likely to develop melanoma than people who have never used them. Occasional use of tanning beds triples their chances.”

And, for the self-proclaimed “sun worshipers” who don't use a bed, but prefer the natural rays, according to the MRF, “It takes only one blistering sunburn, especially at a young age, to more than double a person's chance of developing melanoma later in life.”

The good news is, “unlike all other cancers, melanoma is visible on the skin, making it easier to detect in the early stages.” And, “most melanoma is curable in the early stages with an over 90% survival rate.”

While in school aspiring to obtain my Skin Care Specialist's License, we studied the “A, B, C, D, E's” of moles – a chapter I later referenced, and currently attribute to potentially saving my life. It is a great reference for anyone to observe as a self-check for your own body.

The theory goes as follows:

If the A – Area, B – Border, C – Color, D – Diameter, E - Elevation

... Of your mole has changed, or is beginning to change, keep a close eye on it, and set up an appointment with a Dermatologist IMMEDIATELY, for it may be a sign of skin cancer.

The safe alternative to baking in the sun's rays or laying in a tanning bed, while still getting color, is... self tanning!

If you are not an expert do-it-yourselfer, consider a more professional approach to faux-tanning, such as a spray booth at your local tanning salon, or a 1-on-1 appointment with an airbrush tan specialist.

Like any decision, there are PRO's and CON's to each choice.

Some PRO's to a DIY tan are...

-Cost Effective.

The drug store's products average a price of \$10-\$15 a bottle and offer multiple applications, however, while airbrush tanning ensures an even, flawless coat ranging from \$25-\$45 for one session.

-Convenience.

Whether you are an early bird or a night owl, you can self-tan at your own convenience. One-on-one tanning sessions may require an appointment, and you are limited to the salon's hours of operation.

*Suggestion... apply your self tanner, or schedule your spray tan before bed. Many of them do not reach full tan capacity until 6-8 hours after application. This will also allow you to wash off any undesirable smell and color residue in your morning shower after the tan has developed.

Some CON's include...

-Un-even Application.

Many tanning crèmes go on light and progressively get darker; which makes it hard to tell if all areas of the body have been covered. Without the help of another, hard-to-reach areas on your

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By Leigh Ann Borrelli,
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backside will be untouched.
-Fading/Discoloring.

Your beautifully bronzed bod should last you about a week, but then it will begin to fade. At this time, you may experience some blotching. And, until you find a product that works for you, some tans can appear more ‘orange’ than bronze. It is necessary to do an intense exfoliation and repeat the process.

*The tanning product will only lay on the top layer of your skin, so when that naturally sheds, you'll be left with your natural undertone. After you self or spray tan - be sure to moisturize daily or try a moisturizer that is tan enhancing to prolong its wear. ■

\$10.00 OFF

A Spray Tan Session

at Face to Face-Facial Spa & Cosmetic Studio

(reg. \$45)

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