



# *Sunless Artistry*

## **Understanding Skin Types for Optimal Spray Tanning Results**

This guide provides tanning professionals with a comprehensive understanding of skin classification and how to achieve optimal spray tanning results for every client. By mastering the Fitzpatrick Scale, undertone analysis, and solution matching techniques, technicians can deliver natural-looking, personalized tans while avoiding common pitfalls like orange tones or uneven application. The following sections cover essential assessment tools, practical identification methods, and specific recommendations for different skin types and conditions.

# The Fitzpatrick Skin Type Scale

The Fitzpatrick Skin Type Scale is a dermatological classification system that categorizes skin based on its reaction to sun exposure. Understanding this scale is fundamental for predicting tanning outcomes and minimizing risks such as overstaining or developing unnatural orange tones.

Type	Description	Tanning Ability	Burn Risk	Common Features
I	Very fair, freckles, red or blonde hair	Never tans	Always burns	Celtic background
II	Fair skin, blue/hazel eyes	Tans minimally	Usually burns	Northern European
III	Creamy beige skin, light brown eyes	Tans gradually	Burns sometimes	Mediterranean
IV	Olive or light brown skin	Tans easily	Burns minimally	Hispanic, Asian
V	Brown skin	Tans very easily	Rarely burns	Middle Eastern, Latino
VI	Deeply pigmented dark brown	Tans deeply	Never burns	African descent

During client consultations, use a visual chart or quiz to help clients accurately self-identify their skin type. This assessment should be documented in their client profile to ensure consistent results across multiple sessions.

# Understanding Skin Undertones

Undertones are the subtle hues beneath the skin's surface that remain consistent regardless of whether the surface tone changes due to sun exposure or tanning. Accurately identifying these undertones is critical for selecting the appropriate tanning solution that will complement the client's natural coloring.



## Cool Undertones

Characterized by pink, red, or bluish hues. Clients with cool undertones typically have blue or purple veins visible at the wrist.



## Warm Undertones

Distinguished by golden, peach, or yellow hues. These clients usually have green-appearing veins at the wrist.



## Neutral Undertones

A balance of both cool and warm hues, sometimes with olive-leaning tendencies. Veins may appear both blue and green.



# Identification Methods for Skin Undertones

## Vein Test

Examine the veins on the client's inner wrist under natural light.

- Blue or purple veins indicate cool undertones
- Green veins suggest warm undertones
- Difficulty distinguishing color points to neutral undertones

## Jewelry Test

Observe which metal jewelry enhances the client's complexion.

- Silver jewelry looks best with cool undertones
- Gold jewelry complements warm undertones
- Both metals look flattering on neutral undertones

## White Paper Test

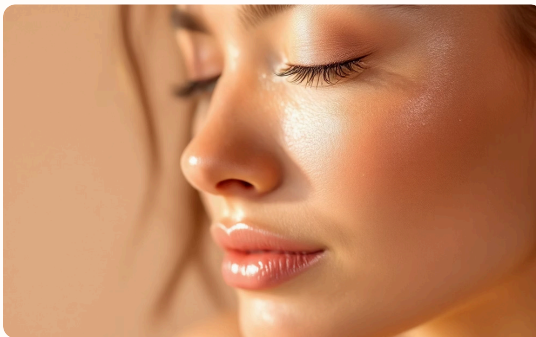
Compare the client's skin tone against a pure white sheet of paper.

- Rosy or pink appearance indicates cool undertones
- Yellow or golden appearance suggests warm undertones
- Gray or olive appearance points to neutral undertones

Document undertone assessment results in client profiles alongside Fitzpatrick skin type to create a comprehensive foundation for solution selection. For best results, conduct these tests in natural lighting rather than under fluorescent lights which can distort color perception.

# Matching Tanning Solutions to Undertones

Dihydroxyacetone (DHA) is the active ingredient in spray tanning solutions that creates the bronzing effect. The appropriate concentration varies significantly based on the client's Fitzpatrick skin type. Using the correct percentage is crucial for achieving natural-looking results without oversaturation or underwhelming color development.



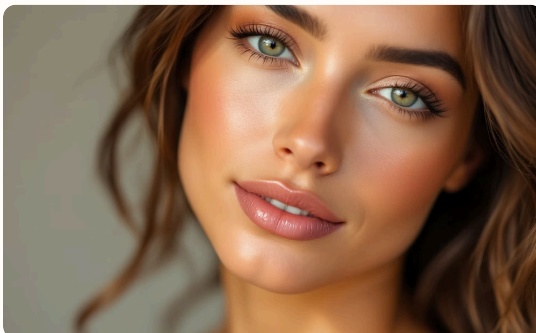
## Cool Undertones

Clients with cool undertones benefit from **Green-based solutions** that counteract any potential orange development. Recommended **DHA** range: **6-10%**.



## Warm Undertones

**Violet-based solutions** enhance the natural golden tones in warm-undertone skin. These clients typically tolerate higher **DHA** concentrations of **8-12%**.



## Neutral Undertones

**Brown or olive-based formulations** provide the most balanced results for neutral undertones. Optimal **DHA** range: **8-10%**.