

I. Common Active Ingredients in Self-Tanners

- **DHA (Dihydroxyacetone)** – the most common tanning active (sugar-derived, reacts with skin's amino acids).
 - **Erythrulose** – often blended with DHA for a more natural, long-lasting tan.
 - **Caramel & Coffee Extracts** – instant bronzers.
 - **Bronzing Pigments (Mica, Iron Oxides)** – for temporary stage-ready glow.
 - **Tyrosine & Melanin Boosters** – accelerate natural tanning.
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II. Plant-Based & Ayurvedic Additions

- **Aloe Vera, Coconut Water, and Green Tea** – to soothe and hydrate.
 - **Argan Oil, Jojoba Oil, Rosehip Oil** – for skin nourishment and a non-patchy glow.
 - **Carrot Root Extract & Beta-Carotene** – natural bronzing boosters.
 - **Coffee & Cocoa Extracts** – warming tone and antioxidant benefits.
 - **Ashwagandha, Brahmi, and Turmeric Extracts** – Ayurvedic options for anti-stress and skin balance (increasingly used in luxury self-tanners).
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III. Types of Self-Tanner Products (Used in Gyms, Shows & Internationally)

1. Mousses & Foams (Quick-Dry, Stage-Ready)

1. **DHA + Aloe + Green Tea Quick-Dry Foam**
 2. **Erythrulose + Caramel + Coconut Water Stage Tan Mousse**
 3. **DHA (Medium) + Argan Oil Hydrating Mousse**
 4. **Double-DHA Competition Deep Tan Foam (for bodybuilding shows)**
 5. **DHA + Coffee Extract Instant Bronzing Foam**
 6. **Cacao + Beta-Carotene Natural Glow Mousse**
 7. **Vegan DHA + Ashwagandha Anti-Stress Tan Foam**
 8. **DHA + Mica Shimmer Glow Foam (for runway)**
 9. **Erythrulose + Aloe Long-Lasting Foam Tan**
 10. **Organic DHA + Brahmi & Rosehip Oil Stage Glow Foam**
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2. Sprays (Backstage & Quick Application)

11. **Airbrush DHA + Aloe Hydrating Mist**
12. **DHA + Coconut Water Express Stage Spray**
13. **Caramel + Cacao Bronzing Spray (Instant Glow)**
14. **DHA + Green Tea Quick-Fix Spray for Fitness Shows**
15. **Erythrulose + Jojoba Oil Long-Wear Spray**

- 16. Ashwagandha + DHA Energizing Glow Mist
 - 17. Double-DHA Deep Tan Airbrush Spray (Bodybuilding)
 - 18. DHA + Coffee Extract Shimmer Spray
 - 19. Mica + Argan Oil Luminous Tan Mist
 - 20. Beta-Carotene + DHA Natural Bronze Spray
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3. Serums & Drops (Customizable Tanning Boosters)

- 21. DHA + Hyaluronic Acid Hydration Serum
 - 22. Erythrulose + Vitamin C Brightening Drops
 - 23. DHA + Green Tea Oil Serum for Mixing in Lotion
 - 24. Argan Oil + DHA Overnight Tan Elixir
 - 25. Carrot Root + Coconut Oil Glow Concentrate
 - 26. Ashwagandha + Rosehip DHA Glow Drops
 - 27. DHA + Collagen Peptide Tanning Serum
 - 28. Cacao Extract + Aloe Hydrating Tan Serum
 - 29. Jojoba + DHA Gradual Glow Drops
 - 30. Turmeric + Beta-Carotene Ayurvedic Tan Booster
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4. Lotions & Gradual Tanners (Daily Hydration + Tan)

- 31. DHA (Low %) + Shea Butter Daily Glow Lotion
 - 32. Erythrulose + Aloe Gradual Tan Cream
 - 33. DHA + Cacao Butter Stage Tan Lotion
 - 34. Beta-Carotene + Jojoba Oil Glow Lotion
 - 35. Green Tea + Coconut Water Self-Tan Milk
 - 36. DHA + Coffee & Cocoa Extract Overnight Glow Lotion
 - 37. Ashwagandha + Turmeric Natural Bronzing Lotion
 - 38. Organic DHA + Aloe Hydrating Tan Lotion
 - 39. DHA + Ginseng Energy Glow Lotion
 - 40. Caramel + Argan Oil Instant Bronzer Lotion
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5. Instant Stage & Show Bronzers (Wash-Off)

- 41. Caramel + Mica Instant Shimmer Body Gel
- 42. Coffee Extract + Iron Oxides Temporary Tan Cream
- 43. DHA-Free Glow Gel with Cacao & Coconut Oil
- 44. Mica + Aloe Luminous Glow Spray (Runway Finish)
- 45. Beta-Carotene + Green Tea Fast-Action Gel
- 46. Ashwagandha + Saffron Ayurvedic Glow Gel
- 47. Carrot Seed Oil + DHA-Free Bronzing Lotion
- 48. Gold Dust + Aloe Body Glow Spray
- 49. Coffee + Cocoa Butter Wash-Off Tan Cream
- 50. Organic Cacao + Rosehip Glow Gel

6. Stage-Specific & Fitness Competition Tanners (Ultra-Dark, Sweat-Resistant)

- 51. Double-DHA + Aloe Competition Tan Spray
- 52. DHA + Green Tea Ultra-Dark Mousse (Sweat-Proof)
- 53. Caramel + Jojoba Oil Backstage Bronzer
- 54. Erythrulose + Coffee Extract Stage-Ready Tan
- 55. Ashwagandha + Coconut Water Anti-Stress Show Tan
- 56. DHA + Iron Oxides Sweat-Resistant Tan Lotion
- 57. Beta-Carotene + DHA Ultra-Bronze Foam
- 58. DHA + Aloe + Argan Oil Pre-Show Tan Cream
- 59. Cacao + Mica Highlight Tan for Fitness Stage
- 60. DHA + Ginseng Backstage Glow Spray

7. Premium & Ayurvedic Self-Tanners (Luxury/High-End)

- 61. Kumkumadi Oil + DHA Glow Elixir
- 62. Ashwagandha + Coconut Water Herbal Tan Mist
- 63. Saffron + Aloe Radiance Tan Cream
- 64. Brahmi + Jojoba Ayurvedic Tan Serum
- 65. Shatavari + DHA Herbal Glow Lotion
- 66. Turmeric + Carrot Seed Oil Ayurvedic Bronzer
- 67. Rose Water + Argan Oil Luxe Glow Foam
- 68. Kesar + Cacao Natural Bronze Concentrate
- 69. Neem + Aloe Vegan Self-Tan Spray
- 70. Tulsi + DHA Hydrating Herbal Glow Drops

8. Travel & Quick-Fix Tan Products

- 71. Self-Tan Towelettes (DHA + Aloe)
- 72. Instant Bronzing Stick (Caramel + Mica)
- 73. DHA Glow Mist Mini (Green Tea + Coconut)
- 74. Cacao Butter + Erythrulose Travel Lotion
- 75. Ashwagandha + Aloe Glow Roller Pen
- 76. Coffee Extract + DHA Express Gel
- 77. Beta-Carotene + Rosehip Instant Spray Tan
- 78. Mica + Coconut Water Radiance Balm
- 79. Turmeric + Carrot Oil Quick Glow Lotion
- 80. Cacao + Neem Ayurvedic Instant Glow Gel

9. Gradual & Overnight Self-Tan Treatments

- 81. DHA (Low) + Shea Butter Overnight Glow Lotion
 - 82. Erythrulose + Aloe Night Tan Cream
 - 83. DHA + Hyaluronic Acid Hydration Sleep Mask
 - 84. Cacao + Coconut Water Overnight Bronzer
 - 85. Carrot Root + Green Tea Gentle Glow Cream
 - 86. Ashwagandha + Ghee Ayurvedic Overnight Tan
 - 87. Coffee + Cocoa Extract Sleep Glow Lotion
 - 88. Jojoba + DHA Gradual Glow Serum
 - 89. Kumkumadi Tailam + DHA Herbal Sleep Tan
 - 90. Marine Collagen + Aloe Night Bronzer Gel
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10. High-Performance Stage Glow Products (Instant + Long-Lasting)

- 91. DHA + Erythrulose + Aloe Dual-Phase Tan Mist
- 92. Caramel + Gold Dust Instant Glow Oil
- 93. Iron Oxides + Green Tea Long-Wear Body Tint
- 94. DHA + Coffee Extract Competition Tan Gel
- 95. Cacao + Coconut Oil Shimmer Body Mousse
- 96. Beta-Carotene + Aloe Sun-Kissed Lotion
- 97. Ashwagandha + Turmeric Natural Stage Glow Cream
- 98. Rosehip + DHA Express Radiance Spray
- 99. Charcoal + Aloe Matte-Finish Tan Lotion (for photoshoots)
- 100. Mica + Brahmi Ayurvedic Radiance Elixir (Runway)