

# The Tanning Basics Quiz

1. What are the 2 layers of our skin that absorb UV light? Circle all that apply.
  - a. Dermis
  - b. Subcutaneous Layer
  - c. Epidermis
  - d. Melanocytes
  - e. Pores
2. The number of melanocytes in our body is based off heredity and genetics.
  - a. True
  - b. False
3. The amount of melanin in your skin is dependent upon heredity and genetics.
  - a. True
  - b. False
4. A sunburn occurs when:
  - a. You put too much sunscreen on
  - b. Your skin is overexposed to UV light
  - c. The blood vessels at the surface of the skin are disrupted
  - d. B & C
  - e. Use too much tanning lotion
  - f. B & E

5. A first-time tanner who has never tanned in a tanning bed before can go into any equipment for the full amount of time.

- a. True
- b. False

6. How does a tan fade?

- a. Shower, shaving & exfoliating
- b. Natural skin cell reproduction pushes out the old cells
- c. Dehydrated skin
- d. All the above

7. What 2 types of UV light are produced indoors and outdoors?

- a. UVA/UBC
- b. UVA/UVB
- c. UVB/UVC

8. Explain UVA Light.

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9. Explain UVB Light.

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10. Indoor tanning units are known to be controlled units because they are built and formulated to tan you with lower risk of burning.

- a. True
- b. False

11. It is impossible to burn when tanning indoors.

- a. True
- b. False

12. What is the main ingredient that is used to highlight Devoted Creations products?

- a. Coconut Oil
- b. Vitamin C
- c. Aloe Vera
- d. Fragrance