

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.

9. Explain UVB Light.

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