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**DON'T GET FAKE BAKED BY THE LATEST TIK TOK
TREND: NASAL SPRAY TANNING: PLASTIC
SURGEON SAYS BEWARE BY: DR. MICHAEL HORN**



According to recent statistics, *Tik Tok* has reached over 1 billion monthly users.

(Source:

<https://www.cnbc.com/2021/09/27/tiktok-reaches-1-billion-monthly-users.html>)

With new beauty trends going viral daily, it can be tempting to experiment with DIY and inexpensive solutions than in-office cosmetic surgery visits. However, some of these hacks tend to be ineffective or downright dangerous. One of the latest viral trends is at-home nasal tanning spray.

Board-Certified Chicago, Illinois Plastic Surgeon Dr. Michael Horn cites the possible dangers of this popular beauty hack

The FDA does NOT regulate Nasal Tanning Sprays

Frequently with an unregulated category or product, ingredients are mixed with dangerous chemicals that vary significantly based on the product. Also, inhaling a solution causes it to travel through the mucous membranes, harming internal organs.

You shouldn't be inhaling substances that haven't been studied sufficiently, as using medications nasally can affect your sense of smell. They can also potentially have toxic effects on the cilia of the nose, keeping the nose from moving mucus through it normally. This can lead to mucus buildup throughout the nasal cavity, which thickens and forces you to blow out or postnasal drip. Melanotan is an unregulated synthetic chemical that functions as a hormone and supports melanogenesis, which is the process by which melanin, a

black-brown pigment, is produced in the skin. Nasal tanning sprays have a range of different ingredients, but most commonly they will all contain tyrosine or melanotan as their main active ingredient.

Side Effects

Side effects from melanotan include nausea, flushing, and increased blood pressure.

In addition to unruly side effects, melanotan can cause moles and freckles, involuntary yawning and stretching, loss of appetite, and spontaneous erections. There have also been reports of severe skin discoloration and other complications such as heart irregularities.

Premature Aging

Prolonged exposure to UV rays from the sun or a tanning bed not only promotes skin cancer but can also accelerate aging. There's also a misconception that a 'base tan' can protect you from burning the skin. However, whether you burn or tan in the sun, either one can be a sign of DNA damage, increasing the risk of skin cancer and premature aging.

The bottom line

Dr. Horn recommends using topical self-tanning creams and lotions that contain DHA (dihydroxyacetone) instead. When DHA is rubbed onto the skin, it stains the

skin superficially and is considered safe. Trustworthy brands include Jergens, St. Tropez, Tan-Luxe, and Isle of Paradise. And remember that all skin is good skin, and you don't have to be a certain level of tan to be attractive.

About Dr. Michael Horn, Board-Certified Plastic Surgeon

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With more than 10,000 breast augmentation surgeries performed during his career of more than 23 years, Dr. Horn is known in the Chicago land area as the authority on breast augmentation. His artistic eye, mastery, and surgical skill in performing various face and body procedures, his dedication to patients' safety, combined with his focus on unparalleled care and attention, make him one of the most sought-after surgeons in the Midwest.

Dr. Horn earned his medical degree at Loyola University in Chicago. He completed a general surgery residency with the Medical College of Wisconsin, as well as a sub-specialty training in plastic surgery with a second residency at Loyola University. Dr. Michael Horn is board certified by the American Board of Plastic Surgery and is a member of the American Society of Plastic Surgeons and the Chicago Society of Plastic Surgeons.

Dr. Horn is a frequent lecturer on the subject of plastic surgery and his work has been featured in several professional publications. He frequently attends national meetings to continue developing innovative plastic surgery techniques. His ongoing commitment to patient safety and satisfaction is evident in the

personal attention and care he provides to each of his plastic surgery clients. From the initial consultation to the final follow-up exam, Dr. Horn provides compassionate treatment tailored to the specific needs and goals of each individual.

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