

Say 'no way' to the spray

Nasal tanning sprays, or nasal tanners, promise an all-over tan without sun exposure. However, they are unregulated, potentially unsafe, and contain potentially risky substances like Melanotan 2.



Risks

Unapproved and unregulated

- Since they are not classified as medicines or medical devices, nasal tanning sprays are not subject to any sort of pre-approval, official oversight, production control, or post-marketing surveillance. Many nasal tanning sprays contain the synthetic hormone Melanotan 2, which can cause negative side effects.

Health hazards

- Reported side effects of Melanotan 2 include nausea, vomiting, high blood pressure, and even changes in mole shape and size, potentially resembling skin cancer.
- Long-term health impacts are not well-studied but serious concerns, including a potential link to melanoma, exist.

Respiratory risks

- Inhaling sprays can irritate the respiratory tract, with potential symptoms like coughing, sneezing and nasal congestion. Repeated exposure could lead to chronic respiratory issues.

Legal and ethical issues

- Often sold on unregulated online platforms, these sprays are marketed at consumers who are not fully aware of the risks.

Advice for safe use

- **Avoid nasal tanners entirely**
Safer self-tanning options, like lotions or sprays applied to the skin, are regulated and come with clear safety standards.
- **Seek medical advice before use**
Always consult a healthcare professional before using unregulated substances like Melanotan 2.
- **Understand the risks of online products**
Products bought from online marketplaces can be counterfeit or contaminated. Avoid products without regulatory approval.
- **Always use sunscreen** Self-tanners do not offer UV protection, so continue using SPF if spending time outdoors.
- **Consider healthier alternatives**
Topical tanning lotions and sprays provide a safer way to achieve a tanned look.



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