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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Best Tips To Safe Indoor Tanning**

**By Ashish Jain**

The process of self tanning is the answer to sun tanning, which you believe is the possible reason for skin cancer. The relationship between cancer and sun tan is more or less proved by the research scientists now.

One of the "safest" methods is airbrush tanning. This is the process that employs an air compressor and airbrush delivery system to apply the tanning solution to the skin, to whichever area you wish.

What is the positive side of this natural tan system? It is easy and even in application. The absorption is quick, streak-free. We have blamed the sun enough for your hard labors in sun tanning, when you were ignorant about these self tanning exercises. Burning, premature aging, and master of all skin diseases, the dreaded skin cancer!

There is nothing to be afraid about this natural tan, codenamed DHA. It is our old friend, sugarcane juice! Its reaction is just superficial. I mean it causes a natural reaction on the top layer of your skin, to produce a beautiful tan. Sugar can cause you diabetes, but not this process- no damage to the skin, whatsoever!

Krome Aerosol Spray Tanning: This is also a side-effects free, superior solution. It is very convenient to use as well. It is a hand-spray bottle. You can carry it along with you.

You need to follow certain guidelines, before you start with your self-service tanning procedure:

1. Before using the airbrushing application, remain free from the application of lotions and perfumes.
2. Shake the can thoroughly, before each application.
3. Even and thorough application is a must.
4. Allow for a deep and penetrating tan. Do not take bath for 6 to 8 hours after the tan.

## Best Tips To Safe Indoor Tanning

5. If it is your first attempt, do it again on the second day for the tan to be effective.
6. Always wipe the bottoms of your feet after airbrushing.
7. Maintain a cool body temperature before spraying.
8. Take care to select your product for self tanning. Quick results are nice, but if they were to cause permanent damage to your skin, you will feel discouraged. This type of tanning is supposed to check the aging process of the skin.

If the ingredients of the solution are natural, it is reasonable to assume that they are safe. Tan only when it is necessary and if you think it suits you. Your natural complexion of the skin might be better than any tan. Have a moderate approach to tan.

<http://www.easy-tanning.com/tanningbeds/>

& Tanning Tips provides detailed information on tanning, tanning beds, tanning tips and more.

### **Indoor Tanning Beds**

#### **By Malcolm Moorhouse**

Indoor tanning beds are used for artificially tanning the skin. Limited exposure to sunlight makes the skin healthy because it absorbs vitamin D from UV rays. However exposure to sunlight for a long period increases the danger of sunburn. Tanning is useful in avoiding sunburn as it is your body's natural way to protect against it.

Tanning bed types:

Indoor tanning beds come in a variety of prices and designs. You should choose the one suitable for your skin type. Tanning beds use bulbs for providing UV rays. The intensity of the bulbs can be altered according to your need.

Indoor tanning using tanning beds is the way to get a moderate tanning from which you can get maximum benefits. Tanning beds provide a way to moderate tanning because you can control the amount of UV light. That kind of control is not possible outdoors because the intensity of light depends on a lot of factors such as season, time of day, reflective surface, altitude etc. Indoor tanning beds can be regulated to act differently on different type of skin providing the maximum benefit of tanning.

Too much exposure to UV radiation can be harmful and UVB rays can cause sunburn which in turn can cause skin cancer. It is therefore advisable to use professional tanning facilities and approved and tested tanning beds.

## Best Tips To Safe Indoor Tanning

In tanning saloons tanning sessions are done by schedules present on the equipment. The tanning bed takes into account the type of skin and intensity of light which minimizes the risk of sunburn.

Benefits of Indoor Tanning beds:

Indoor tanning beds can help in...

1. Tanning your skin which minimizes the risk of sunburn.
2. Maximizing the benefits of getting a tan that best suits your type of skin.

Moderate sun exposure is the best way to maximize the potential benefits of being in sun light.

It also advisable to also use tanning beds in moderation, making sure that there is professional and knowledgeable staff that will be able to advise you on the best way to use a tanning bed.

The advise given here is for home use as well as use in a tanning saloon.

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