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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!

Can I Go Tanning With Diabetes?

By Kacey C.Hall

Diabetes and Tanning If you are undergoing treatment for lupus or diabetes or are susceptible to

cold sores, be aware that these conditions can be aggravated through exposure to ultraviolet radiation from tanning devices, sunlamps, or natural sunlight. In addition, your skin may be more sensitive to artificial light or sunlight if you use certain medications, for example, antihistamines, tranquilizers or birth control pills. Your tanning salon may keep a file with information on your medical history, medications, and treatments. Make sure you update it as necessary.

Protecting Yourself Limit your exposure to avoid sunburn. If you tan with a device, ask whether the manufacturer or the salon staff recommend exposure limits for your skin type. Set a timer on the tanning device that automatically shuts off the lights or somehow signals that you've reached your exposure time. Remember that exposure time affects burning and that your age at the time of exposure is important relative to burning.

Knowing your Tanning Lotion Some suntanning products don't contain sunscreen. It only takes a few bad sunburns to raise the risk of skin cancer, and skin damage builds up over years even when no burning occurs. This is why sunscreen, which blocks UVA and UVB, is recommended. The FDA has expressed concern about suntanning products without sunscreen, and encourages consumers to check the labels for SPF protection.

Sunscreen is regulated by the FDA as an OTC drug. Look for products with a sun protection factor (SPF) of 15 or more. The higher the number, the better the protection. Sunscreen should be liberally applied to skin 30 minutes before going out in the sun, and then every two hours after that.

Tanning Salons It's true that most sun lamps emit mainly UVA radiation, and that these so-called "tanning rays" are less likely to cause a sunburn than UVB radiation from sunlight. But, contrary to the claims of some tanning parlors, that doesn't make them safe. UVA rays have a suspected link to malignant melanoma, and, like UVB rays, they also may be linked to immune system damage.

Tanning Safely We urge you to find out more about self tanning. You can self tan with a Sunless tanning lotion. Sunless tanning lotion is a tanning lotion that gives you that great tan without the

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dangers of UVA and UVB! Find out more about Self Tanning!

Self-tanning products, also called "sunless" tanning lotions, contain dihydroxyacetone. Find out about Self Tanning at

<http://SelfTanning.ewhy.info>

The Best Sunless Tanning Methods

By Paton Jackson

If you haven't noticed the summer is already here. Surprisingly, you don't have to wait for the summer for endless beach hours beating down on the sun rays. Sunless tanning also known as the indoor tanning is more popular and easy than ever and it is much safer than sun tanning. Here are 10 tips for sunless tanning:

1. Airbrush tanning - Airbrush tanning is a new an emerging sunless tanning method. Using a clear liquid containing called dihydroxyacetone (DHA), you can get a golden tanned look for five to ten days. The ingredients of the airbrush tanning lotion are FDA approved and are considered safer than commercial tanning beds.

2. Tanning beds - Tanning beds and tanning booths actually imitate the sun. Tanning bed lamps use UV-B and UV-C rays to achieve the optimal tanning results. However, tanning bed lamps do not use UV-A rays which are considered harmful.

You will feel the tanning beds results after a couple of weeks.

You may go to a professional tanning salon and get the golden look at one of the commercial tanning beds (Wolff tanning beds are the best ones) or get your own home tanning bed. You can get a discount tanning bed in one the wholesale home tanning beds shops. Yet, you must realize that maintaining a tanning bed is an expensive task - you will have to purchase tanning bed products like tanning bed lotions and tanning bed bulbs.

3. Tanning lotions - There is a wide variety of sunless tanning lotions. They are definitely the cheapest sunless tanning method. Nothing is easier than buying discount tanning lotions. However. Most of them have uncertain efficiency. In most cases, the tanning lotions are made of vitamins, minerals and herbal ingredients.

You may choose either one of the above sunless tanning methods. There is no reason for sun tanning nowadays. It takes too long and it is too risky.

Find the best sunless tanning method only on

<http://www.tigilet.com/c/Tanning.php>

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The Truth About Diabetes



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