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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!**

**Comfortable Tanning Bed Pillows**

**By Grace Palce**

People who wanted to acquire that exotic dark olive skin anytime of the year are thankful for the technology of tanning beds. Tanning beds provide controlled doses of ultraviolet radiation sufficient to activate melanin on the skin. Yet, when a person gets inside the tanning bed, he lies uneasily. The whole twenty-minute stay in the tanning bed can be unpleasant.

This is because it is difficult to find a comfortable position on top of a hard surface. Some users of tanning beds try to ignore this fact and console themselves with the phrase "no pain, no glory". But others wonder if there can be a way to use the tanning bed more luxuriously.

Fortunately, there is a way. Technology has never stopped finding ways to make every human activity convenient and comfortable. And one of the products of technology is the "tanning bed pillow". Tanning bed pillows are specially designed to complement tanning beds. These are produced so that a person may use the tanning bed comfortably without interfering with the process of indoor tanning.

At present, there are two types of tanning bed pillows: the polymeric urethane pillows and the porous foam pillows. The polymeric urethane pillows have relatively steady or firm contours. These pillows can provide a dependable cradle for the whole body, making the indoor tanning experience pleasant. On the other hand, the porous foam pillows are known for their durability. These pillows can be used longer and more often. Owners of residential tanning beds prefer the porous foam pillows for another reason. That is, these pillows take less effort to clean and maintain.

Whichever type of tanning bed pillow a person finally decides to purchase, he can look forward to a more appealing stay in his tanning bed. He will no longer endure an unpleasant position each time he uses his tanning bed.

Both types of tanning bed pillows can be ordered online. Some quality pillows can be bought at less than \$10. Some suppliers offer tanning bed pillows as part of a package when a customer purchases tanning beds and tanning bed lotions. These three products, along with extra tanning bulbs and cleaning solution, make up one set of indoor tanning equipment.

## Comfortable Tanning Bed Pillows

With the advent of tanning bed pillows, getting a tan can be a pleasurable experience. A person can relax and lie luxuriously in his tanning bed while waiting for the timer to give the signal that the tanning session is over. And then, this person will begin to sport that attractive dark olive skin.

The sites

<http://www.tanning-bed-secrets.com/>

and

<http://www.halds.com/>

are both dedicated to help

you find the best information available about home tanning beds, skin care and other health issues.

### **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 and 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 of 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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