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**Menopause, Andropause And Other Hormone Imbalances**  
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**Commercial Tanning Beds - Pros And Cons**

**By Oliver Turner**

Tanning beds provides a way for sunless tanning. It carries ultraviolet ray (both A and B) sources, which creates an effect of sun tanning for the one who is lying on the bed.

Man has always been obsessed with technology and inventions. Commercial tanning beds are one such invention that facilitates tanning in an indoor setting. Tanning beds carry ultraviolet ray (both A and B) sources, which creates an effect of sun tanning for the person who is lying on the bed. In other words, tanning beds provides a way for sunless tanning. But as in any man made things, it has its pros and cons. So the million dollar question is whether tanning beds a boon or a bane? In the following paragraphs, we'll list few of its advantages and disadvantages before drawing the final conclusion.

The advantage of sun tanning is that it produces melanin - the pigment that protects the skin from UV rays - and the exposure stimulates the production of Vitamin D. In fact, this is the reason why we have so much of sun bathing going on in the beaches and this is also the logic that is projected by the tanning bed manufacturers to market their indoor tanning products. But the one aspect people tend to forget or ignore is that in order to receive enough Vitamin D, one only has to expose his/her body or a part of the body for a few minutes to the sunlight. In other words, in order to tap the health benefits of tanning, there is no real need to lie under the sun for hours or spent minutes cuddled inside an indoor tanning bed. Instead, the normal exposure to the sun's rays in our daily lives will serve the purpose.

As mentioned earlier, tanning beds effects tanning by producing UVA and UVB rays artificially, in the same composition as in the sunlight but from close quarters. But over exposure to these rays can raise serious health issues. In fact, this is the disadvantage of tanning beds, sometimes to the extent of outweighing its advantages. Scientific studies have confirmed that both rays affect the skin in a genetic level and are the primary cause for skin cancer including the deadly melanoma. Long term exposure also causes other skin damages such as wrinkles, age spots and change in texture and thickness, caused by the drying out of skin and weakening of connective tissues. Also, it has been found out that a person lying in a tanning bed is likely to stand radiation levels to the eye as much as 100 times than in the outside sunlight.

## Commercial Tanning Beds – Pros And Cons

So, comparing both sides, the pros and cons, it can be concluded that tanning beds have more disadvantages than advantages. Therefore, it is better to avoid it in the first place, and if you are itching for some summer glow, go for some tanning products such as a bottle of skin tanner. After all, that does not spoil your skin and hence your health.

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### **A Quick Look At Tanning Beds**

**By Oliver Turner**

Tanning Beds, also known as sunbeds, are used to emit ultraviolet radiations for cosmetic reasons such as artificial tanning or sunless tanning. Tanning beds generally come in two basic formats - horizontal tanning beds and Vertical tanning beds.

Horizontal tanning beds are mainly used in residential as well as commercial settings. Horizontal tanning beds come with a lid lined with tubular ultraviolet lamps and a plastic or glass "bench" contoured for optimal relaxation. One can simply lie down, close the lid and permit the ultraviolet light to penetrate into the skin. For even tanning, one simply needs to turn the body over one time halfway through each session.

Vertical tanning beds are another popular type of tanning beds available in the market. Also called stand-ups or tanning booths, these types of tanning beds are easy to use and are very efficient. The interior of the vertical tanning beds is lined with ultraviolet light bulbs in a 360 degree pattern. What you need is to just step inside and close the door. As your body is exposed to ultraviolet light from all sides, there is no need for you to turn your body over halfway through each session.

Majority of the high pressure tanning beds emit more tanning rays (UVA) and less burning rays (UVB). Most of the high pressure tanning beds use lamps made of quartz. This helps the internal air pressure to be higher when compared to conventional ultraviolet lamps. High-pressure tanning beds are found more useful for intermediate and dark skin tones.

All UV lamps come with a marking showing a UVB percentage. That is, if a UV lamp is marked 6% UVB, which means that the lamp emits 6% UVB rays and the remaining 94% UVA rays. This is comparatively a low UVB percentage; that is tans produced with the help of this radiation will be brown and not burned.

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The latest tanning beds available in the stores comes with a cooling system, which provides more comfortable during tanning.

Before purchasing any tanning beds, it is advisable to compare the pros and cons of each model. This helps you to purchase a perfect tanning bed which gives you better results without spoiling your skin and health.

We have made a research on the subject of tanning beds. Find the results only on

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