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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!

Getting A Great Tan With Tanning Beds

By Julia Brown

Light is vital to the existence of all living things. You need natural sunlight to provide you with a controlled amount of ultraviolet rays. Just like the tanning bulbs, it could provide you with a change of skin tone because the bulbs contain ultraviolet A and B rays. But excessive amounts of sunlight could dry your skin or damage it - it is also the case with tanning bulbs.

Do you often visit a tanning parlor? Do you own a tanning bed in your house? Do you really know how to use your tanning bed?

Here are some information in knowing your tanning bulbs:

* **The Basics.** If it is your first time in a tanning salon, make sure you provide the experts with your skin condition. Sensitive skin would require a lower level of UV ray, so the intensity of the tanning bulb should be less than ordinary. If you have just purchased your own tanning equipment at home, make sure to do a research on the tanning bulbs you have bought. The level of the tanning bulbs would depend on the brand and model of the manufacturer. Be aware of the intensities the bulbs would cause your skin, to be able to control the tanning process.

* **Maintenance.** The placement of the tanning bulbs is important because if you fail to do this correctly, it could lead your lamp to dim or may result in an electrical power shortage. Make sure to clean the tanning bulbs when they are not in use because the cleaner the bulb, the amount produced of the UV increases by 10%. Cleaning the tanning bulb is easy because it doesn't require soap. Make use of moist cloth regularly to keep it dust and oil-free.

Plus, make sure to replace the starter of the tanning bulb every time you change the tanning bulb of your equipment. When you replace a new bulb, the UV level becomes higher and would permit burning of the skin. Make sure to purchase the exact brand name or identical to the tanning bulb you made use of earlier.

* **Usage.** If you are tanning in a salon, make sure that there are experts monitoring you through the whole process. There should be controlled exposure to the UV rays depending on your skin type, the

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tanning equipment and the model of the tanning bulb. If you are using your own tanning equipment and you believe that the tanning bulbs are aging and you want to extend tanning – that is a bad idea. The aging of the tanning bulbs does not necessarily mean that the effect of the UV rays is decreased.

Now that you know the important information in handling the tanning bulbs and its equipments, you should follow these guidelines in a enjoying a safe and relaxing tanning.

If you're inside the tanning equipment, the fact that your eyes are shut closed is not enough. There is an eye–protection recommended by the FDA (Food and Drug Administration) and you could purchase anywhere within authorized outlets. Without these protective gears, it could cause your eyes probable long–term damage.

The UV rays from the tanning bulb could make your skin dry. Since tanning when you have applied moisturized could work best in the beach or tanning parlors, it is healthier if you make sure to moisture

your skin before and after exposing yourself to the UV rays.

Your skin produces melanin, but your lips don't. Make sure to defend your lips from possible burning by using sunscreens or lip creams and ointments.

If you're planning to expose your whole body onto the tanning bulbs, make sure to cover with a towel or cloth the parts that are not yet tanned. Then gradually remove the cloth after two or more tanning sessions.

And lastly, if you have problems with your health, remember to visit your doctor first before planning to go to a tanning parlor. With the tanning bulbs producing UV lights, these could have a side effects if you're on medication.

Here are the facts. Your job is to follow the guidelines to achieve having a great tan in a safe environment. Know your tanning bulbs, so it could serve you better.

For more great bulb info and advice check out:

<http://www.lightbulbstop.com>

Pregnancy and Tanning Beds

By Adam Murray

This is one of many articles posted weekly on

<http://www.tanning–beds–resource.com/>

With summer approaching, you would love to wear those cute maternity sun dresses, but you don't

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want to show off your pale white skin. Now, you need to decide what is the best way to tan without possibly putting your baby in danger. Tanning beds during pregnancy are just as safe as tanning outside in the direct sunlight.

At this time there are no studies on the effects of tanning beds on the unborn child, so anything you hear is nothing but myths. The UV light used in tanning beds do not reach the child, therefore your baby is not at risk.

During the first trimester your doctor will advise you not to do anything that will raise your body's temperature, such as hot tubs, saunas, and tanning beds. But, it may be okay to have 10 –15 minute sessions while lying on your side or standing in a tanning booth, to prevent your blood flow from being restricted.

The most important thing to remember is to stay cool and drink plenty of fluids. Your skin during pregnancy is also sensitive to burning, so you should start with short sessions until your body is tanned. Pregnancy and tanning beds is no more harmful to your child than lying in the sun. Just use common sense and make sure you are comfortable. It's always best to go with the motto, if you think it's not worth the risk.. then don't do it!

Adam Murray is currently the webmaster and author of several websites,

<http://www.tanning-beds-resource.com/>

, is one of his newer additions.

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