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## **Indoor Versus Outdoor Tanning**

**By Angela Maroevich**

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The benefits of indoor tanning versus outdoor tanning are widely discussed in the cosmetic and health industries, It is ultimately up to you to decide which method is healthy and convenient for you.

When you visit an indoor tanning facility, your skin produces a tan in the same way that it does when you bask in the sun — through the absorption of ultraviolet light.

However, one of the dangers of outdoor tanning is exposing yourself to too much ultraviolet light. Climate changes in the atmosphere that has many of us slathering on sunblock and sunscreen before we step outside in the hot sun.

One of the benefits of indoor tanning is that it allows you to control the amount of UV light that you are exposed to, so that you do not get a sunburn or prepare your epidermis for a predisposition to skin cancer.

You cannot control harmful UV rays from the sun anymore than you can control the weather.

Compared to indoor tanning, outdoor tanning is actually one of the most unreliable ways to achieve that perfect tan. It is, however, a reliable way to achieve a sunburn. Waiting for a reddish burn to fade to a brown accelerates the aging process.

Indoor tanning equipment utilizes the same two kinds of ultraviolet light, UVA and UVB rays that are emitted by the sun. Indoor tanning procedures are highly regulated by government agencies in both Canada and the United States and the equipment is designed to mimic the effect of sunlight.

At a professional indoor tanning salon, exposure times are determined by equipment and trained professionals that take into account previous tanning sessions as well as the tanner's skin type. This minimizes the possibility of the kind of skin damage that is common with outdoor tanning.

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Convenience may also be a consideration when it comes to deciding whether indoor tanning versus outdoor tanning is best for you. Depending on weather conditions and government warnings that are issued about the strength of harmful UV rays emitted by the sun, it might not be possible for you to achieve that polished bronze look in time for that important meeting.

One of the main benefits of indoor tanning is that safe regular doses of ultraviolet light are prescribed for you in a controlled environment that suits your agenda.

Indoor tanning is also a great help for those suffering from diseases, such as psoriasis or osteoporosis, as UV rays assist the body in manufacturing the Vitamin D it needs to allay such conditions. This is a great benefit to individuals who need to "take their solar vitamins" regularly and are unable to do so on a rainy day.

A session in an indoor tanning facility is an intelligent way to maximize your health while at the same time minimizing your risk of sunburn.

You don't want too much exposure to UV rays, but the many benefits of indoor tanning, which also include prevention against wrinkles, should be carefully considered the next time you are tempted to slather on sunblock and lie out in the sun.

Angela Maroevich

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Angie Maroevich (everyone calls her Angie) is a salon owner, athlete, dog lover, and all around nice gal.

### **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

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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.

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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