

Risks of Tanning Beds – Not all they are hyped up to be...

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By Adam Murray

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This is one of many articles posted weekly on

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

The risks of tanning beds aren't all that it's hyped up to now-a-days. For example, all of the skin cancer horror stories that you hear about all came from people who went about tanning the wrong way 20 to 30 years ago. You see, skin cancer has a latency of about 20-30 years. That long ago almost everyone that that getting a sunburn would fade into a nice looking tan, so most people would go to the beach and keep up with a pattern of getting sun burnt. This is what causes skin cancer, the repetitiveness of getting sun burnt. So there is common misconception of the risks of tanning beds. It's not all cancer in a box as many people say.

Some other risks of tanning beds are your eyes. There is some risk if you choose not to wear safety eyewear, or the goggles. This is a requirement for all tanning salons to provide safety eyewear, but no one can actually make you wear them. Without wearing them, the risks of tanning beds increase. You can get an early form of cataracts and you could even have temporary or complete blindness. Although using the safety equipment can leave almost unnoticeable white circles around your eyes, the risk of not using them does not make up for it.

You can reduce the risks of tanning beds by not staying in them for too long. If you notice that after your tanning session that you got burnt, then the next time you go you need to reduce your time a little. Getting sun burnt is the worse thing you can do to your skin. Also, to reduce risk, be sure to wear the goggles for your eyes.

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

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

, is one of his newer additions.

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.

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