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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!**

**Safe Tanning With The Use Of Tanning Booths**

**By Erica Bosworth**

Sunless tanning has become a hugely popular way to achieve a golden glow without having to put

up with the harmful rays of the sun. There are many ways in which to enjoy getting some color into your skin without having to travel on a far flung holiday and risk your health in the burning summer sun. From the popular sun bed to tanning lotion and crème, you can now enjoy a healthy glow for your face and body without having to rely on the weather, spend a fortune on a vacation, or burn in the sun. With today's high quality tanning solutions you can enjoy a golden glow that oozes natural beauty, so you won't have to worry about your tan looking fake or unnatural. One very popular way of achieving a fabulous tan without putting up with the sun's harmful rays is through the use of tanning booths. When you use tanning booths you will enjoy an even, all-over tan that looks totally natural and gives you just the level of color you are looking for. Use a booth to get a tan for any occasion Whether you want to achieve a natural looking tan for a special occasion or whether you just want to enjoy a year-round healthy glow these booths offer the ideal solution for your tanning needs. You can enjoy increased confidence and a real radiance as you show off your tan, and the great thing about using these booths is that you can get the color you want for your skin without any fuss or hassle. Getting that golden glow takes next to no time. So, even if you have limited time to get yourself looking great for a special event or occasion, you can rest assured that through the use of these sunless tan systems you can achieve the perfect look in plenty of time. Using these booths couldn't be easier, and the results you get are absolutely fantastic, which is why these systems have soared in popularity over recent years. Use these booths in the salon or at home As with many other sunless tan systems, you can enjoy the use of these booths in specialist salons, where trained staff will show you how to use them effectively in order to get just the look you are after. For those confident to use these booths themselves, you can also get a range of models for use in the home, which means that you can enjoy a quick and simple way to get a beautiful tan in the privacy and comfort of your very own home. As with all tanning systems, it is important that you use these booths responsibly and with care to ensure that you get the best results. With proper usage, you will find that these booths are convenient and simple to use as well as very effective. You can select from a range of makes and models to suit your needs, and you will enjoy some excellent discount prices on this equipment when you shop online - not to mention a great choice.

Erica Bosworth is a contributing designer for the website

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

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is specializing in subjects like tanning booths (

<http://www.tanning-beds-tips.com/tanning-booths.html>

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## **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.

Find the best sunless tanning method only on

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