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Tanning Salons– Are They Right For You

By John Morris

Indoor tanning is an environment that can be controlled. Both tanning beds and the sun give off

ultra violet light, but as in the case of tanning beds, the C light waves which is considered to be most damaging are filtered. In addition, tanning bulbs emit UVA and UVB in which excessive exposure can be risky, that is why precisely tanning beds are considered safer because exposure can be controlled.

1. Tanning Bed Classes

Class A

These tanning beds are rated as the most advanced, as it can give one a tan for up to eight times faster, and the most comfortable to tan in. These beds produce less UVB rays, having more burning ability and more UVA for better tanning.

Class B

These tanning beds likewise offer high performance, achieving effects for up to four times faster compared to a basic tanning bed. Typically one to two sessions are needed in maintaining one's tan.

Class C

These tanning beds are just a minor upgrade from the basic beds, requiring two to three times salon visit in maintaining a tan, usually integrating facial cream tanners and more lamps for better tanning results.

Class D

These tanning beds are base beds, needing three to four weeks before a tan is accomplished and up four sessions a week for tan maintenance.

2. Tanning Eyewear

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When in a tanning bed, protective eyewears should be worn, because even though your eyes are closed during a tanning session, UV light can still penetrate it. By law, it is required that tanning salons provide these for you.

3. Lotions

Tanning lotions or accelerators as they are called in salons, are not that necessary but do provide one with skin nourishing nutrients which aid in a healthy skin and components that can in fact, accelerate tanning by encouraging production of melanin.

4. How To Choose A Salon:

– Do keep in mind that not all tanning salons are equal. It would be to your advantage if you take the

time to shop around first. Visit the salons and often, the ones that offer a cheap price is not the best one for you.

– To each tanning salon that you visit, check out their customer service. Note that a professional tanning salon will give you a tour of the services they offer, their facilities, and let you observe and examine their equipments

– Note the cleanliness and maintenance of the salon is too as important

– The staff should be warm and make you feel welcome

– Does the salon take the time to explain to you the tanning process and procedure? Tanning salons should have trained staff that can further explain and answer your questions all about tanning

– Note that a tanning salon should run a skin typing test on your first visit and put into plain words so you can understand better how the skin tans

– Take note that the salon provides protective eyewear to customers

– During your visit, check that tanning beds are well cleaned and disinfected after and before another customer uses it

5. Tanning Bed Facts:

– Tanning bed bulbs produce UVA type of rays which causes skin tanning as well as wrinkles and age spots, loss of skin elasticity and may contribute to skin cancer development.

– Studies show that exposure to bulb simulated UVA will lead to a nearly two fold rise in melanoma. This leads that UVA should be considered as a carcinogen and that precautions must be taken.

– The American Academy of Dermatology has stated fear and concern regarding the UVB or UVA

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bulbs that is used to give an individual a tan in tanning salons. Anybody with a strong desire wanting to use UV lights in maintaining a tan throughout the year should be discouraged.

- Risks associated with artificial tanning include sunburn, skin cancer, premature aging, eye retinal damage, cataract formation, immune system suppression and vascular system damage.

- Whereas a tan is the skin's response to UVR damage, pursuing a tan is not healthy, whether it be by artificial or natural means.

6. Bulbs Should:

- Come with a timer wherein it can limit the exposure of an individual to light in every session.

- Be labeled with the recommended exposure position or the distance of the individual from the sunlamp to help lessen the risk of overexposure.

- Regulate the quantity of short-wave UV radiation produced from the product.

- Come with UV-blocking protective eyewear or goggles.

- Bear a prominent warning sign regarding the harm of overexposure, especially to individuals that are UV radiation sensitive.

- Offer information and direction on proper usage.

7. Listen To Professionals

The American Medical Association (AMA) and the AAD have cautioned and advised all individuals about tanning and the risks that come with it. In fact, the AMA and AAD have urged and pleaded the banning of use and sale of tanning equipment for non-medical intention and purposes. Doctors including public health officials have suggested and recommended the following steps to be considered to lessen the sun's damage and harm to the skin and also to the eyes:

- Stay away from the sun in its hottest hours, beginning at ten in the morning to four in the afternoon.

- Always wear protective skin covering like wide-brimmed hats, long-sleeved shirts and long pants to lessen exposure.

- Wear sunglasses with 100 percent UV ray protection.

- Put on a broad-spectrum sunscreen having a Sun Protection Factor (SPF) 15 or more, which will help block off both UVA and UVB. Reapply as often as possible.

For more great tanning salon related articles and resources check out

<http://selftan.skincarehq.com>

Who Uses Tanning Beds?

By Grace Palce

When tanning beds first hit the markets, the sole purpose of this technology, to provide indoor tanning, is simply cosmetic in nature. Obtaining a gorgeous dark olive skin seemed trivial and the tanning bed is less grand compared to other technological inventions. Thus, the primary users of tanning beds are young women who only wanted a tan to show off to their friends.

Further studies, however, showed that tanning beds are not only useful for darkening the skin. The ultraviolet radiation emitted by the tanning bed lamps has been found to enforce vitamin D production in the human skin in the same way that the direct exposure to sun's rays can. Vitamin D is a major substance needed to strengthen the bones and to prevent diseases. Thus, it can be said that the responsible use of tanning beds can contribute to the overall health of a person.

With these studies, the profile of tanning bed users begins to change dramatically. Instead of being purely composed of young women, the profile of tanning bed users now has men and older adults. And this was shown in the study conducted by a group of researchers led by Dr. Michael Strepp. The results of this 2004 study were compared to the results of the last 1996 survey.

In the 1996 survey, almost all users of tanning beds are college–age women. But in the most recent market research, about 30% of tanning bed users are now composed of men. A similar survey of Canadian tanning salons showed a comparable data. That is, 25% of all patrons of 160 Canadian tanning salons are male. The percentages are expected to increase since the tanning salons now are built separate from hair and beauty salons. Men will be more comfortable entering tanning salons.

An interesting data came out of the survey regarding male users. One tanning salon reported that though 27% of its clientele are male, 40% of its profits come from the male customers. This is because men use the tanning beds more often than women.

The recent market study also showed that older people are now using tanning beds. That is 70% of all surveyed tanning bed users are aged older than 25. And in New York, men over the age of 40 are beginning to use tanning beds. There are even senior citizens who now enter tanning salons.

As the health benefits of using tanning beds become more popular, more men and more older adults are going to utilize this indoor tanning technology. These new wave of users are responsible and health–conscious people intent on using a proven technology.

Grace Palce is writing articles for her own site about tanning beds

<http://www.tanning–bed–secrets.com>

– and alternative medicine articles for

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<http://www.good-herbal-health.com>

– Besides maintaining her

own sites she has also guest-written several articles for

<http://www.diet1200.com/>

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