

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Youth People Obsessed With Sunless Tanning

By Dana Scripca

Youth People Obsessed With Sunless Tanning

by: **Dana Scripca**

Darker-complexioned teens will always seek a tanning bed or booth. Because they want a perfect and perpetual tan.

Younger, healthier, sexier, thinner

Many teenagers are either obsessed with tanning or addicted to a darker-complexion. According to psychologists, a cosmetic ideal obsession or an emotional addiction might be the cause. "Younger, healthier, sexier, thinner" – is the message a bronzed complexion is sure to send out. The medical community is trying to confront this trend by educating teenagers that too often and too intense tanning can be risky. It's nothing wrong to be tanned, on the condition of: gradual and moderate indoor tanning session using without exception proper sunscreen indoor or sunscreen/sunblock outdoor avoiding childhood sunburns

Thus, skin cancer risks are avoided. Are kids complying to medical warnings? According to Associated Press, only a third of 10,079 preteens and adolescents surveyed in 2002 said they had regularly used sunscreen during the former summer. About 10 percent admitted that they had used a tanning bed. And there is more. Most of those surveyed said they have suffered at least one sunburn during the previous summer.

Another significant study comes from Boston University. Researchers questioned about 10,000 children of nurses across the United States participating in the Nurse's Health Study. The study started up in the late 1980s. The conclusions weren't so positive. Only 34 percent of the teenagers – aged 12 to 18 –, reported using sunscreen regularly, and 83 percent had suffered at least one sunburn. 36 percent of surveyers had endured three or even more sunburns during the previous summer. Teenagers were familiar to tanning beds: 14 percent of the girls surveyed had used a tanning bed, rising to 35 percent among 17 year old girls.

Youth People Obsessed With Sunless Tanning

Representatives of American Academy of Dermatology are puzzled since indoor tanning is so unnecessary. It's not associated with playing sports or other outdoor activities. It is practiced exclusively for cosmetic reasons.

So young, so careless

Modern indoor salons gave up here and there traditional tanning beds and began to offer safer alternatives such as spray-on tanning or tanning booth which do not include UV light. Despite these better choices, youth would rather go to tanning beds using UV radiation because it is cheaper. They got there wrongly believing that tanning beds are safer than real sun exposure. They seem careless even if they are aware that UV rays delivered indoor are as dangerous as those outdoor.

It's obvious that relatively few teenagers are aware that sunburns increase their risk of skin cancer. Yet they continue to use tanning beds regularly. What happens during childhood is crucial; an early

sunburn history is the foundation of potential further cancer. Nationwide warning campaigns in the United States didn't show too many improvements in teens' attitude. But things have to be changed drastically, since melanoma is rising to critical range. In the past years, at least 13 states have begun to regulate teen tanning (bed or booth exposing) by: requiring parental presence asking written parental agreement for teenagers under 18.

The state of California asks for a doctor's prescription; otherwise, indoor tanning sessions are forbidden for kids under 18. Moreover, a bill in Maryland requires all three: parental presence, written consent of parents and medical approval ! The sooner teens learn to protect their skin, the better. Skin cancer is mostly incurable.

Dana Scripca writes for

where you can find more information about

Sunless Tanning.

Please feel free to use this article in your Newsletter or on your website. If you use this article, please include the resource box and send a brief message to let me know where it appeared:

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:

Youth People Obsessed With Sunless Tanning

1. Airbrush tanning - Airbrush tanning is a new and emerging sunless tanning method. Using a clear liquid containing 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 of 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

. Find more valuable

content on

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!