

Tanning Benefits

Indoor Tanning for A Healthy Glow

Having a healthy glow from a light tan can make all the difference in how you feel about yourself. Looking and feeling great improves confidence. Indoor tanning also increases serotonin levels that can improve mood also.

Tanning Booths Can Help to Prevent Sunburn (with proper use)

Over exposure to the sun is bad, getting painful sunburn is the familiar reminder that you got a little too much sun is the worst cause of damage to the skin. However, by using tanning booths wisely, you can actually create the opposite affect. It helps protect the skin from sunburn. -Here are some tips to help prevent getting sunburn. Start out by tanning for less than 10 minutes. Only tan for the time recommended by salon staff. Be careful while you are in the session. If you feel any pain or start to overheat, stop the session. Everyone is different and has different skin tones. Do not tan more than once a day and do not tan longer than 15 minutes. There are

many benefits to indoor tanning but moderation is key.

If you do burn DO NOT use a Tanning booth or spend time in the sun until your skin has healed itself.

The Positive Effects of Tanning Beds On Seasonal Affective Disorder (SAD)

It is true that indoor tanning can alleviate the symptoms of SAD*. If you have Seasonal Affective Disorder, your body changes with the shorter days by increasing its melatonin during the winter months. An increase in melatonin levels causes depression. Serotonin is naturally produced hormone that improves mood and brings the melatonin under control.

**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose,treat,cure, or prevent any disease.*

Tanning Menu

Single Session \$4.00

10 Sessions \$30

20 Sessions \$55.00

Though tanning can be a relaxing and therapeutic way to escape the everyday stresses of life, it is very important to follow the safety rules set forth by the FDA. We provide protective eyewear while using our tanning booths.

You might ask yourself "Why not just keep your eyes closed?" Actually, eyelids only protect about 25% of UV rays from your eyes. This can cause short term damage to your eyes While protecting the eye, itself, may seem important, it is just as important to protect the skin around your eyes. Long-term exposure to UV rays can damage the fragile skin cells protecting your eyes. Too much unprotected exposure to UV rays can cause premature aging and wrinkles. If you're concerned about sanitation and cleanliness, you don't have to use the tanning goggles provided by the salon. You may actually purchase your own.

