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Category: Commercial Tanning Beds

Subcategory: Commercial Tanning Beds

Tip: High Pressure Tanning Beds

High pressure tanning beds are commonly seen as added facials at the head end of the canopies. The pressure within the bed's tube is more than one atmosphere, and the heavier quartz tube is needed to withstand the thermal energy while containing the pressurized environment. Most salons have high pressure tanning beds to satisfy the tanning needs of their immediate to advanced customers. Users also like high pressure tanning beds because they filter out most of the UVB light only allowing enough to shine through to stimulate the melanocytes. This means that more UVA light reaches the melanin, which provides a great tan with less risk of skin problems. It should only take about 3 to 5 sessions to establish a base tan using a high pressure tanning bed and the tan will last longer and require less maintenance.

Category: Home Tanning Beds

Subcategory: Home Tanning Beds

Tip: Saving Money By Purchasing Your Own Tanning Bed

Obviously the convenience of having a residential tanning bed will come with a price. Your best bet is to be fully prepared before starting your hunt for a residential tanning bed, and knowing exactly what you should expect to pay and what you are actually willing to pay. Different residential tanning beds will have very different price tags depending on the features they offer. Generally though, you can expect to pay anywhere between \$1,000 and \$7,000 for a residential tanning bed. Canopy tanning beds are the cheapest, while standard residential tanning beds will cost you around \$2,500. Tanning domes, which are slightly more innovative and beneficial than beds, may cost anywhere from \$8,000 to \$10,000. Figure out what residential tanning bed features you can't live without when trying to get the best price possible for a bed. If you can live with only having a tanning canopy, that might be the best option for you. If you want a standard tanning bed, choose one with the features that match your budget.

Tip: Saving Money By Purchasing Your Own Tanning Bed

While purchasing a residential tanning bed may sound expensive at first, it helps if you consider how much you would be spending if you continued to go for weekly visits to the tanning salon. In order to calculate the cost difference, it is important that you keep all expenses in mind, including electricity and how much it would cost you in gas to drive to the tanning salon. Calculate how much money you spend tanning at the salon by

considering how many times a week you go, how many miles you drive there, and how much you pay for gas. Then calculate how much your residential tanning bed will cost, how often you will have to pay for new lamps, and how much electricity you use per tanning session. In doing this, you can figure out how much a year at a salon will cost you, versus how much your home tanning bed will cost. The best part is, each year, the salon costs will go up, while your residential tanning bed costs will go down, as long as you are finished paying for your bed. Hopefully these calculations will help you see the financial benefits of owning your own tanning bed. And when you add in the convenience of tanning whenever you choose in the privacy of your own home, it's priceless.

Category: Indoor Tanning

Subcategory: Indoor Tanning Tips

Tip: Getting Started with Indoor Tanning

Indoor tanning differs from outdoor tanning. You can't spend hours in a tanning bed working on your tan. Outside, other objects direct sunlight away from you and it is easy to spend an hour in the sun. With a tanning bed, direct UV light has nowhere to go but to your skin. You should not be in a tanning bed for more than 10-12 minutes. Only increase the time if a professional recommends it. Take a timer with you if you need to. A good tanning professional clocks your time for you and notifies you if you have been in the tanning bed too long.

Tip: How do Tanning Beds Work?

Tanning beds emit UV rays, much like the sun does. Tanning beds use tanning lamps that emit these rays only UV-A or UV-B rays though. The other kind, UV-C, is more harmful to your skin. As you begin your tanning sessions at a tanning salon, you'll sit under tanning beds under the guide of a tanning professional. The lamps will stimulate melanin in your skin and as part of a reaction to protect your body from further sun; your skin will turn a darker. The tanning bed lamps use a more UV ray but don't assume it is so safe to use you can stay inside the tanning bed for too long. UV-A rays can still cause sunburns or much worse.

Category: Light Therapy

Subcategory: Heliotherapy

Tip: About Light Therapy

Light therapy is another name for heliotherapy. It is the treatment of the symptoms of a disease or condition using natural or artificial light. Doctors prescribe light therapy when a patient needs more sunlight or the aide of a tanning bed or sunlamps. One of the more common uses of light therapy is to treat seasonal affective disorder, also known as SAD. SAD causes symptoms of depression in people who live in light-deprived regions. As an example, the northern countries in Europe and the Northeast region of the United States lacks the sunlight compared to regions closer to the Equator.

Tip: Heliotherapy's Roots

Exposure to sunlight has long been a cure for what ails you. There are examples of the use of heliotherapy throughout literature and art. However, the first documented uses of heliotherapy are from the mid 1800s. Then, various doctors throughout Europe were prescribing heliotherapy as a treatment for everything from tuberculosis to dermatitis. Today, doctors use heliotherapy, or sunlight therapy. Doctors prescribe it to treat conditions such as Seasonal Affective Disorder and some dermatological conditions such as psoriasis. Doctors recommend getting more sunlight or make use of tanning beds to take care of ailments.

Category: Seasonal Affective Disorder

Subcategory: Causes & Treatments

Tip: Diagnosing Seasonal Affective Disorder

The presence of sad feelings during the winter months is not enough to justify a diagnosis of seasonal affective disorder (SAD). Post-holiday credit card bill shock or cabin fever symptoms are enough to trigger a blue day or two during the winter. There are definite clinical indicators that must be present to diagnose someone with SAD. The person must show symptoms of clinical depression and must have done so for at least two consecutive winters. A person with SAD changes during the spring and summer months as symptoms disappear, or nearly so. If you think you or someone you care about may have SAD, you should contact your doctor or your local community mental health center. You can find a listing of local mental health associations at the National Mental Health Association's Web site (www.nmha.org).

Category: Skin Types

Subcategory: Skin Type Definitions

Tip: About Skin Types

The U.S. Food and Drug Administration and the American Academy of Dermatology have developed six skin types. Classification into the various skin types is based on two causes: a person's sensitivity to ultraviolet (UV) light from the sun or tanning beds and the person's skin tone. The six types are: I - White skin, easily burns, never tans. II - Sensitive light skin, rarely tans, burns more often III - Light skin, tans more, burns equally IV - Light dark skin, tans more than burns V - Darker skin, rarely burns, tans darkly VI - Dark skin, never burns, dark even tans

Tip: Effect of Skin Type on Tanning

The difference between skin types is the amount of melanin produced by the melanocytes. Albinos, which would be considered skin type I, do not produce any melanin and are, consequently, at great risk for burning and suffering long-term skin damage. Thus they should not be out in the sun too long without protection. People with darker skin tone have a skin type of either V or VI. African-Americans or those of Mediterranean descent are constantly producing a certain amount of melanin and so are less prone to burning. Anyone in between the I and VI skin types tan at different ranges. Knowing your skin type helps to determine how long you can stay in the tanning bed.

Subcategory: Skin Types

Tip: Tanning Beds and Fair Skin

Tanning effects on different skin types has varied results. If you have pale or fair skin and you are thinking about using salon or home tanning beds, there are some things you need to know about tanning with fair skin: Tanning effects on skin can be different, depending on skin types. They are classified into six categories, from I - VI. If you have skin type I, the lightest type of skin, you are the most prone to burns while tanning. Shower before tanning. Makeup and perfume can cause your skin to be more apt to burn. If you are tanning fair skin, wear a sunscreen that contains a minimum of SPF 20 to 30 to help the skin tan without burning. Tanning for fair skin can be dangerous if you don't take precautions. Use salon or dealer recommended moisturizers specifically for indoor tanning, before and after tanning. They are specially formulated to keep your skin healthy with indoor tanning. Indoor tanning lotion is designed for indoor beds, since they do not contain dangerous UVC rays. Do not use indoor lotions for outdoor tanning. Wear UV protective lip balm to keep your lips from being overexposed. Always wear protective goggles. For pale skin, safe tanning involves exposing the skin for very short amounts of time initially. Depending on how your skin reacts, increase the amount of time little by little - until you get to the maximum session time. Do this over a long span of time and be patient. Let 24 to 72 hours pass before tanning again. It will take time for your tan to develop - don't rush the process. Too much tanning and aging skin are closely related. If you plan to tan nude, only tan your sensitive body areas for half the amount of time, for the first three or four sessions. If you develop a rash, itchiness, or

other skin problems after tanning, consult a physician.

Category: Spray Tanning

Subcategory: Spray Tanning

Tip: How to Prepare For a Spray Tan that Lasts

Before you go to get a spray tan, you should make sure that your skin is clean. Shower before your session and use a non-moisturizing mild soap. Also, try not to use any moisturizers, lotions, or makeup before a spray tan as these may block your pores and prevent the tanning solution from interacting with your skin. It's always a good idea to use an exfoliator on your skin before going to a spray tanning booth.

Category: Sunless Tanning

Subcategory: Sunless Tanning Products

Tip: Recent Improvements in Sunless Tanning

Most sunless tanning lotions and products are now easier to use. Some come with a light tint to the lotion color so you can clearly see where you have applied the lotion. This prevents streaks or splotches with areas you may have missed. In addition, some sunless tanning lotions include extra benefits like vitamins and herbs that are healthy for your skin. All of them are easy to afford and you can find great selections at your local tanning salon. Ask the tanning salon attendant about how to pick the best sunless tanning product for your body.

Subcategory: Sunless Tanning Tips

Tip: Sunless Tanning: Maintenance

The problem with sunless tanning is it doesn't last long. Your tan will fade as your skin cells fall away, which happens naturally every day. The effects of the sunless tanning will also be shortened by exposure to water or if you are highly active. Water in your skin cells will dilute your tan. To keep your tan looking great, reuse your sunless tanner regularly. The more you use the sunless tanning lotion, the more saturated your skin will be. Just don't reuse too often or you'll make your skin too dark. If you use other tanning lotions with sunscreen on top of your sunless tanned skin, be aware that you shouldn't mix certain products and ask a professional at a tanning salon about it. The tanning salon attendant should be able to offer the right sort of products for self tanning, maintenance and lotions.

Tip: Sunless Tanning: The Basics

There are several forms of sunless tanning that you can do. Sunless tanning refers to not using UV rays in order to create a tan. One of the most common ways is to use sunless tanning lotions. The sunless tanning lotions come in a variety of forms but it comes with DHA. This creates brown colored melanoids in your skin. You can find the sunless tanning lotions at your local tanning salon. If you struggle with getting an even tan doing it by yourself, most professional tanning salons offer a sunless tanning booth. The booths offer a way to get an even glowing tan using sunless tanning spray along your body. It is a method of standing in the booth, in a certain way and the booth sprays your body for you. You need only to follow the tanning salon attendant's instructions.

Category: Tanning Accessories

Subcategory: Tanning Accessories

Tip: Salon Tanning Bed Signs

It is important for tanning salons to have ample signage to inform customers the status of each of the salon's beds. Not only will they help customers, but they will also help the owners to keep track of which beds are occupied and which beds need to be sanitized. Signs placed outside each tanning bed stating "this bed has been sanitized," after it's been cleaned will make customers more comfortable. Other signs that may be helpful for salons are signs informing customers how to use the beds and of the dangers of beds. It is also important to have a sign in each booth letting customers know they must wear protective eyewear. For an attractive salon on the outside and inside, owners should be sure to purchase signage to entice customers to enter their salon. Neon signs are a hot look for salons because the bright neon lights make potential customers think of tropical and sunny locations. Many times the signs will also have a bright sun on it. If you own a salon that is also a hair and nail salon, it is important that you put a big sign in the window that tells people you are also a tanning salon. If you are solely a tanning salon, you should have a sign the lights up when you are open. Another great window sign idea is to inform customers that your salon has brand new bulbs in its tanning beds.

Tip: Tanning Pills: An Accessory You Should Stay Away From

Tanning pills are a tanning accessory you should beware of. Most of these pills are commercially banned in the United States and the Skin Cancer Foundation strongly cautions tanners from using them. Tanning pills got a good name because they help users tan faster and darker than they would without the pills. However, it is always a bad idea to take any type of pill that claims to accentuate the effects of tanning. The pills

contain a carotenoid called canthaxanthin and have been associated with hepatitis and urticaria, which is a condition that causes excessive itching and skin eruptions. Because the pills technically interact with the sun to create a tan, they actually accentuate the damage done to the skin. Whatever you do, make tanning pills a tanning accessory you stay away from.

Category: Tanning Bed Parts & Equipment

Subcategory: Tanning Bed Parts & Equipment

Tip: Tanning Bed Parts & Pillows

Tanning bed pillows are an important part of your tanning bed. If you own a tanning salon, you need to make sure your customers are comfortable while lying in your beds. And if you have your own tanning bed, you will want something to rest your head on while tanning. There are many different types of tanning bed pillows but the solid foam pillows seem to be the most comfortable and last the longest. These pillows cradle users' heads and don't slip or slide on the bed's surface. Because of the contours of the pillow, even if the user falls asleep his or her head won't tilt to the side. This results in an even tan without users having to worry if they want to take a relaxing nap while in the bed. The solid foam pillows are also much easier to clean than fabric covered pillows are. A disinfecting solution can simply be sprayed on and wiped off.

Category: Tanning Beds

Subcategory: Home Tanning Beds

Tip: Sunquest Tanning Beds

The Pro 24RS Sunquest Tanning Beds have 24 efficient Wolff® tanning lamps that give you a full body tan equivalent to that which you would get from commercial tanning beds. The home tanning beds lamps are specially angled for maximum efficiency of reflecting rays, for a terrific tan. There is an optional SolarMax IFT face tanner available to provide extra power to deepen facial color. The tanning beds have 12 lamps in the canopy and in the bench. It features specially glossed aluminum reflectors for maximum tanning power and efficiency.

Category: Tanning Bulbs & Lamps

Subcategory: Tanning Bulbs & Lamps

Tip: How Often Tanning Salons Should Change Tanning Bed Lamps

Tanning bed lamps need to be changed before they actually burn out. The reason for this is that, the closer they are to burning out, the less UV light they emit and the less effective they become. If you're using 1,000 hour lamps, they should be changed after 800 hours in order for you to keep your beds as effective as possible. If you're using 800 hour lamps, you should change them after 700 hours. A good rule of thumb is to change the lamps after they use up 80% of their life expectancy. The bulbs for face lamps don't last as long as the bulbs in tanning beds, and need to be changed more often.

Tip: Replacement Tanning Bed Bulbs

No sun? No problem. With tanning lamps and replacement bulbs for tanning beds, you can get the tan you want. Tanning bulbs emit UV-A and UV-B rays. You will feel the difference when your tanning bed is equipped with the highest quality sun tanning lamps in the indoor tanning industry. Find a reputable full service carrier of tanning bed parts and supplies. The tanning bed company should carry the finest tanning lamps and the most powerful tanning bed bulbs to give you a bronzed, even tanned skin. Check with your owner manual to find the exact bulbs and wattage you need. The customer service at your retail tanning bed company should be able to help you find the bulbs you need.

Tip: Tips for Tanning Bulbs

Tanning beds provide an indoor tanning experience through use of UVA and/or UVB tanning bed lamps (or tanning bed bulbs). The UV light in the bulb stimulates melanin production in skin cells, causing the skin to tan and produce vitamin D. If you have home tanning lamps or a tanning bed business, there are things you need to know about the care and maintenance of your bulbs. Here is some helpful information from MasterTanning, suppliers of Wolff and SunQuest tanning bed bulbs: You can purchase tanning bulbs for tanning beds with different UVA and UVB blends and bulbs for different levels of exposure. There are two types of ends for lamps: BIPIN and RDC. It is important that you know what type of replacement tanning bed bulbs or facial tanning lamps you need for your salon or home tanning bed. The life of a tanning lamp is between 1,000 and 2,000 hours. Tanning lamps are strongest from the time they are new until about 50 hours of use, then the efficiency decreases by 20%. After about 500 hours, bulbs are at about 50% efficiency. If you keep the bulbs after 500 hours, know that tanning will take longer. Tanning bed lamps come in colors for no reason other than preference.

Tip: What Size Lamps Are Needed For Tanning Beds

You should always check the lamps you are currently using or the label on your tanning bed in order to determine what size replacement lamps you need to purchase. There are three main different sizes of lamps you could need: F71, F72, or F73. If you also

need a facial lamp for your bed, you may also need to purchase an F59 lamp. Most commonly, tanning beds use F71 lamps, which are about 71 inches long. These lamps are all 100 watts with two metal pins on each side, referred to as Bi-Pin; they simply twist into place much like any ceiling fluorescent light would. Sometimes older tanning beds use F72 or F73 lamps. Instead of twisting these lights into place, they spring into place, have a black plastic cap on the end, and are referred to as RDC. If you have an older, rare bed, you should always call a professional tanning bed lamp supplier before purchasing your lamps. It is extremely expensive to have your lamps shipped, realize you have the wrong size, and need to send them back.

Category: Tanning Lotions

Subcategory: Indoor Tanning Lotions

Tip: Tanning Lotions

Consumers are often confused with the difference between tanning products. There are tanning lotions, sunscreen, sun block, tan enhancers and much more. Some products combine their uses, making it more difficult to pick out which product you should use. If you find yourself suffering from dry skin after a tan, you will need a product called tanning lotion. Like regular lotions, you will get back some of the moisture, as tanning may dry out the skin on some people. Tanning lotion usually has additional benefits, like tan enhancing agents. You don't stop tanning once you step out of the tanning bed. Instead, your skin continues to develop and the additional tanning agent in your tanning lotion may help develop your tan.

Subcategory: Tanning Lotions

Tip: How to Decide What Type of Tanning Lotion to Use

Because there are so many different brands of tanning lotion and so many different types within a brand, it can make your head spin when trying to decide what lotion will be best to use. The best thing you can do is to ask the employee at a salon you frequent. They generally have a lot of experience with various types of lotions and in listening to your skin's needs and your desires, they can help you choose the lotion that will give you the tan closest to what you want. Salons also usually sell sample lotion packets for a few dollars each. It definitely can't hurt to purchase a few and try them out before committing to buying a whole bottle of lotion. Because lotion can be expensive, it is never wise to buy an entire bottle without having any idea whether or not you're going to like it. Many different factors can go into whether or not you'll like a lotion, including the scent of the lotion and how greasy it makes your skin feel. If you are still confused about what lotion is best for you, go online to various tanning lotion websites and tanning forums and read lotion descriptions and user reviews. Also, ask your friends or

other customers who frequent your salon what they like to use and why they choose it. It can't hurt to get first-hand advice from people who have actually tried the tanning lotions themselves.

Tip: Moisturization is Essential to the Perfect Tan

It is extremely important to keep skin moisturized any time you are tanning. Moist skin tans much better than dry skin. Moisture will also make skin softer and will keep it from forming wrinkles as quickly as dry skin. A good moisturizer will not only add moisture to the skin, but it will also add some oils to the skin. If you have severely dry skin, a moisturizer with additional oils will be best for you. However, some people don't like having a greasy feeling on their face and body so make sure you purchase a product you feel comfortable using. Moisturizers should also include sodium PCA, or sodium pyrrolidone carboxylic acid, which is an efficient natural moisturizing factor that includes a lot of water to keep your skin soft. Other moisturizing factors that are not natural include sodium isethionate, glycerin and panthenol. Vitamins are also important to the health of skin. Without vitamins, you skin will be susceptible to oxidative damage from pollutants that can deplete the antioxidant system. Moisturizing lotions that include vitamin E or tocopheryl acetate are the best to fight this damage. Vitamin C is also included in good moisturizers because it works together with the vitamin E. Scientists have actually found that these vitamins are more powerful together than alone. There are many important ingredients that should be included in a moisturizing tanning lotion so you can get the best possible tan and keep your skin as healthy as possible. It is always a good idea to use a moisturizing lotion while tanning and also to apply it throughout the day.

Tip: Tanning Lotions that Contain Bronzers

Tanning lotions that contain bronzers will help to enhance and darken your tan, blend unevenly tanned areas and enrich the color of the tanned skin. Bronzers are becoming extremely popular and are now often included in moisturizers or offered in powder makeup form so that everyone can have bronzed, sun-kissed skin. Tanning lotions with bronzers can work for anyone, but their perfect for people who have hit a tanning plateau and are looking to get even darker. If the lotion contains a cosmetic bronzer, it will immediately show color that will wash off in the shower. DHA is a time-released bronzer that will gradually appear on the skin a couple of hours after tanning and will last much longer than the cosmetic bronzer. Be careful when choosing your tanning lotion with bronzer; you may want to ask a salon employee for help. The darker the stain of the lotion you are using, the darker your base tan needs to be or the lotion may cause streaking. Always wash your hands after using a tanning lotion that contains a cosmetic bronzer.

Tip: Tingle or Hot Action Tanning Lotion Products

Tingle or hot action tanning lotion products can add a little extra fun and relaxation to your tanning session, and can even help you get the ultimate tan. These products contain ingredients -- usually benzyl or methyl nicotinate -- that cause micro-circulation, which brings blood to the top of the skin, increasing blood flow and oxygenation of the skin cells. This oxygenation helps nutrients reach the skin, which expedites the skin's natural growth and maintenance processes. The more oxygen your skin gets during tanning, the better your results will be. While many people enjoy using these products, you should always be aware that they may cause mild to intense tingling of the skin, reddening of the skin and mild to intense heat on the surface of the skin. These sensations can sometimes bother users or cause them to have an unwanted reaction. If this happens, stop using the hot action product immediately. The reddening and warming effects produced by this lotion are a result of the increased blood flow and the effects are temporary. The duration is dependent on the intensity of the product and the sensitivity of your own skin.

Category: Tanning Process

Subcategory: Tanning Process

Tip: Fading Tans

Your tan will begin to fade if you don't work to maintain it. One of the main causes of a fading tan is exfoliating. Your tan occurs in the upper layer of your skin known as the epidermis, and the epidermis naturally replaces itself about every 28 days. If you don't maintain your tan once you have a base, you will notice that it begins to fade after a couple of weeks. Once you build your base tan, you should be able to maintain it by using a tanning bed one or two times a week.

Tip: Tanning Beds Vs. Outdoor Tanning

The process of tanning in a tanning bed and tanning outdoors under the real sun is basically the same. The main difference is that a tanning bed will filter out UVC rays, which are generally believed to be the most harmful rays. Also, you can control how much sun you are getting when in a tanning booth whereas the strength and amount of ultraviolet rays emitted by the sun varies from day to day. Tanning booth salons also regulate how much time you are allowed to spend in the booth.

Category: Tanning Safety

Subcategory: Tanning Safety

Tip: Tanning Bed Safety from the FDA

Are tanning beds safe for your skin? The safety of tanning beds depends on your willingness to take precautions. If you have any tanning bed safety concerns, read these tips from the United States Food and Drug Administration: Indoor tanning salon safety is important. Burns from tanning bed lamps can lead to melanoma. Wear goggles that fit securely. Be sure goggles are not broken or cracked. Build your tan slowly, over time. During your first tanning bed session, do not stay in for the whole session to avoid burns. Only tan once per week for tanning bed safety. A tan or burn can take six to 48 hours to appear on your skin.

Subcategory: Tanning Safety Tips

Tip: Eye Protection While Tanning

You should always wear goggles over your eyes when tanning in a tanning bed. The Food and Drug Administration make wearing eye protection mandatory and will ask to see your protection before allowing you in the bed. The good news salons will offer, either for free or sale, various forms of eye protection. Tanning salons also often offer various designs so you can choose the type you want. Many people don't like wearing goggles with an elastic band because they cause tan lines. The goggles without an elastic are fine for when laying down in a bed, though some people are still bothered by the tan line that could appear across their noses. An option to remedy this is the globe shaped goggles, which are two separate cup shaped lenses that you place over your eyes, eliminating all chance of tan lines. Beware of salons that claim their beds are so innovative that you don't need eye protection. Also, closing your eyes, wearing sunglasses, or placing cotton balls over your eyes should never be substituted for tanning bed eye protection.

Tip: Sanitizing Tanning Beds

After a tanning bed has been used, it will most likely be covered with bacteria and sweat. You do not want to lie in the mess that another customer has left behind. Tanning bed salon employees will go into the room and sanitize the beds after each customer. They should also sterilize the beds first thing in the morning and at the end of the day. However, even if the employees of the salon do sanitize the bed, they may not do a good job, or you may want the bed cleaned more thoroughly. This is why many salons also leave a bottle of sanitizer in each room with a bed. They should provide you with access to as many towels as you need. If you do not see any disinfectant in the room, you should ask the salon employees if you can use some. Wipe down the bed completely, before and after you use it. If you are using eye protection that you are borrowing from the salon, you should also make certain that it has been sanitized.

Tip: Setting a Timer

If you own a salon and are purchasing a commercial tanning bed, try your best to buy one with the best automatic timer system possible. There are many innovative commercial tanning beds that have accurate and guaranteed timer systems. Also, as an employee at a tanning salon, make your best effort to pay attention to who is in each booth and at what time they entered.

Tip: Who Shouldn't Tan

While this may seem like a silly question, the truth is that not everybody should tan. The U.S. Food & Drug Administration together with the American Academy of Dermatology have developed a skin type chart that includes six distinct skin types. The skin types are based on the degree of sun-sensitivity and skin tone. People with skin types I and II are the lightest skinned, most sun-sensitive types. According to the FDA and AAD, these people should avoid outdoor tanning. Even indoor tanning, with its timed exposure in a controlled setting, is probably something that should be avoided for skin types I and II. Anyone who continues to be exposed outdoors normally for work or play should consider that they probably don't need to spend extra time outdoors or in a tanning booth to tan. Also, anyone taking medication should consult with their physician to see if tanning is okay. Some medications increase sun-sensitivity so that someone who would otherwise tan might receive a nasty burn. There are other medical conditions that put people at risk for developing complications from tanning. If you have any doubt, ask your doctor.

Category: Tanning Salon Ownership

Subcategory: Starting a Tanning Salon

Tip: Tanning Industry Professional Associations

In the United States, the Indoor Tanning Association (ITA) represents members from the home and commercial tanning bed manufacturing industry, distributors, and members from related industries. The purpose of the ITA is to promote the free right to the use of tanning beds. It also provides educational information about proper skin care and the effects of tanning on the body. You can learn more about the group's mission and member benefits from visiting the Web site (www.theita.com) or calling toll-free 1-888-377-0477. You can reach the European counterpart to the ITA by contacting the European Sunlight Association at +32 - 2 500 89 61 or visiting the nonprofit group's Web site (www.europeansunlight.org). You can learn more about the group's mission and member benefits by visiting its Web site or calling toll-free 1-888-377-0477. You can reach the European counterpart to the ITA by contacting the European Sunlight Association at +32 - 2 500 89 61 or visiting the nonprofit group's Web site.

Subcategory: Tanning Salon Ownership

Tip: Buying a Tanning Salon Franchise

When opening your own tanning salon, you will be interested in purchasing commercial tanning beds for your salon. There are many different brands of commercial tanning beds you can purchase and you will need to conduct adequate research to determine what brand is right for you and from where you should purchase the commercial tanning beds. It is a good idea to purchase different types of commercial tanning beds to give your customers options. Allow them to choose from commercial tanning beds or booths and give them different options for timed sessions. Also, consider purchasing some high pressure commercial tanning beds and some low pressure commercial tanning beds.

Tip: Offering Your Customers Pricing Deals

In order to create more business in your salon and attract more customers, you may want to offer special pricing deals. There are many different options you can take with your pricing plans. You can charge my session or by minute and you can offer various packages. It is also important to consider issues such as whether or not you want your special packages to have an expiration date. You may want to research other salons in your area to see what they are offering so that you can be a strong competitor with them. One word of advice is to make sure you are not pricing your tanning packages too low. While this may entice customers, it could also make it difficult to afford the maintenance of your tanning beds.

Tip: Starting a Tanning Salon Business

Are you interested in opening a tanning salon? Here are a few tanning salon tips before you jump in: If you've never owned a business, start by consulting with the Chamber of Commerce for ideas and contacts. Consider joining a Small Business Administration charter or local business network to get more information about starting a small business. Check local and federal regulations governing tanning salons. Contact a reputable dealer of commercial tanning beds, tanning salon equipment, and tanning supplies. Find out about special pricing for salons and financing to start your business.

Category: Ultraviolet Light

Subcategory: Ultraviolet Light Types

Tip: About Ultraviolet Light

Ultraviolet light, sometimes called ultraviolet radiation, is light that you can't see. It can be naturally occurring, as with the sun, or artificially produced by bulbs such as tanning

bed bulbs. Ultraviolet light is broken into three bands: ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC). There has been, and continues to be, much debate over the danger or relative safety of exposure to UVA and UVB light. UVC light is not so much of a hot topic; the ozone absorbs UVC light when sunlight passes through the atmosphere.

Tip: Ultraviolet A (UVA)

Ultraviolet A (UVA) light is one of three types of UV light. It comprises the UV light band. The sun emits UVA light naturally. Commercial tanning bed bulbs and indoor tanning bed bulbs, as well as by other consumer and commercial devices also expose UVA light to people's skin. The ozone does not absorb UVA light. Unlike UVB and UVC rays, UVA rays penetrate deep into the skin. Overexposure to UVA light can contribute to premature aging. However, UVA has also been proven to provide relief for some conditions such as psoriasis when used in a controlled manner.

Tip: Ultraviolet B (UVB)

Ultraviolet B (UVB) light is the second of three types of UV light. UVB comprises the UV light band. Like UVA light, the sun emits it naturally. Commercial tanning bed bulbs and indoor tanning bed bulbs also expose the skin to UVB light. Unlike UVA light, UVB light is partially absorbed by the ozone and mainly affects the surface of your skin. Overexposure to UVB light from the sun, an indoor tanning bed, or other device may result in sunburn. Regular, limited exposure to UVB light creates a nice, healthy tan on the body.

Category: Used Tanning Beds

Subcategory: Used Tanning Beds

Tip: Buying a Used Tanning Bed From a Salon

When thinking about purchasing a used tanning bed, consider buying one from a salon, one of the best places from which to get used tanning beds. Many times, salons will sell their older beds if their business is shutting down, they are scaling down, or when they are upgrading all of their machines. Tanning salons are the best place to buy used beds from because they usually have top of the line, high quality beds. They also keep their beds really well maintained and usually have all of the original documentation from the sale of the beds. Even if you end up having to pay a little more for the bed, it may be worth it because you know you are getting a good machine.

Tip: Determining How to Transport Your Used Bed

Another important factor to consider when thinking about buying a used tanning bed is how you will transport the bed to your own home. It is really difficult and expensive to ship a used tanning bed. Because they are so large and fragile, they needed to be shipped with a lot of packaging materials, it may not be worth the trouble. Sellers also may not want to go through the trouble of shipping their used tanning bed to a buyer. If at all possible, try to purchase your used tanning bed locally and make sure you have enough packaging materials, such as foam, so you can easily travel with it. If you are travelling a long distance with your used tanning bed, make sure you make frequent stops to check on the bed and ensure that it is not getting damaged during the trip.

Category: Vitamin D

Subcategory: Vitamin D

Tip: Vitamin D

Do you get Vitamin D from tanning beds? Find the answer and more information about tanning beds and Vitamin D from these tips: Vitamin D is a fat soluble vitamin that is necessary for healthy teeth and bones. It is important for the metabolism of minerals, which play a part in immunity. Weak bones and kidney stones are symptoms of Vitamin D deficiency. Foods with Vitamin D include Vitamin D fortified milk, fatty fish, and fish oils. You can get Vitamin D when the skin is exposed to sunlight, or you can get Vitamin D from a tanning bed. In cities like Boston, the average amount of sunlight is not enough to provide sufficient Vitamin D in the winter months. Some people in these northern areas have noticed that using a tanning bed and Vitamin D absorption are related. If you use a tanning bed, Vitamin D will absorb the same way it does from the sun. There are many benefits to tanning in the winter, from positive tanning effects (like that golden glow) to Vitamin D absorption. If you want to know more about Vitamin D and sun tanning beds, go to www.mastertanning.com. Always be safe when tanning. Wear sunscreen and only tan for manufacturer recommended amounts of time. If you think you have a Vitamin D deficiency, see your doctor.

Subcategory: Vitamin D Deficiency

Tip: About Vitamin D

Vitamin D is an important vitamin for your body as it promotes strong, healthy bones. It also supports your muscles and your nerves as well. Without vitamin D, you could not perform optimally when exercising. Studies prove getting regular sunshine ensures the body of getting enough vitamin D, and that athletes perform far better than without regular exposure to UV rays.

Category: Wolff Tanning Beds

Subcategory: Wolff Tanning Bed Tips

Tip: Tanning Beds Supplier Delete

A tanning beds supplier carries essential components to create your own tanning bed area at home or a commercial tanning bed salon. A tanning beds supplier would know about tanning beds and which ones to purchase and maintenance of your current tanning beds too. For example, if you're interested in the SunVision Tanning Beds, make sure you speak with customer service at a commercial tanning salon for their opinion, and then speak with the supplier when you have buying questions. Commonly seen with a tanning beds supplier are products like tanning beds, tanning lamps, replacement bulbs and more. Some carry signs needed for commercial tanning beds. Others have additional reading material -- manuals for each tanning bed and even how to start your own tanning salon. If you ever lost a tanning bed manual, you would be able to contact a tanning beds supplier for additional copies.

Tip: Wolff Tanning Beds

For over twenty five years, Wolff residential tanning beds and commercial tanning beds have been a brand name in the tanning industry. The variety of tanning beds that have been developed since are designed to provide an even tan and is approved by the U.S. Food and Drug Administration. If you were to start a commercial tanning bed salon, most usually have Wolff tanning beds. Do a search online for Wolff and you'll find many places that sell the brand name of tanning lamps and tanning beds.

Subcategory: Wolff Tanning Beds

Tip: Solaris Tanning Beds

Solaris tanning beds by Wolff Tanning beds are some of the best in the industry according to salon owners and tanners as well. In just 12 or 15 minutes, depending on the model you choose, tanners are able to achieve the deep, dark tan they desire. To get the ultimate face tan, the Solaris's facial tanning system features Xtreme Reflection Technology. Not only are the beds constructed entirely from metal, but they also have slide out utility drawers, high-tech digital timers, and an hour meter located right in the bench. The Solaris tanning beds also have variable speed body cooling systems, superflow internal cooling systems, and advanced after cooling systems.

Tip: Wolff Velocity Sunlamps

Wolff Velocity Sunlamps are among the most popular choices for original equipment, lamp replacements for other Wolff lamps, and replacements for lamps from other

makers. The 80 & 100W non-reflector sunlamps use advanced phosphor technology so that tanners can get strong color over and over again. Velocity sunlamps by Wolff are expected to work for 1,000 hours making them an extremely good value. They also have advanced UVB for shorter sessions. Velocity sunlamps are available in standard F59/Bi-Pin, F71/Bi-pin and F73/RDC configurations, and VS-R 160W VHO reflector in FR71/Bi-pin. Before using Wolff Velocity sunlamps with your existing tanning bed of a different make, be sure that they are compatible with your equipment.