

SAFE TANNING, IS IT POSSIBLE?

Okay, so that painful sunburn you got in the tanning bed doesn't seem so bad now. Did you know that in twenty or thirty years it could lead to ugly skin blemishes, cataracts, and a weakened immune system? It also can cause premature aging (called photo aging), where the skin becomes thick, wrinkled and leathery. People often think these changes in their skin are just part of getting older, and they don't realize that with proper precautions, your skin can look young and healthy as you age. The most serious side effect of tanning is the increased risk of skin cancer. Melanoma, the most serious form of skin cancer, is often fatal. Non-melanoma skin cancers are not usually fatal but shouldn't be taken lightly. THERE IS NO SAFE WAY TO GET A TAN!!! But some ways are less harmful than others.

WHO IS AT RISK?

Some people are more at risk of sun damage than others. According to the FDA, you need to be especially careful in the sun if you have fair skin; blond, red or light brown hair; and blue, green or gray eyes. If you have freckles and burn before tanning, spend a lot of time outdoors or were previously treated for skin cancer, you also have increased risk. Of course a family history of skin cancer, especially melanoma, is another serious risk factor. People who work indoors all week but try to catch up on their tan on the weekends, or take medications such as acne medicines, antihistamines, tranquilizers, etc., have increased their risk of sun damage too.

HOW CAN YOU PROTECT YOURSELF?

There are many steps to take to protect yourself from the sun's harmful ultraviolet rays. Avoid the sun from 10 am to 3 pm; these are the hours when the sun is the strongest. Wear clothing that protects you from the sun, including a hat and UV-protection sunglasses. Always wear sunscreen that has an SPF 30 and is waterproof, even if it is cloudy. Clouds block only 20% of UV rays. UV rays penetrate through water while snow and sand reflect the rays so both can increase the amount of radiation you get. Plan to protect yourself under all conditions.

ARTIFICIAL TANS

Artificial ways of getting a tan can be harmful to you, also. People used to think that artificial tans were safer than natural ones because of the type of UV rays used in tanning beds. Scientists believed that UVB rays were the worst. They are now reporting that UVA rays, which the tanning beds use, are just as bad as natural sun. Furthermore, UVA rays have been shown to cause melanoma, the most serious form of skin cancer.

Tanning beds aren't the only way to get an artificial tan; tanning pills, accelerators, bronzers and extenders are also available. Tanning pills contain carotenoids, which give carrots their orange color. These are not safe because you are consuming high levels of beta-carotene. Tanning accelerators have not been proven effective and do not stimulate the body's own tanning process. Bronzers and extenders are considered cosmetics and are a safe way to get

a fake, temporary tan. They stain the skin and can be washed off with soap and water. The color, which wears off after a couple of days, is harmless. They usually don't offer sunscreen protection. Enjoy your time outdoors in the sun, but remember to protect your skin. You are going to need it for a long time. ENVIRON offer an excellent Sun Screen protector.

How to Fix or Remove a Spray-On Tan

As more and more information becomes available about the dangers of sun exposure, more and **more people are opting for artificial tans**. They give you the look of a natural tan, but without the harmful effects of the UV rays. But artificial tans aren't without their own risks. If you apply them incorrectly, they can be splotchy, stripy or just plain too dark. Remember a professionally applied Tan will overcome most of these problems – they do it more often and have been professionally trained, and use trusted commercial products. At **Amber Health, Beauty and Sports Injury Clinic** we use Sudo Tropical Airbrush Tanning Products <http://www.su-do.com/> , which tend towards a “Browner” finish and **Amber Health, Beauty and Sports Injury Clinic** are happy to make repairs if it goes wrong, which is quite rare. Luckily, artificial tans are easier to remove than the real thing.

Moderately Easy Instructions on what to do for a successful removal of Artificial Spray Tan

After all not everybody is a professional, and many Retail Products are not the same as Commercial Products.

Step 1

Hydrate your skin. The artificial tan is only on the first layer of skin. The best way to speed the removal of the tan is to speed the removal of this layer. A long soak in a warm tub of water will hydrate your skin cells, making them soft and plump and easier to exfoliate.

Step 2

Exfoliate your skin: One of the best and most inexpensive exfoliating products is baking soda. Once you've hydrated your skin, place some baking soda in your hand or a wash cloth and rub it anywhere you'd like to remove the artificial tan. Rub firmly but gently. If your skin begins to become red, stop and allow your skin to rest. You may need to repeat this step several times. Avoid using baking soda around your eyes.

Step 3

Take a swim. Bleach is useful to lighten a tan, but not advisable for use on a large portion of your body. An alternative to this is chlorinated [pool](#) water. This has the added perk of continuing to hydrate your skin and speeding up the sloughing process. A chlorinated hot tub would be best, as warm water enters your skin cells better than cold water.

Step 4

Use the things the tanning products say to avoid. These include Dove shower gel, Curel lotion and bug spray.

Step 5

Be patient. If all else fails, remember that your body naturally gets rid of that layer of skin on its own.

Step 6

Ring **Amber Health, Beauty and Sports Injury Clinic on 01752 251552** for a professionally applied Artificial Tan, you will not be the first or the last.