

## Protecting Yourself While Indoor Tanning

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It is true that indoor tanning is safer than beach tanning, but there are still some risks to be had so you need to learn how to protect yourself. Indoor tanning devices such as indoor tanning beds emit ultraviolet rays that are similar to the sun. The tanning of your skin occurs when it produces additional coloring to protect itself from burning because of the UV rays. Overexposure that is found when outdoor tanning can lead to eye injury, premature wrinkles, and cancer, but with moderation indoor tanning can be a safer alternative.

The most common device used in an indoor tanning salon is the indoor tanning bed. As the customer, you lie down on what is mostly a Plexiglas surface as the lights from both above and below tan your skin. It is the older indoor tanning beds that produce the most UVB rays that actually cause the burning. A lot of research has been done on this subject and many indoor tanning salons have taken notice. That is why they have changed to indoor tanning beds that emit mostly long wave light sources or UVA. Most indoor tanning retailers claim that this is safer than the older indoor tanning beds being used. In fact it probably is. UVA rays are less likely to cause the burning that can be linked to melanoma and immune system damage, but again, only if it is done in moderation.

Indoor tanning lotions are recommended for long term use in tanning beds. Not only do they have indoor tanning lotions that protect you as much as possible from the UVB rays that can be harmful to you, but they also have accelerators, bronzers, tingle bronzers, and other indoor tanning lotions that help to prevent aging lines while giving you the best tan you can have. They don't necessarily bring in more UVA or UVB rays, but they accelerate the process so you have to spend less time in the indoor tanning bed. Again, if you estimate the time you spend tanning on the beach versus the time you spend in an indoor tanning bed you can plainly see that you will have a better tan in less time.

It is important that you use eye protectors known as goggles while you are lying in the indoor tanning bed. Just closing your eyes, wearing sunglasses that are not UV protected, or using cotton balls is just not as effective in protecting your eyes against damage. Granted, in the sun you can receive as much damage but people are more apt to know when their eyelids are burning in the actual sun versus the indoor tanning bed.

Indoor tanning is safe if done correctly. You should spend only the allotted amount of time and it shouldn't be an everyday thing. Most indoor tanning salons are very aware of the dangers of extended or long term use and most likely they will counsel you on the proper way of indoor tanning. The best tanning salons are the ones that will tell you when your indoor tanning has gone too far. This is the best indoor tanning tip of them all. In these cases, they are just looking out for your best interest.