

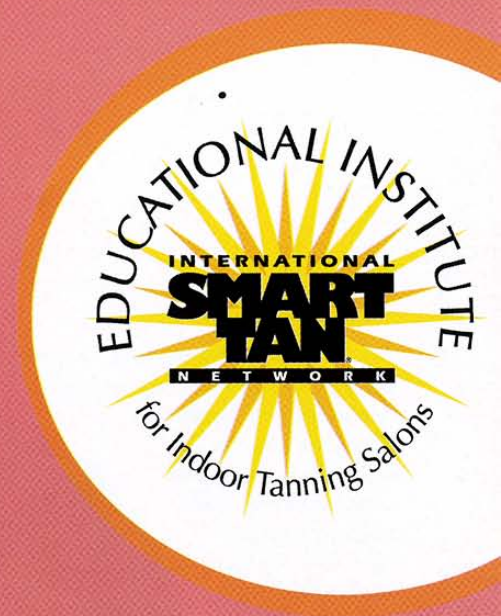
Q: What are the causes of white spots?

A: White spots have several causes, so it's best to check with a trained tanning operator for verification of your particular situation.

Vitiligo is irregularly-shaped white patches of skin that do not tan. It is caused by a condition that causes melanocyte cells in the affected area to degenerate and die off. Your physician can help reverse the effects of vitiligo.

Tinea versicolor, or "sunspots" is dandruff-like fungus that flakes off the scalp onto the upper body. This condition is very common and has nothing to do with cleanliness. Extra-strength dandruff shampoo is often used to treat it.

Pressure Points are seen on skin surfaces that contact the equipment, such as shoulder blades, the backs of calves and upper arms. To avoid this, shift position during the session so that all skin receives oxygen.



FAQ'S about indoor tanning



frequently asked questions

As a conscientious tanner, you're probably curious about myths and various concerns you've heard about. We want to make sure you have all the correct facts so you can make your tanning decisions smartly. This brochure is dedicated to some of the most frequently asked questions regarding tanning. In addition, you should always feel free to consult the tanning operators at this salon if you need more information.



Q: How often can I tan?

A: By federal and state law (where applicable), every tanning device manufactured today is required to have an exposure schedule attached. Some states require up to 48 hours spacing between tanning visits. Others allow as little as 24 hours between sessions. This schedule is designed to give the skin time to process the UV light without allowing overexposure and risk of sunburn. The trained operators at this salon will determine your best exposure time based on a number of factors including skin type, medical data, recent exposure, and even lamp condition. However, the maximum exposure time on the equipment's schedule must never be exceeded.



Q: Is it really that important to always wear eyewear?

A: Yes! Our eyes don't have the capacity to produce melanin for protection like our skin does. UV light can be irreparably damaging to your eyes – the ultra-thin eyelids don't block ultraviolet rays, and neither do coins, cotton balls or anything other than federally approved eyewear for indoor tanning. Without the right eye protection, you are taking the chance of developing loss of color perception, poor night vision, macular degeneration, cataracts and permanent eye growths like pinguecula or pterygium.

Q: How do I prevent "raccoon eyes?"

A: You can adjust your protective eyewear during your tanning session. Don't lift the eyewear off your eyes – just slide it gently, making sure your entire eye is covered. Another obvious trick is minimizing the effects with make-up or by using a self-tanner.

Q: Can I tan when I'm pregnant?

A: The main objection to tanning pregnant women is the increased potential of becoming overheated. Understand that UV light does not reach the unborn baby, as it does not travel beyond the top layers of the skin. Other common concerns include hormones that may cause you to tan unevenly and constricted blood vessels from lying on your back.

Talk to us and we'll explain our policy on tanning while pregnant.

