

# Health NEWS & NOTES

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## Keeping Your Tan In Cooler Weather

(NAPSA)—Many sunbathers who enjoy tanning outdoors during warmer weather head to indoor tanning salons, health clubs and even video stores with tanning beds to maintain their tan.

When done responsibly, indoor tanning has many benefits and according to recent research, may actually help prevent some forms of cancer.

Just as with exercise, care must be taken to tan gradually and not overdo it. The best way to tan with indoor tanning equipment is to choose a professional facility, to understand the industry's guidelines and to avoid overexposure or any degree of sunburn.

According to the experts at Wolff System Technology, to maintain a tan, people with a good base tan from outdoor sun exposure, should have one to two weekly sessions at 48-hour minimum intervals. The tanned skin's outer layer enhances the body's ability to protect itself from overexposure.

Enjoying a responsible tanning experience is easier if salon attendants:

- discuss your skin type and exposure time chart with you. The type of skin a person has determines the ability of the skin to produce melanin. Skin types are hereditary and are not altered through tanning. Each skin type has an amount of time designated for tanning based on the least amount of ultraviolet light that stimulates tanning without reddening the skin.

- recommend a tanning schedule that will produce a moderate tan in successive stages.



**Tanning inside can give you that summer glow year-round, but only if you tan responsibly.**

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- discuss photosensitizing agents that may have a potentially photosensitizing effect when combined with UV exposure. They can cause your skin to be unusually sensitive to the ultraviolet rays. Review the list carefully to make sure that you are not taking any of the substances or using them topically on your body. Also, remove all jewelry, make-up, perfume, cologne, sunscreen or any other substance on the skin prior to each tanning session, unless it is a lotion designed for use in a tanning bed or booth.

- provide you with FDA-approved eyewear with instructions on use.

Wolff System Technology is one of the leading sources of tanning education. To download a free brochure, "Frequently Asked Questions About Responsible Tanning," visit [www.wolffsystem.com](http://www.wolffsystem.com) or contact the company at 1-800-959-6533.