

Health & Beauty

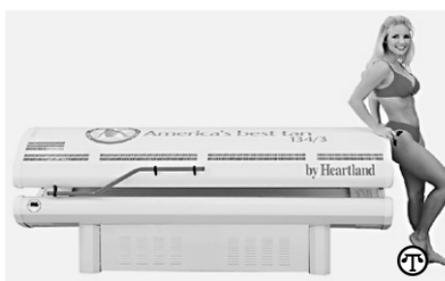
Protecting Your Skin From Damage

(NAPSA)—A healthy-looking tan can make you attractive and can help you feel better about yourself. Some people may worry, however, that an attractive tan can have unhealthy consequences down the road. Fortunately, research suggests that responsible tanning can have health benefits, including preventing some forms of cancer.

A study conducted in Canada shows that long-term exposure to sunlight is associated with a decreased risk of malignant melanoma. Exposure to ultraviolet light, which is part of sunlight, tends to thicken the epidermis and lead to a year-round tan, protecting your skin from the harmful effects of the sun. The study found that Canadian men working outdoors had a lower incidence of melanoma than the general population. Laboratory evidence also suggests that vitamin D, which is activated by sunlight, may block the growth of malignant tumors.

It's not enough to get tanned; you have to tan the right way. Here are some tips to help you make sure you catch the most beneficial rays:

- Tan gradually and don't overdo it.
- Make sure you're getting the right tanning program for your skin type. There are six gradations of skin type, according to a person's tendency to tan or burn.



Moderate sun exposure can help you feel healthy and attractive.

• Use indoor tanning equipment to maintain your tan year round. The best way to do this is at a professional facility that adheres to industry guidelines to prevent overexposure or sunburns. The facility should hygienically cleanse its beds between uses, and the attendant should be able to help you with a plan that suits your skin type, provide you with a list of photosensitizing agents so you can know if you're at increased risk and offer you eyewear to protect your vision from the effects of UV.

Wolff System Technology is an industry leader in tanning bed lighting, with more than half a million systems in use throughout the world. Its products allow you to get consistent, predictable exposure every time.

For a free brochure, "Frequently Asked Questions About Responsible Tanning," go to www.wolffsystem.com.