

Advice to protect your health

Tanning instructions

- Allow at least 48 hours between two tanning sessions.
- Never take double sessions.
- Do not sunbathe on the same day that you take a session.
- Do not use tanning accelerators, makeup or lotions in the solarium.
- Protect your eyes with goggles and cover sensitive areas of skin (scars, tattoos, genitals).

Do not use a solarium if...

- you are under 18 years of age
- your skin
 - ... is fair or freckled
 - ... easily sunburns
 - ... already is sunburned
 - ... has many moles or abnormally discoloured patches
- you had frequent severe sunburns in childhood
- you or close relatives have had skin cancer
- you use photosensitizing medications

Consult your physician if...

- you are in doubt concerning use of medication
- a mole begins to change or itch, or if unusual changes occur on your skin

Sun sensitivity & tanning ability			
Do you have sensitive skin?		Do you tan easily?	
If your skin always burns (skin reddening) and never tans...	If your skin always burns and seldom tans or tans poorly...	If your skin seldom burns and always tans...	If your skin never burns and always tans easily...
Do not use the solarium!		Take a maximum of 3 tanning courses per year, max 10 sessions each 1 st session 5 minutes, 2 nd session 10 minutes, 3 rd -10 th session max 15 minutes	

Warning!

Use of a solarium may cause irreversible eye and skin damage, such as skin cancer or premature skin ageing. The risk increases

if you start using a solarium at an early age (teens/twenties). The greater the solarium use, the greater the risk.

Sun beds are carcinogenic. Health authorities do not recommend the use of sunbeds for tanning.

