

Published based on [Improving Your Looks Using Indoor Tanning](#)

Improving Your Looks Using Indoor Tanning

There is no doubt that a person with a beautiful tan looks healthy and full of life. It makes a difference, whether going on a new date, applying for a job, or attending an important function. Today, anyone can have this appearance by using indoor tanning beds.[youtube:q5bWk5ToH4g?version=3;[link:Sun Tan Lotions];http://www.youtube.com/watch?v=q5bWk5ToH4g?version=3&feature=related]

It was in 1979 that this method of receiving a tan was first introduced in the U. S. Over the years, there has also been a tremendous advancement in construction, as well as the number of locations where this procedure is available. These special beds are available in spas, beauty shops and a number of other locations. The Federal Food and Drug Administration oversees the units and monitors eye protection, amount of exposure time, safety rules and other features.

To create the rays necessary for a tan, fluorescent lamps (UVC) are used. This produces the same effect of sun rays, but in a more concentrated manner. Acrylic shields are located throughout to give protection to the body.[!http://www.webmarksolutions.com/wp-content/uploads/2012/02/HaywoodHunter1.jpg]

This manner of achieving a good tan is excellent for people who are limited on time. The maximum exposure allowed is 20 minutes per session. It usually requires one or two visits per week to maintain the tan. This is how so many working people are able to obtain a fresh look even though they have been confined to an office all day.

Realizing there is some risk when exposed to these kinds of rays, employees and customers are receiving "smart tanning" tips. These are instructions which teach how to minimize risk and maximize benefits. These indoor tans still require protection from the sun when outdoors.

It is easy to identify people with this kind of a tan. They look like they have spent a vacation in the South Seas. Indoor tanning requires special lotions for the procedure. Regular lotions will not work, and can cause damage to the machine. However, even people who have a beautiful tan must wear protection when exposed to the outdoor sun.

If you love the elegance of a year-round tan, an [indoor tanning](#) method is the recommended approach. You can find [cheap tanning lotion](#) by searching online.

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