



Safe and Simple Tanning Tips to Save Your Skin

Summer time is just around the corner and you want to be ready with that beautiful bronze all-over tan look. But before heading over to your local tanning salon, there are some essential facts about tanning that everyone needs to know. By following these 10 simple tanning tips, you will be able to achieve that perfect tan, along with protecting your skin from the harmful rays.

SAFE TANNING TIP #1

Use a sun block with a low SPF. This will still allow tanning, but the skin will receive a small degree of protection from the sun's powerful rays.

SAFE TANNING TIP #2

Use a higher SPF when in or on the water, as the sun may badly burn the skin without any warning signs.

SAFE TANNING TIP #3

Wearing a hat or t-shirt can provide a degree of protection when one is enjoying the weather, playing sports or simply relaxing on a nice day.

SAFE TANNING TIP #4

Some individuals should use extreme caution when exposed to the sun, including those with very fair skin, those who burn often or tan poorly, those who have many freckles or moles, those under age 16, and those who have a history of skin cancer themselves or in their families.

SAFE TANNING TIP #5

Apply SPF before you go into the sun and before you dress, to ensure that you don't miss any areas.

SAFE TANNING TIP #6

Gradually build up the time you spend in the sun. You never want to burn – it's a sign of skin damage.

SAFE TANNING TIP #7

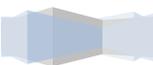
Stay out of the sun between noon and 3 o'clock when the sun is at its hottest. If you do choose to be out at these times use a higher SPF

SAFE TANNING TIP #8

If you're playing a lot of sports or swimming, choose a special sports formula or waterproof SPF, or simply remember to apply suntan lotion more frequently.

SAFE TANNING TIP #9

Lips need a good lip screen to protect them from burning and chapping.



SAFE TANNING TIP #10

Leave at least 48 hours if possible between tanning sessions to give the skin a chance to heal.

For more safe tanning tips or information on skincare, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or Sharon.Rateike@forthc.com.

