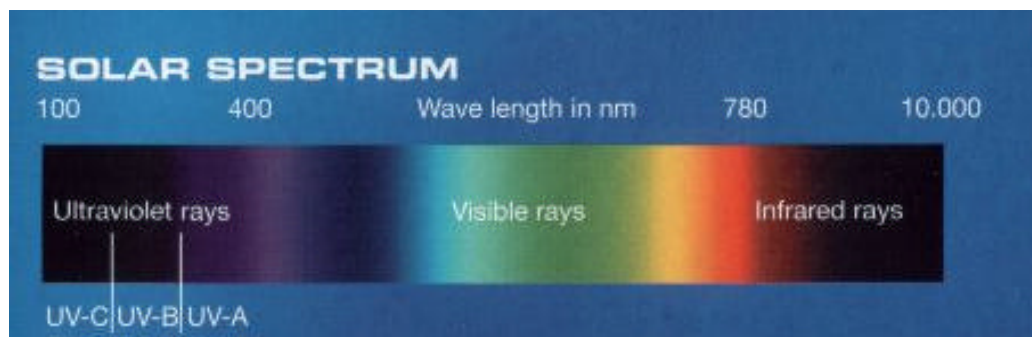




## Tanning Facts

Sunlight is energy, which is transferred by means of electro-magnetic rays or waves with different wave lengths. We can differentiate between ultra-violet rays (UV light), visible light, and warm infra-red radiation (IR light). The UV light is subdivided up into UV-A, UV-B and UV-C rays. The dangerous UV-C rays are filtered out by the atmosphere and do not reach the surface of the earth. The composition and strength of UV-A and UV-B rays varies and depends on the time of day and year, air pollution, degree of latitude North or South, and the intensity of reflection (water, snow etc) for example.

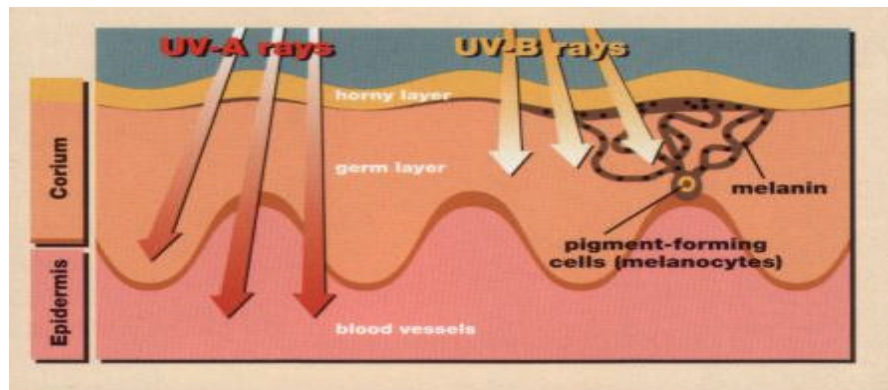


The skin is the largest regulatory and protective organ of our body. Through the skin we not only make physical contact but also sensual contact to our environment.

Whilst in former centuries paleness was considered distinguished, a natural tan is a sign of athleticism, attractiveness and health today. The exterior appearance - the natural outfit - is an expression of personal lifestyle for more and more people.

An attractively tanned skin improves the personality. Irrespective of whether at work or in your free time - you are received better.

Basically, a tan is nothing other than the body's inherent protection against sunlight. The UV-B rays encourage the cells of the epidermis ( the melanocytes) to produce more white melanin pigments, which, on their way to the upper dermal layer, are tanned by the UV-A rays and the oxygen contained in the blood ( indirect pigmentation ). If a preliminary pigmentation has taken place already, the skin will be tanned immediately by UV-A rays (direct pigmentation)



The pleasant effects of UV rays on the body and soul have been substantiated by medicine. The natural formation of vitamin D3 takes place only in the sun or on a sunbed - or put more precisely - under the influence of UV-B rays. Vitamin D3 is an important hormone for the protection of bone, protecting against osteoporosis. Due to the formation of vitamin D3 calcium is deposited in the bones.

Still further positive properties are attributed to this “sun hormone”

- it stimulates the immune system

- increases the body's own physical powers

- alleviates depressions

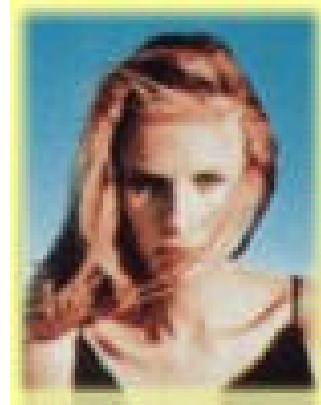
- has a positive affect on the heart and circulation

Even skin diseases are treated with UV light with great success, such as acne, psoriasis and neurodermatitis.

## Skin Types

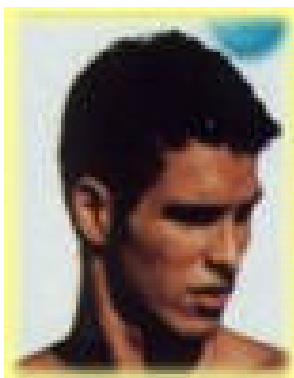
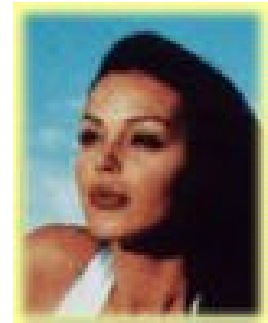
Depending on the type of skin, people react differently to sunlight. You should know your type of skin for correct enjoyment of the sun and sunbeds. World-wide, six types of skin are differentiated - the first four types of skin occur most frequently in Europe.

Skin type 1 ( approx 2% of all Central Europeans): remarkably light skin, reddish hair, blue eyes, very strong tendency to develop a sunburn.



Skin type 2 ( approx 12% of all Central Europeans): light skin, blond to medium-brown hair, blue to grey or green eyes, strong tendency to develop sunburn.

Skin type 3 ( approx 78% of all Central Europeans): normal skin, dark-blond to brown hair, grey to brown eyes, moderate tendency to develop a sunburn.



Skin type 4 ( approx 8% of all Central Europeans): light-brown to olive-coloured skin, dark hair and eyes, slight tendency to develop a sunburn.

Even in winter with little sunshine we can provide ourselves with the missing sunshine on a sunbed. Contrary to the natural sun, which is subject to strong variations, tanning on a sunbed can be used precisely and individually.

## The Golden Rules of Tanning...

Do not overdo things, tan sensibly. This is the *most important rule of all*, which means that you should sunbathe no more than once a day. The rule of thumb is a maximum of ten times within a fortnight to three weeks. One to two times a week are sufficient to conserve the tan reached. In addition, the following tips should be observed.

### \* Tanning in Spring

- \* prevents spring fatigue.
- \* builds a skin-inherent light protection
- \* prepares the skin for summer

### \* Tanning in Summer

- \* prevents spring fatigue.
- \* builds a skin-inherent light protection
- \* prepares the skin for summer

### \* Tanning in Summer

- \* prepares the skin for holidays
- \* comforts people who have to spend their holiday at home
- \* produces a nice tan without the heat of summer

### \* Tanning in Autumn

- \* prolongs summer
- \* renders healthy and relaxed looks
- \* makes you fit for winter

### \* Tanning in Winter

- \* provides rays of hope for a better mood
- \* improves health
- \* renders a dynamic, active appearance

By carefully planned preliminary tanning , sun allergies and the so-called Mallorca acne can be avoided.

Keep to the tanning time recommended for your type of skin. The International agreed Standard (Euronorm) recommends no more than 50 sessions per year.

Remove all cosmetics from the skin before tanning, and take off all jewellery.

Do not use any suntan products on a sunbed, except those produced especially for sunbeds.

If you are taking any medicine, please ask your doctor before tanning if it causes any photosensitivity.

Keep your eyes closed during tanning, and always wear protective goggles.

Treat the skin before and after tanning so that a nice tan is conserved longer. For the care of the skin, sunbed cosmetics are especially suitable as they have adapted to the special requirements of the tanned skin

## Questions and Answers By the Sun Expert

Can I go on a sunbed and sunbathe in the natural sun on the same day ?

You should avoid this, if possible, so that the daily exposure of UV rays is not exceeded, as this might cause a sunburn.

Can I use a sunbed when I am pregnant ?

If you do not need to avoid the natural sun, you can use a sunbed as well . However, excessive sunbathing should be avoided in order to prevent too much strain on the body. In cases of doubt, ask your doctor.

Can children and people with Type 1 skin use a sunbed ?

Children and people with Type 1 skin react very sensitively to the sun and should avoid tanning according to the opinion of dermatologists.

What do I have to remember when I use a tanning lotion ?

If the product has been dermatologically tested, there is no reason you should not use it. However, it is not a good idea to use untested tanning pills or tanning crèmes.

Why doesn't the skin tan equally on all parts ?

The insides of the arms and legs do not tan so well because they have less pigment forming cells than the rest of the skin. The face does not tan as easily because it has a thicker horny layer by nature, as a protection against UV-B rays. Freckles and pigmental spots have a high number of tanning pigments, and for this reason will turn darker much faster than other parts of the skin. Parts of the skin that we lay on have a poor circulation. A lack of oxygen may lead to a reduced coloration of the melanin pigments. Tanning without pressure spots is thus provided best by sunbeds with ergonomically designed shaped base acrylics.

What can I do if a sunburn develops none the less ?

Permit a slight sunburn to pass, best of all, which means - some days without sun - provide the skin with moisturising skin-care products and drink a lot. In cases of severe sunburn seek the advice of your doctor.

How long does the tan last ?

About 2 to 4 weeks after sunbathing. Due to the natural renewal of the skin, the upper skin cells are shed little by little. After about 28 days the skin will have renewed itself. By means of the corresponding care

with special cosmetic products for example, the tan can be conserved longer.

How can the holiday tan be conserved ?

You can use a sunbed once or twice a week. A few minutes of sunbathing are completely satisfactory to conserve your holiday tan