

To tan or not to tan? What everyone Needs to know about tanning

By Allanna Saad



There is a stigma in our nation that a tan makes you look healthy and sexy especially within the younger generations. We are all guilty of wanting a tan from time to time and nobody ever said that people shouldn't have one, however there are safer ways of getting a beautiful bronzed look without sitting in the sun for five hours or even being in a solarium for ten minutes. It is called a spray tan such as that of SUN FX which gives an all over beautiful tan without the risk of a melanoma forming and the fake orange look.

Unfortunately many people are under the impression that solariums are better for the skin than the actual sun. This is completely false. Research by dermatologists, cancer specialists and other professions of the like show that solariums actually increase a person's risk of skin cancer and contribute to the aging of the skin. Research has shown that solariums are five times more powerful than the midday sun and it isn't exactly one of nature's most gentle creations on our skins.

Naturally the skin already receives UV rays from the sun, and all that solariums do is add to that UV dose that the skin already receives. The link between UV rays from both the sun and solariums is really quite simple; the more exposure to UV rays you have, the more chance you develop skin cancer and premature aging. Perhaps people need to start to look at alternatives to solariums and sun exposure; spray tans such as the SUN FX system which is considered the world's number one spray on tan are safe, time efficient and convenient and most importantly provide beautiful bronzed and tanned skin.

When looking at the cold hard facts, we find that 80% of all cancers diagnosed are skin melanomas. This conjures up a question, that is: - Is a great bronzed body really worth risking your health over?

Companies who produce these solariums have a way with words that make people believe that solariums are better for you than the sun. However if one was to look at all the research being done they would be able to see that even though solariums produce UVA rays instead of UVB rays, like the sun they still cause skin cancer. The UVA rays penetrate the top layer of the skin and cause damage to the lower layer and this causes skin to age prematurely. Premature aging and skin cancer are not the only problems associated with solariums and the sun but also roughening, blotchiness, wrinkling and general looseness of the skin. Spray tans such as SUN FX do not have the problems with the skin that solariums and sun exposure do. The tanning system gives an impressive, natural and vibrant looking tan that does not come with all the side effects such as the blotchiness and wrinkles therefore protecting the skin.

Perhaps in reading this it may seem a little far fetched, however a simple example that clearly shows the effect that the sun and solariums have on the skin is that if you compare the skin on the back of your hand with that of the inside of your thigh, not only is colour different but you may also notice pigmentation, texture difference and most importantly people may also see freckles or moles that may not have existed there previous to the UV exposure.

Over 380 000 Australians are diagnosed with skin cancer every year, that's over 1000 people per day, of these 1 600 people die of skin cancer every year. Don't let this be you. By avoiding staying in the sun for long periods of time and avoiding fads such as solariums you could potentially save your own life, so why wouldn't you do it.