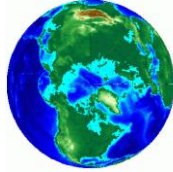


Welcome to Insight. Our newsletter to help keep you informed about our salon and the tanning process. We expect to publish this letter every quarter. We will also publish this to our web site. www.tropicalillusionstan.com. There you can also find our specials for the month.



WHERE DO YOU WANT TO TAN?

What are the most important things to our customers? We believe "Cleanliness" and "Customer Service".

Cleanliness:

At **Tropical Illusions**, we keep this salon Hospital Clean. We want our rooms to look like they have never been used before.

Every item the customer can touch is disinfected, every time the room is used. From the Bed, to the door handles and all the room amenities. You won't find any "Dust Bunnies" here!!

We drop our acrylics (the plastic covering the bulbs) **once a week** to make sure the bulbs are dust free, so you get the maximum effect of the bed. Most other salons do this once a year.

Ever notice the toilet paper folded to a point in our restroom. It is our way of making sure the room has been inspected after every customer leaves (just in case...).

Customer Service:

Ever wonder why we escort all our customers to their rooms? We want to get to know you. The more we know about you, the better we can help you get the best tan for your money. We like to call you by name, not ask you, "Phone Number", like a lot of salons do.

If you find something you like or don't like or something you would like use to do or provide, let us know, Use the comment cards located in every room.

You're important to us. We want to enjoy the experience at our salon. We offer our customers a 100% guarantee. Find that at another salon.

GETTING THE MOST FOR YOUR MONEY!

Start Slow..

Everybody is in a hurry to look good. Your skin is our most important customer. We are not going to burn you.

Use lotion..



GOT THE WINTER BLUES?

Many people report feeling blue during the dark, cold winter months. This dip in mood is thought to be caused by lowered levels of serotonin, a chemical in the brain. Serotonin levels are low in people with depression and, a new study found, also in healthy people during the winter.

Certain people will suffer from seasonal affective disorder (SAD), depression that occurs during the fall and winter months, due to this drop in serotonin levels.

In the study, blood samples were taken from blood vessels leading to the brain in 101 healthy men at several different times over a one-year period. Results indicated that the activity of serotonin-containing neurons was lowest during the fall and winter and highest in spring and summer, when sunlight is most plentiful.

A technique known as phototherapy, in which patients are exposed to bright light, is used to treat those with SAD. Since serotonin levels rise in the brain on days with a lot of sunlight, bright light may boost mood by activating neurons in the brain that contain serotonin, leading to increased levels of the chemical in the brain, researchers say. In the study, serotonin neuron activity was higher on brighter days than darker days, even within the same season. This suggests that levels of serotonin in the brain were directly related to how much sunlight was available on the day the sample was taken.

Tanning produces the same. Though this study involved men, researchers say that women likely experience a drop in serotonin levels during the winter as well, though the actual amount may vary.



Volume 1 Jan 2005
