

Choosing a Tanning Salon

Visit several different places around where you live.

Ask questions like ?

1. How safe do you feel going there?
2. Is their Parking Lot well lighted?
3. Is it big enough that you'll always be able to find a parking spot?
4. How many beds do they have?
"The More the Better". With a small salon you have more of a chance of having to wait for a bed.
5. How did they greet you when you came in?
"What's your Phone Number?" is not a greeting.
6. Once they found out you had never been there before,
did they offer you a tour? Nothing worse than you can't find the restroom.
7. What kind of amenities, are offered in each tanning room?
When we built our salon "they" (the people that we bought our beds from, "ETS") told us not to put in mirrors or chairs in the rooms This forces the customer to hurry up. I don't know about you but I want to know how I look before people see me after I've tanned.
 - o Do they have a full length Mirror?
 - o Do they have bed cleaner in the room that I can use if I want?
 - o Do they have deodorant in the room for me to use?You should take you deodorant off before you tan. Most deodorants contain Aluminum Hydroxide which acts as a sun screen, making it hard to get those arm pits to tan.
8. Is the place well lit?
If its not, **it's to hide the dirt**. It's not to make it more relaxing while you tan.
Dude "you're in a bed with several thousand watts of light." DAH?
9. Do they offer eyewear for you to use?
This is a bad sign. Don't use them. Eye infections are the easiest to contract. You don't know how long it has been since they changed the disinfectant in that bucket or even if it is disinfectant.
10. Are their employees Smart-Tan Certified (or even trained)?
You want people that can help you, not just put you in a bed. Ask them a couple of Tanning Questions.

Q: I've developed some white spots on my chest while tanning and they won't tan. "What is going on?"

A: A lot of time tanners will develop these. It is a fungus caused UV Light. To get rid of it, use a good strong dandruff

shampoo like "Selsun Blue" or "Head and Shoulders". You don't have to tan in a bed to get these. I had a friend that wintered in Florida and wore shorts all winter long. He got the same thing they looked awful. Dab it on the spots 10 min. before you shower.

Q: My friend is pregnant. Can she Tan?

A: Of course she can. There is an old wives tale out there that tanning could hurt the baby. Bull. The only problem is from over heating in the third trimester and possibly having a hard time getting in and out of a tanning bed because of your center of balance changing. If they start feeling hot, have them get out of the bed.

11. Does the Salon stock a variety of Lotions? Can you smell them? Do they have samples? Do they ask you what kind of lotion are you using? Does the person working the desk seem knowledgeable about the lotions they sell?

Fact: Dry white skin reflects most light including UV. It's not until your body starts producing small sweat beads, will it absorb UV light. This normally takes 4 to 5 min. into your tanning session. So you have wasted 30 to 50% of what you have paid for. Soft moist skin will start immediately. We push lotions for a reason. We want you to get the best tan you can get in the shortest amount of time. Men are the worst. Using lotion is "Girley". Not all lotions smell like lilacs. For men, I guess you need a good lotion that smells like "Motor Oil"

12. Does the Salon ask you if you have your goggles with you?

They should if they care about your health. UV light is very damaging to your eyes. It will cause night blindness and color blindness. Again men are the worst. It's a macho thing. They would not weld with out a helmet but they think its ok to tan with out goggles. It's the same UV light. A welder will get a "Sun burn" on exposed areas of skin.

We have had tanners say "I put a towel over my eyes". Well that cuts down only 10% of the UV light.
"I put quarters over my eyes". Good God. Spend \$3.00.

Tanning is very safe and it is healthful. It helps your body produces more vitamin "D" than drinking a 100 glasses of milk a day. But you need some one that has the answers to your questions.