

Spirit Day Spa

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Hints and Tips for Safe Tanning

Why use a sun bed?

Many like the freedom of using a sun bed as they build up an all over tan safely and conveniently, and it helps to prevent burning when they travel to hotter climates. Safe tanning on a sun bed, to raise your melanin levels – your natural skin protection - can help protect against sun burn which is the main cause of damage to our skins and can lead to long-term harmful effects.

What is safe tanning?

Being aware of your body at all times. You should never have any redness immediately after sunbathing or using a sun bed, although you may have some redness a couple of hours later.

How can I build a colour?

To develop a tan you will probably need two sun bed sessions a week. You can then safely build up the number of minutes appropriate to your skin sensitivity. Some people do not need to increase the number of minutes to develop a tan.

What is my skin sensitivity?

When you come to the salon we will give you an assessment and from that we can tell which skin type you have and what level of exposure is recommended. Below is a table of exposure times.

Recommended exposure times based on skin sensitivity

Number of Visits	1	2	3	4	5	6	7	8
Sensitive Skin	3	3	3	3	3	6	6	6
Normal Skin	3	3	6	6	6	6	6	9
Skin that Endures Sun Well	3	3	6	6	6	6	9	9

Why can I only do 3 minutes, I'm already doing 9 minutes on another sun bed?

Our tubes may be newer or of a higher wattage, this could dramatically increase your exposure and cause you to burn.

Can I still sunbathe in the garden?

We do not recommend you combine sunbathing with use of the sun bed. It is very difficult to measure your exposure in that environment. If you have been sunbathing outside you should leave it at least 48 hours before using the sun bed. If you burn then it will need to heal completely before you use the sun bed again.

Why do I need to wear goggles?

It is very important that you protect your eyes from the UV lamps. Disposable Winkease or goggles are available to purchase.