

## Tips for use

On this page we give you some advice and a few tips on sensible tanning outside in natural sunlight and inside on a sunbed. If you follow this advice you will be able to enjoy the sun and your sunbed to the full.

- **The Sun**
- **The sun-strength factor**
- **UVA and UVB rays**
- **Risks**
- **Tanning appliances**
- **Facial tanner**
- **Tips for tanning outdoors**
- **Tips for tanning on a sunbed at home**
- **Tips for tanning on a sunbed in a salon**
- **The 10 Golden Rules**
- **For more information on safe tanning**

---

### The Sun

People cannot live without sunlight. The sun is the source of all life on earth.

- It illuminates and warms the earth.
- It provides energy.
- It enables the body to synthesise vitamin D, which is used to build bone tissue.

---

### The sun-strength factor

Each skin type has its own in-built sun-strength factor. (The tanning table in the manual will help you to work out your skin type). To find out how long you can stay out in the sun without any form of protection you need to divide the sun-strength factor by the sun strength quotas issued by the KNMI. If you use a sun lotion with a sun protection factor (SPF), you can multiply the number of minutes by the SPF.

| Skin types  | Sun-strength factor |
|-------------|---------------------|
| Skin type 1 | 60                  |
| Skin type 2 | 100                 |
| Skin type 3 | 200                 |
| Skin type 4 | 300                 |

---

### UVA and UVB rays

There is a difference between tanning and skin thickening. Tanning alone is not enough to protect your skin from the sun. The most effective form of protection is skin thickening. Exposure to UVB rays causes the surface of the skin to become thicker. In the past tanning appliances rarely emitted UVB rays, but nowadays the tubes in tanning appliances emit both UVA rays (for rapid tanning and immediate results) and UVB rays (to encourage skin thickening and for more intensive tanning with longer-term results). It is important that there should be the right balance between UVA and UVB rays. Too much UVB increases the risk of sunburn.

---

### Risks

Overmatige blootstelling aan UV-stralen is niet goed voor uw huid. Het verhoogt het risico op huid- en Excessive exposure to UV rays is not good for your skin. It simply increases the risk of skin and eye disorders, like:

- Premature aging of the skin.
- Damage to the retina and/ or conjunctiva.
- Abnormalities in the cornea.
- Cataracts.
- Skin tumours.

If you follow the advice and the tips you will be able to tan safely and sensibly.

## **Tanning appliances**

An increasing number of people are now using sunbeds. As long as the tanning appliance is used in accordance with the instructions, the risk of sunburn is minimal. A tanning appliance is also very relaxing and it allows you to tan whenever it suits you. Tanning appliances induce the same biological processes as natural sunlight but they have the advantage of being far easier to control.

---

## **Facial tanner**

If the appliance is fitted with a facial tanner do not switch this on and off too rapidly in succession. This can reduce the life span of the tube(s).

---

## **Tips for tanning outdoors**

- Enjoy the sun but remember to think of your skin.
  - Seek out shade rather than blazing sunshine, and particularly during the hours of 12.00 midday and 3.00 pm.
  - If you are going to be exposed to the sun for a long period of time, apply sun protection cream to exposed skin.
  - Wear a hat.
  - Clothing still is the best protection against the sun.
  - Above all make sure that your children are suitably protected from the sun.
- 

## **Tips for tanning on a sunbed at home**

- Clean the acrylic surface of the sunbed regularly and dust the tubes. This will help to ensure optimal output.
  - Only clean the surface of the sunbed with a special acrylic cleaner. It is essential that the product does not contain any alcohol. We recommend that you use a cleaning product and disinfectant that has been specially formulated for sunbeds.
  - You do not need to apply sun lotion before tanning. It is a good idea to apply a moisturising body lotion after tanning to prevent your skin from drying out.
- 

## **Tips for tanning on a sunbed in a salon**

- Clean the acrylic surface of the sunbed thoroughly, and also dust the tubes regularly for optimal output.
  - Clean the exterior of the sunbed with a special plastic cleaner.
  - Clean the acrylic surface with special acrylic cleaner after each use. Leave it to soak in for at least 1 minute for optimal disinfection, then wipe it off with a cloth. Certain bacteria are highly resistant and are not exterminated in a few seconds.
  - Check the dust filters on a regular basis and clean them with a vacuum cleaner or replace them if necessary.
  - Replace the tubes as soon as they need replacing, preferably with the same or equivalent tubes.
  - Replace the acrylic sheet and the filters of the face tanner every 1,500 hours.
  - Have the appliance serviced once a year by an authorised service organization.
- 

## **The 10 Golden Rules...**

1. Allow your skin to get used to the sun gradually in order to avoid burning. This applies not only to natural sunlight but also if you are using a sunbed. If you are sunburnt make sure that you stay out of the sun. When first beginning a series of tanning sessions do not tan two days in a row but leave a day free. If your skin does not show any undesirable reaction you can then continue with the series of sessions.
2. When sunbathing in natural sunlight and when tanning on a sunbed it is a good idea to build up gradually. This gives your skin a chance to develop its own natural protection and also helps to prevent sunburn. The manual supplied with your Hapro sunbed contains detailed instructions together with a tanning table for each type of sunbed. Always stick to the tanning times recommended for your particular skin type. Before starting to tan, first carefully read through the tanning instructions set out in the manual and follow all of the recommendations.
3. When tanning on the sunbed always use the protective goggles (supplied). Always protect your eyes with the special protective goggles - even if you may have seen pictures of people tanning without using these goggles. UV light, which directly enters the eyes, can cause eye disorders (snow blindness, actinic conjunctivitis or cataracts).
4. The sunbed should only be used by people above the age of 15 with skin type 2 and higher. Children younger than 16 years of age and people with skin type 1 are extremely sensitive to ultraviolet light.

5. When combined with exposure to ultraviolet light, cosmetic products - perfumes and make-up can cause the skin to react. Always remove any jewellery, cosmetic products and perfumes before tanning.
6. Do not use any sun protection creams, oils or selftanning creams when using the sunbed. These products contain substances which influence tanning times and thus make the prescribed times unreliable. Neither should you use any tanning pills in combination with a series of tanning sessions, whether on a sunbed or in natural sunlight. The combination of tanning pills and UV light can increase the possibility of skin irritation and sunburn.
7. Reduce the tanning time by 20% during the first 50 hours that the (new) sunbed is in use. During these first 50 hours the tubes do not emit the normal 100% energy but 120% energy. After the first 50 hours the tubes will emit the normal capacity of between 100% to 80%.
8. Some medicines and beauty products contain substances, which can cause certain undesirable reactions when combined with exposure to UV radiation. Other substances may also sometimes have a similar effect. If you are using medication consult your doctor before commencing a series of tanning sessions.
9. If your skin is red and taut some time after tanning it is likely that you have sunburn. Wait for these symptoms to disappear before tanning again, check your tanning schedule and decrease the tanning times. If tanning gives rise to undesirable reactions that you cannot explain, stop tanning. Certain skin disorders such as acne and psoriasis can improve significantly in the sun. Other skin disorders may get worse. Consult your doctor if necessary.
10. Do not tan more than once a day. This applies to tanning on the sunbed and tanning in natural sunlight. Your skin does not make a distinction between the two either. Taking exposure to natural sunlight into account, keep the maximum number of sessions on the sunbed to approximately 50 sessions a year.

Remember that the ultraviolet rays emitted by tanning appliances are the same as the ultraviolet rays emitted by the sun. Be sure to treat them both with equal respect!

---

**For more information on safe tanning contact:**

The Foundation for Sensible Tanning (Samenwerking Verantwoord Zonnen):

The Foundation for Sensible Tanning provides information about sensible tanning and the safe use of sunbeds. It is also the professional organization for the tanning industry and acknowledges certified tanning salons and specialist retailers. To order brochures and for more information contact:

Samenwerking Verantwoord Zonnen (SVZ)

Phone: 0031 (0) 900 202 50 60

Fax: 0031 (0) 226 34 03 72

E-mail: [info@verantwoordzonnen.nl](mailto:info@verantwoordzonnen.nl)

Website: [www.verantwoordzonnen.nl](http://www.verantwoordzonnen.nl)