Sunburn Prevention: Our Commitment to You

Teaching tanners and non-tanners of all ages how to avoid sunburn as a lifelong commitment is one of this professional tanning facility’s primary objectives.

What is Project Smart Teen?
This salon voluntarily participates in “Project Smart Teen.” Why teens? It's important that teens and their parents understand the difference between sunburn and tanning in moderation, both indoors and outdoors. This salon is trained and equipped to help you learn to prevent sunburn as a part of your intelligent, active lifestyle.

Tanning vs. Burning
People used to believe that sunburn was just an inevitable part of starting a tan. Some actually think you have to burn before you can tan. Today, we know how wrong that belief is, and we know that your skin can be temporarily or permanently damaged by burning.

Tanning is a natural process – your body is designed to produce melanin, which darkens the skin. A tan is a gradual increase in natural skin pigmentation and is your body’s natural way of building up protection against the injury of sunburn. Makes sense, right?

Sunburn is a totally different process. Sunburn is an injury; the red color actually is increased blood flow, which is sent to the skin to help your body repair the damage done by overexposure to ultraviolet light.

By practicing Smart Tanning, you can develop your natural tan gradually while minimizing the chances of getting a sunburn.

Just the Facts
We believe the practice of Smart Tanning leads to better sunburn prevention than simply avoiding the sun altogether. And research supports this belief:

1. Avoid Sunburn. The Golden Rule of Smart Tanning is the indispensable rule: Don’t ever sunburn. Work with your tanning facility to build your tan gradually.

2. Know Your Skin Type. A professional tanning facility will teach you your skin type on a scale from Type I to VI and what that number means.

3. Use Sunscreen Correctly. Use sunscreen outdoors correctly – even if you tan indoors. Apply a full-spectrum sunscreen that blocks both UVA and UVB rays before heading outside for best results. You can develop a tan outdoors while wearing sunscreen.

4. Protect Your Eyes. When outside, protect your eyes with sunglasses that block both UVA and UVB rays. Always wear proper indoor tanning protective eyewear when tanning in a salon.

5. Be Serious About Your Medications. Some medicines (including many antibiotics, acne medications and birth control pills) can make your skin more susceptible to sunburn and splotches. Talk to your tanning salon staff if you are taking any medications.

6. Practice Makes Perfect. Like school and sports, avoiding sunburn is an everyday job. Make sunburn protection a habit.

7. Give Yourself Time to Tan. Important events like prom, spring break, vacation and graduation take time to get ready for … so does tanning. Talk to your salon staff to get on a schedule that works for your skin type and your tanning goals.