



**WE PROMOTE SMART AND HEALTHY TANNING.
WE WANT YOU TO HAVE A GREAT TAN AND AWESOME SKIN, TOO!**

1. DRINK ENOUGH PURE CLEAN WATER - Our bodies hydrate from the inside and the outside. DRY SKIN WILL NOT TAN. Rule of thumb, take your body weight divided in half = number of ounces of water to drink every day! If you are getting enough water, you will have a better tan and healthier skin as well.

2. KNOW WHAT IS IN YOUR MOISTURIZER? - Many popular moisturizers contain ingredients such as mineral oil, lanolin and SD alcohols. Not only are these agents drying to the skin, but may cause skin irritations. As the owner I have been tanning indoors for over 20 years and outdoors since I was a little girl. At almost 40 years old I can definitely say that you can have your sunlight and have great skin, too.

3. THROW OUT THAT BAR & LIQUID SOAP!! - Your skin has a delicate pH balance between alkaline and acid of 5.5. When you clean your skin with regular soaps you upset the delicate balance of your skin. Skin must work extra hard to get back to normal. Keeping your pH correct will give you a tanning edge and it will also keep you healthy. Our skin pH is designed to keep us free from germs. When it is upset by bad products, it cannot protect us and we get sick more easily.

4. THE BIG NO! - **CAFFEINE** is very dehydrating. Anything that dehydrates your body is a tanning enemy. Try to cut down or drink extra **WATER** to make up for it. This means coffee and soda pop.

5. THE BIG NO - - PART 2 - **ALCOHOL** dehydrates the body and the skin. When you've partied the night before, wake up and start re-hydrating with **WATER** – and lots of it. Your skin is last on the list of organs to get hydrated so in order to have a healthy tan, you must have hydrated skin.

6. EAT FOODS RICH IN BETA CAROTENE!! - It's true--not only are these great for overall health but they will help you tan better. Make carrots & dark greens a part of your daily diet for good nutrition and a fabulous tan. Take vitamins which add to daily anti-oxidants and vitamins. They help every cell in your body stay young and help your tan look great.

7. EXFOLIATE – “BUT I DON'T WANT TO WASH MY TAN DOWN THE DRAIN” - Just the opposite of washing your tan down the drain, regular exfoliation of your skin will give you a healthy look, which will both accept and keep your tan much longer. Our skin replaces itself approximately once every month. When you don't exfoliate the dead surface skin you will look unhealthy. It will also block the UV light which keeps you from getting a great tan. You will look younger and your skin will feel great!

8. USE A SALON RECOMMENDED INDOOR TANNING LOTION - IT REALLY DOES MAKE A DIFFERENCE!! - Using the proper **INDOOR** tanning lotion can give you up to 75% better results than tanning with no lotion. Not only does it give your skin a final moisture drink just prior to tanning, but loads into your skin minerals and vitamins that your skin needs to be able to tan. For less than \$2.00 per session you can be using the BEST indoor lotion available. BEWARE - many drug and convenience stores are now selling their own “indoor” lotions. Be a wise shopper and remember that your results matter to us. ALSO - never use lotions designed for outdoor use when tanning indoors. No SPF's needed! We sell many lotions which use natural ingredients and give excellent results. It's worth it to your skin to use the best!

9. YES THERE REALLY IS A DIFFERENCE IN TANNING EQUIPMENT- A SMART TANNER IS EDUCATED!! - Different equipment, different lamps, how often is maintenance done, how often is thorough cleaning done, are the lamps changed when they are supposed to be changed, is the interior of the equipment kept dust free, what are the quality of the lamps? The lowest priced tan isn't always the best tan. We have keep a clean, well maintained salon. We care about you, your tan and your skin. We use excellent lamps and we maintain our equipment very well. We offer 3 levels of tanning in both lie down and stand up units with a variety of lamps and session times to suit you. We also offer UV Free Spray tanning. We are professional.

10. SMART TANNING IS SLOW TANNING - FREQUENCY COUNTS - A smart tanner knows that healthy skin deserves patience. The new technology of higher UVA/lower UVB lamps means that it may take you a little longer to obtain your base tan, but that your tan will last longer and your skin will look, feel and be healthier. Don't rush it! Good things take time. And remember #8 if you want to boost your tan faster but still have great looking, healthy skin. It is recommended to tan 2 – 3 times per week or every other day.

**SUNLIGHT IS GOOD
FOR YOU SUN FACTS:**

Indoor and Outdoor sunlight is the same UV light
UV light indoors: we control how much you get
UV light outdoors: no control over how much you get

- Decreases blood pressure
- Lowers resting heart rate
- Increases cardiac output
- Lowers blood cholesterol
- Increases sex hormones
- Increases muscular strength
- Increases resistance to infections
- Increases oxygen capacity of blood
- Increases tolerance to stress
- Lifts mood/depression
- Increases adrenaline in tissues
- Increases energy
- Natural source of Vitamin D to build bones, nails, teeth
- Increases endurance
- Helps build a healthy immune system
- Relieves S.A.D. (Seasonal Affective Disorder) (It is the only known cure for S.A.D.)
- Relieves Acne
- Relieves Psoriasis
- Relieves Eczema
- Relieves stress
- Increases cell strength and guards against disease

MORE

- Maternity wards of most hospitals use UV light for the treatment of hyperbilirubinemia (neonatal jaundice) which is a condition found in over 60% of prematurely born infants.
- UV light is used as an effective tool for irradiating the blood of cancer patients
- UV light is used in hospital operating rooms to reduce bacteria count by as much as 50%. As a result, patients recover faster and have fewer post-operative infections.
- Scientists at BaylorUniversityMedicalCenter have successfully used UV light to destroy the AIDS virus and other infectious diseases and are developing a process using UV light to decontaminate blood for transfusions

THE POSITIVES FAR OUTWEIGH THE NEGATIVE!

Long term exposure to UV light may cause premature aging. The science of UV light therapy supports that UV light has many benefits. Eating a healthy diet high in antioxidants, drinking lots of water and using moisturizers without petroleum can help reduce and even reverse the signs of aging caused by sunlight.

For more information visit these websites:

www.smarttan.com

http://www.theita.com/indoor/PositiveEffects_ofUV.cfm

www.uvfoundation.org

<http://www.vitamindcouncil.com/>

Thank you for choosing Rayz Tanning Salon. We are privileged to serve you.