



IMPORTANT INFORMATION

PLEASE NOTE FOLLOWING GUIDELINES BEFORE SUNBED 180W/160W USE

Thank you for choosing Urban Sun Tanning Studios. We have been passionate about tanning since 1990 and have always advocated a moderate and responsible approach to both indoor and outdoor UV exposure. There are many benefits that are gained from UV exposure, not least the body's synthesis of Vitamin D, a key component to good health. However, as with many things in life, UV light should be respected and we would ask that you read the following points to ensure that you get all the benefits of UV without the risk.

1. Lamps in this unit are 0.3 180 watt/160 watt lamps.
2. Read operating instructions.
3. Only one person should use the unit at any time.
4. The user must wear the ultraviolet eye protection provided while in the unit. Failure to comply may result in severe burns or long-term injury to the eyes.
5. You should never use the tanning system more than once every 48 hours.
6. This appliance must not be used when the timer is faulty or the filter is broken.
7. Do not sunbathe on the same day as using the tanning system.
8. Check medical advice if persistent lumps, sores or pigmented moles develop on the skin.
9. Remove cosmetics well in advance of exposure and do not apply any sunscreens.
10. Please note that if you are using this system after excessive exposure to sunlight (eg. holidays) your tanned appearance may not be the same on all areas of your body. Care should be taken to those normally unexposed areas. If unsure please ask a member of our team.
11. Don't use UV equipment if your skin is particularly sensitive to sunlight, if you are under 18, have fair/sensitive skin that burns easily or tans slowly or poorly, have a history of sunburn (particularly in childhood), have a large number of freckles and/or red hair, have a large number of moles, are taking medicines or using creams that sensitise the skin to sunlight, have a medical condition that is worsened by sunlight (or anyone in your family has had skin cancer in the past), or already have extensive skin damage due to sunlight.

DANGER - Ultraviolet Radiation. Follow instructions, avoid over-exposure. As with natural sunlight, over-exposure can cause skin injury and allergic reactions. Repeated exposure may cause premature ageing of the skin or skin cancer. If you are using any medication or have a history of skin problems or believe yourself especially sensitive to sunlight consult your physician before use. If you do not tan in the sun, you are unlikely to tan from this product.

EXPOSURE SCHEDULE: In order to avoid acute injury or delayed adverse effects, the user should follow this recommended exposure schedule to build and maintain a tan.

SKIN TYPE	SKIN TYPE	MINS ON 1ST VISIT	WEEK 1 1ST - 3RD SESSION	WEEK 2 4TH - 6TH SESSION	WEEK 3 7TH - 10TH SESSION	WEEK 4 11TH - 15TH SESSION	WEEK 5* SUBSEQUENT SESSION
1	VERY FAIR	PLEASE SPEAK TO STAFF FOR GUIDANCE					
2	FAIR	6 MINS	8 MINS	10 MINS	10 - 12 MINS	12 MINS	12 - 14 MINS
3	FAIR TO MEDIUM	6 MINS	8 MINS	10 MINS	10 - 12 MINS	12 MINS	12 - 14 MINS
4	MEDIUM	8 MINS	10 MINS	12 MINS	12 - 14 MINS	14 MINS	16 - 18 MINS
5	DARK	10 MINS	12 MINS	14 MINS	14 - 16 MINS	16 - 18 MINS	18 - 20 MINS

*Please note if you are using the sunbed for 2 weeks or more, you will need to revise your exposure schedule with a member of staff to update your details.

KNOW YOUR SKIN TYPE – see staff for a consultation.

Tanning sessions should be limited to once every 48 hours and not exceed 500 minutes in one year. The skin may not show any colouring for as long as 6 to 8 hours after being exposed. An appearance of tanning normally becomes visible after a few exposures and maximises after four weeks of exposure, following the recommended exposure schedule. If you do not tan in the sun you are unlikely to tan in the unit and we would recommend that you do not use this product.

ANY QUESTIONS OR CONCERNS RELATING TO THE ABOVE PLEASE SEE STAFF BEFORE USING THIS UNIT