

BEFORE YOUR TANNING SESSION ALL CLIENTS SHOULD CONSIDER THE FOLLOWING:

- Skin preparation such as cosmetics, deodorants, perfumes and soaps may also increase your sensitivity to UVR. Remove all these as far as possible by showering prior to exposure.
- Consider your normal reaction to sunlight and consider your skin type.
- Terminate the exposure if you detect any abnormal reaction and inform staff immediately.
- Do not exceed the recommended exposure time for your skin type.
- The **MAXIMUM** number of sessions recommended by the Health and Safety Executive is 20 per year.
- The protective eye wear supplied must be worn.
- Remove contact lenses as they tend to dilate the pupil and therefore allow more UVR to enter the eye.
- **DO NOT** have more than one session in 24 hours.
- **DO NOT** use the equipment if you feel unwell.

THE FOLLOWING POTENTIAL CLIENTS SHOULD NOT USE SUNBEDS:

- Pregnant women, as they are more susceptible to heat, stress and fainting.
- People under the age of 18.
- People with a large number of moles on their body.
- People with fair skin and freckles.
- People with natural red or fair/white hair.
- People who have had radiation treatment.
- People who tan with difficulty or burn easily in the sun.
- People who suffer from heart or circulatory problems, high or low blood pressure, epilepsy, back problems, giddiness/fainting, cold sores.
- Migraine, eye infections, kidney/urinary problems, allergies, herpes/HIV, lupus, acne, dermatological problems, diabetes or from any other similar condition which may result in sensitivity to UVR, light or heat.
- People who have given blood in the last 6 hours.
- People who have had an organ transplant.
- People who are taking medication.
- People who have consumed alcohol within 90 minutes of arriving.

YOU MUST CONSULT YOUR DOCTOR ON THESE ISSUES BEFORE USING A SUNBED