

by Ashley Murphy

# Spring Is Here... Where's Your Tan?

Its getting to be that time of the year again. The days will be getting longer, the weather will be getting warmer, and the shorts and t-shirts will come out of hiding. We will also start to see proms, outdoor weddings, and several people heading to the beach for spring break. However, if any of you are like me, a good tan needs to be in order before shedding off the layers.

There are several different ways to get brown and start working on a tan for that big event, or to just get started on that pre-summer glow, including visiting a tanning bed from one of the local tanning salons right here in Cleveland. There are a little over a dozen different tanning salons and each one offers their own assortment of services.

One of the most important factors of indoor tanning is tanning lotion. Lotions offer little help when it comes to protecting your skin, but they will hydrate and help to prepare your skin for the indoor tanning process. The right lotion will help to accelerate and maintain your tan. All of the salons carry an assortment of lotions that are available for purchase and are classified by their effects and the way that they work. Fusion Tanning Studios, located on Ocoee Crossing, next to Bi-Lo, is one of the largest tanning salons here in Cleveland. They offer very helpful information on their website, [www.fusiontanningstudios.com](http://www.fusiontanningstudios.com), and give a great de-

scription of the different types of tanning lotions:

Accelerator lotions are said to help "naturally" achieve deep, dark tanning results while bronzing lotions enhance tanning results with sunless bronzing and self tanning agents by utilizing the DHA found in the bronzing lotion.

A tingling lotion helps increase micro-circulation and oxygenation of the skin and makes your skin feel very warm and often makes you look very red for the first couple of hours after tanning. Due to those effects, it is suggested that only advanced tanners use the tingling lotions.

There is also a coolant lotion that contains menthyl-lactate or another cooling agent and makes your skin feel cool and refreshed while tanning. Fusion also sells a UV-free product called MysticTan. The tanner will stand in a small booth and be sprayed down from every angle, head to toe, with tanning spray. This product isn't a lotion, but offers a great way to get a hydrating tan without using a tanning bed.

Lotions aren't the only protection factor when it comes to indoor tanning. Most places will require you to wear a pair of safety goggles to protect your eyes. Because there are so much more of the UV rays being directed at your body and at such a close proximity, you will want to have the least amount of expo-

sure as possible to your eyes. However, if you forget to bring your goggles or you don't own a pair, then most of the locally owned salons will provide a few extra for public use.

Many people may look at tanning beds as all the same, but there are several different types. You have



Standard Horizontal Tanning Bed

stand up booths with tanning bulbs that go around on every side of you and then there are horizontal, lay down beds that you simply lay in. These have a bottom bulb base and a top bulb base that is pulled down and closed over you. The horizontal beds can also be equipped with a separate face tanning bulb that would be located at the top of the tanning bed, above your head.

At Endless Summer Tanning, located next to Baskin Robbins, they have a tanning bed that only tans your legs! This will be very convenient for those of you that want tan legs, but don't want to lay in a full size bed and have to tan all over. When you go into these salons, they will most likely

have a regular tanning bed and a bronzing bed for you to choose from. There is a little bit of a difference in the way that they tan your skin. In a regular bed you are exposed to more UVA rays, which bring the melanin, what gives your skin pigment, to the surface. The bronzing beds



Leg Tanning Bed

give off more UVB rays, which brown the melanin. Ask a member of the salon staff that you choose to provide you with more information when trying to decide which bed would be good for you and your skin type.



If you're looking to shop for a new bathing suit or piece of lingerie after you get finished tanning, then visit Tropical Tan on 25th Street. If you're looking to

get a haircut, a facial, or a relaxing massage before or after tanning (or you just want to look great and feel good), then try out one of these multi-service salons: Exclusive Tan & Spa, located on Keith Street, or Fantasy Styles and Tan, located on North Lee Highway. Caribbean Tan on Blue Springs Road, Tan-Fastic in Colony Square, and Xotic Tan, located on Treasury Drive by the new Wal-Mart, are single service tanning salons, but they carry tanning lotions, so if you are looking to, not only tan, but buy a bottle of lotion and one of these three are close to you, then stop by and check them out.

When looking for the tanning salon that is right for you, there are several different things to look at, such as the cleanliness of the salon, the price, the hours they operate, how many beds they have, their assortment of services, and the friendliness and helpfulness of the salon staff.

Most salons today clean the beds for you and provide you with a clean towel. If you happen to be narrowing down your list by price, you might want to call around first. Depending on the salon, tanning prices can range anywhere from \$1.50 to \$25.00 per visit and are usually \$25.00 and up for

monthly sessions.

However, if you physically cannot use a tanning bed or you just want to save yourself the health hazards, then there is an alternative to UV tanning and that is self-tanning. Self-tanners first became popular in the 1960's and were a convenient, but "orange", way to tan.

Self-tanners are still available today at just about any store. If you see lotion or sunscreen, you will most likely see a self-tanner. There are still a couple of inconvenient factors for this "convenient" way of tanning. While these products have been modified over the years, they still tend to give you that, not so attractive, orange glow. Be very careful when applying these products, because they can leave streaking on your skin, stains on your clothes, and orange on your palms. To help prevent these mishaps from happening, try not to apply the self-tanner everyday. Let it dry before putting on clothing, and make sure that when you are applying the tanner, that you apply it evenly and rub it in very well. Do not leave large gaps in between the applying areas. The gaps will be noticeable! Similar is to be said about your palms. When you tan, they are naturally lighter than the exposed skin, so make sure to wash your hands immediately following the self-tanner application process. If you don't, they may end up darker than your "tan" and a bit more orange, especially in the creases of your palms and your fingers.

**Buy 2  
Get One**  
of equal or  
lesser value  
**Free!**  
exp. 3.31.2009

**Buy  
One  
Get One  
Half Off!**  
exp. 3.31.2009

**Shave Ice Treats!**

64 Hwy near 64 Auto Parts  
(across from Shenandoah Baptist Church)  
and  
2305 Springplace Rd. & Durkee Rd.

*Mary's  
Wholesale Furniture*

**FULL LINE OF  
FURNITURE**

- 90 Day Layaway •
- 12 Months Same As Cash •

(423) 476-2142 • 1360 Wildwood Ave., Cleveland

**More For Your Money At Mary's**

- Bedroom • Misc.
- Dining • Bedding • Tables

Choose the fabric  
on your  
Living Room Set

**"Best Prices In Town"**