

Indoor tanning offers the following benefits:

- ★ Regular sunlight lowers the incidence of many forms of cancer
- ★ Helps control acne, psoriasis, eczema, scleroderma and dandruff
- ★ Reduces the risk of breast, ovarian, prostate and colon cancer
- ★ Helps lower blood pressure, cholesterol and resting heart rate
- ★ Helps prevent autoimmune disease such as multiple sclerosis (MS)
- ★ Helps reduce arthritis, bursitis and rheumatism
- ★ Helps with S.A.D. Syndrome (seasonal affective disorder)
- ★ Promotes a healthier, happier, and dynamic lifestyle
- ★ Decreases sadness, fear, irritability, stress and tiredness
- ★ Influences both mental and physical well-being
- ★ Helps the body sleep better by regulating circadian rhythm
- ★ Decreases appetite and the urge to binge on food
- ★ Acts as a curative agent for rickets and scurvy
- ★ Reduction of symptoms due to P.M.S.
- ★ Increases energy, concentration and motivation
- ★ Helps exfoliation of dead skin cells for healthier looking skin
- ★ Helps prevent osteoporosis and osteomalacia
- ★ Increases absorption of calcium and phosphorous in bones
- ★ Humans and animals have a biological craving for sunlight
- ★ Helps control some varieties of liver dysfunction
- ★ Reduces certain types of harmful skin bacteria
- ★ Increases production of vitamins A, C and D
- ★ Phototherapy may be beneficial in treating patients with HIV
- ★ Regular exposure to ultraviolet light reduces colds by 40%
- ★ Helps reset your internal clock due to jet lag
- ★ Helps increase the output of blood by 39%
- ★ Decreases obesity by stimulating the thyroid gland
- ★ Boosts your metabolism to burn fat more efficiently
- ★ Male sex hormones may increase by 120% from exposure to sunlight
- ★ Elevates Beta Endorphins by 40% and promotes the feeling of well-being

Sources:

- Harvard Medical Studies
- Dr. Richard Belton - German Photobiologist
- Dr. Parrish - Harvard Medical School - Photobiologist
- Dr. Pithal - Harvard Medical School Photobiologist
- Dr. Michael F. Holick - Boston University
- Dr. Esther M. John - Northern Calif. Cancer Center
- Dr. Bernard Vadney - Photobiologist
- Dr. Alan S. Finkelstein, Jr. - Photobiologist
- Dr. Lawrence Miller, MD - Dermatologist