

Tanning Guide

These simple guidelines will ensure that your tanning experience is safe and enjoyable and will have you looking and feeling your best!



1. How often should I tan???

- 1X / Week**
 - ✓ Health & wellness
 - ✓ Slight darkening
- 2X / Week**
 - ✓ Tan maintenance
 - ✓ Noticeable darkening
- 3X / Week**
 - ✓ Tan development
 - ✓ Deep darkening
- 4X / Week**
 - ✓ Maximum exposure
 - ✓ Extreme darkening

2. What Is my skin type???

Skin Type	Characteristics	Guidelines
#1	Bright white skin that burns easily and rarely tans. Red hair with green or blue eyes.	Avoid sun exposure both indoors or out. This skin type is unable to protect from burning.
#2	Light coloured skin which burns easily. Blonde or red hair, brown or blue eyes and freckles.	Moderate, short periods of exposure. Maximum exposure should be 12 minutes, 2-3X per week.
#3	Tans easily, but still susceptible to sunburn. Most common skin type in North America. Brown eyes and darker hair.	Can develop a deep, dark tan. Maximum exposure should be 15 minutes, 2-3X per week.
#4	Tans easily and almost never burns. Dark eyes, dark hair and Mediterranean, Oriental or Hispanic heritage.	Can be exposed to long tanning sessions. Maximum exposure should be 18 minutes, 2-3X per week.
#5	Rarely burns and tans easily and cumulatively. Dark hair and eyes and are of Indian, Hispanic or African descent.	Can be exposed to maximum tanning time.

3. How many minutes should I be doing???



Skin Type	Lay-Down		Stand-Up	
	Start	Maximum	Start	Maximum
2	4	10	2	5
3	7	12	4	8
4	8	15	5	10
5	10	15	6	10

4. Should I use a lotion?



For the healthiest looking skin, keep your skin hydrated and nourished with a quality lotion. You will see better tanning results...sooner! A tanning lotions will:

1. **Magnify** UV absorption for better tanning results in the same tanning time
2. **Moisturize** the skin to maintain your tan and healthy looking skin
3. **Condition** the skin with key nutrients and tanning ingredients



Burning is Bad

Over-exposure is the main cause of skin damage! Like so many of life's pleasures, tanning should be enjoyed in **moderation!** Avoid sunburn at all costs and respect your skin type tanning guidelines!

5. What else do I need to know?

- **LEARNING TO USE** – An evolution staff member will take you to one of our tanning rooms, explain the tanning process and show you how to use that tanning bed.
- **EYE PROTECTION** – Eye protection is mandatory! We recommend purchasing a pair for yourself (for as little as \$5!) Community use goggles are available if you forget yours.
- **BOOKING AN APPOINTMENT** – Phone ahead to reserve a particular timeslot or simply drop-in and see if a bed is open!
- **TARDINESS** – If you are late for your reserved timeslot, we may allocate your session for other tanners.
- **IN BETWEEN SESSIONS** – Leave 48 hours between tanning sessions. Your skin is still “tanning” even after your session has ended.
- **SHOWERING** – Do not shower for at least 2 hours after your session to preserve skin moisture.
- **BED SANITIZATION** – The laydown bed is sanitized by our staff after each session. Please use the provided paper towel to remove excess sweat prior to sanitization.

6. General Tanning Tips

- ✓ **Burning Is Not Necessary To Tan!** When you burn, you damage your skin. Building your tan slowly will produce the best results with the least risk of damaging your skin.
- ✓ **One Thing At A Time.** Never combine indoor and outdoor tanning on the same day.
- ✓ **Medications.** Certain medications make your skin more sensitive to light. If you are on any medication, consult your doctor or a pharmacist before tanning.