

Discussion: Indoor Tanning Versus Outdoor Tanning...

The benefits of indoor tanning versus outdoor tanning are widely discussed in the cosmetic and health industries. It is ultimately up to you to decide which method is healthy and convenient for you.

When you visit an indoor tanning facility, your skin produces a tan in **the same way** that it does when you bask in the sun -- through the absorption of ultraviolet light.

However, one of the dangers of outdoor tanning is **exposing yourself to too much** ultraviolet light. Climate changes in the atmosphere that has many of us slathering on sunblock and sunscreen before we step outside in the hot sun, can fluctuate throughout the day and different times of year.

One of the benefits of indoor tanning versus outdoor tanning is that it allows you to **control the amount of UV light** that you are exposed to, so that you do not get a sunburn and prepare your epidermis for a predisposition to skin cancer.

You cannot control harmful UV rays from the sun anymore than you can control the weather. If you compare indoor tanning versus outdoor tanning, outdoor tanning is actually one of the most unreliable ways to achieve that perfect tan. *It is, however, a good way to achieve a sunburn* if you are not careful or spend too much time outdoors.

Waiting for a reddish burn to fade to a brown accelerates the aging process.

Indoor tanning equipment utilizes the same two kinds of ultraviolet light, UVA and UVB rays, which are the same as those emitted by the sun. Indoor tanning procedures are highly regulated by government agencies in both Canada and the United States and the equipment is designed to mimic the effect of sunlight. The difference is that tanning beds **provide a controlled ratio of UVA and UVB**, where as with the sun, these ratios change throughout the day and fluctuate during the year.

Exposure times are determined by equipment and trained professionals that take into account previous tanning sessions as well as the tanner's skin type. **This minimizes the possibility of the kind of skin damage that is common with outdoor tanning.**

Convenience may also be a consideration when it comes to deciding whether indoor tanning versus outdoor tanning is best for you.

Depending on weather conditions and government warnings that are issued about the strength of harmful UV rays emitted by the sun, it might not be possible for you to achieve that polished bronze look in time for that important meeting or event. Indoor tanning allows you to get exposure to UV for a short period of time at any time of day, even at night.

One of the main benefits of indoor tanning versus outdoor tanning is that regular doses of ultraviolet light are given to you in a controlled environment that suits your schedule.

Indoor tanning versus outdoor tanning can also be a great help for those suffering from diseases, such as psoriasis or osteoporosis, as UV rays can assist the body in manufacturing the Vitamin D it needs to allay such conditions. This is a great benefit to individuals who need to get their dose of UV regularly and are unable to do so on a rainy day.

Many doctors will prescribe UV exposure to people with certain skin conditions or other health ailments that can be remedied by regular doses of UV.

A session in an indoor tanning facility is an excellent way to improve your health while at the same time minimizing your risk of sunburn. The many benefits of indoor tanning versus outdoor tanning, should be carefully considered the next time you are tempted to slather on sunblock and lie out in the sun. **Some studies have shown** that exposure to UV can help with improving mood and depression conditions, especially in winter when the sun's UV levels peak during the year.