

INFORMATION BOOKLET**SUNTOPS &
BEDS**

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Congratulations on the purchase of your

SOLARIUM

Having done the right thing, namely buying a solarium, you'll of course want to enjoy its positive and agreeable effects to the fullest. This booklet offers you some basic advice on how to properly use your solarium, so that it will give you much pleasure. In other words, this booklet is about turning your solarium into an indispensable and friendly household item ...

First of all, you should know that the particular type (intensity) of the tanning tubes very much determines the use and effectiveness of your solarium.

1. WHAT IS A SOLARIUM?

A solarium can consist of either a single upper half, called a top, or it can consist of both the upper and the lower half, called a bench. A top combined to a bench is called a double solarium, a solarium combination or a solarium tunnel.

A single top can be placed above any type of bed. Make sure your bed is not too soft in order to avoid folds on the skin. As long as you feel comfortable you may approach your top as close to your body as you please.

For a double solarium (top+bench), the ideal distance between body and tubes is 15 cm (6 inch).

2. WHY DO WE NEED ULTRAVIOLET RADIATION?

Life on earth is unthinkable without solar activity. Particularly the sun's ultraviolet radiation is of key importance to the energy supply of all living creatures.

The following biological effects are proven to be crucial to a normal functioning of your organism, and are today generally attributed to UV-radiation:

- Stimulation of cell-metabolism
- Formation of vitamin D3, which is responsible for 70 to 90% of a person's calcium absorption
- Improvement of your oxygen supply and increase of the haemoglobin level in our blood

But from our experience, we all know we'll only catch sun-burn after a too lengthy exposure to the sun or in case we didn't protect ourselves properly from such a lengthy exposure.

Warnings against too lengthy exposures are justified because sun-burn will perturb skin cells. Inflammation and scale formation can follow.

In normal circumstances skin damage through sun-burn will be neutralized thanks to our body's natural repair-mechanisms. Sustained and repeated sun-burn however will disrupt our body's natural capacity to repair its cells. This could cause chronic skin damage.

However, sun-burn and its negative consequences can easily be avoided if only exposures to the sun's radiation take place in a measured, carefully balanced way.

3. WHAT DO OUR BODY'S LIGHT PROTECTION MECHANISMS CONSIST OF?

- Reinforcement and thickening of the skin's upper layer (epidermis)
- Tanning (coloration) of the skin (<pigmentation and coloration of pigments)

- Anticipated protection against possible cell damage (photo-protection)
- Natural repair mechanisms of our skin (photo-activation)

4. EFFECTIVENESS OF SKIN PROTECTION THROUGH EXPOSURE TO A SOLARIUM

The effectiveness of our body's protection mechanisms is comparable to the effectiveness of protection factors in sun products:

- a. Coloration (tanning) of the skin increases your protection factor by 2 to 4 and is being brought by new pigmentation (UVB) and coloration pigments through UVA –rays (315 to 400 nanometres).
- b. Skin reinforcement constitutes a protection factor of 5 to 10. It is being brought about by UV-B radiation (from 300 to 315 nanometres).
- c. These two factors has to be multiplied by eachother.

In order to adapt a sensitive skin to very potent solar radiation, one ought to proceed with caution, i.e. one should expose regularly and in a carefully measured way. Start at least 6 weeks before your planned exposure to intensif sun.

Our solariums are best suited to obtain such a regular and carefully balanced tanning cure. Which are the particular advantages that we obtain from using a solarium in comparison to the natural sun?

- The UV radiation of solarium tubes is better filtered than the natural sun's radiation. Therefore, a solarium's tanning result will be friendlier to the skin than a tan obtained through the sun.
- Your solarium is always at your disposal, at any time of day in any season. You yourself determine which type of tubes, and subsequently, which radiation intensity, is at your permanent disposal. Because of this flexible availability of your solarium, the possibility to determine yourself the exact duration and intensity of radiation, your solarium offers you the possibility to build up you sunbathing cure in a manner that is hardly or never possible with the natural sun. In other words, with a solarium, you can tan responsibly, gradually and softly at any time you wish.

5. HOW DO YOU DETERMINE YOUR SKIN TYPE AND TANNING TIME?

Determine your skin type yourself based on your experience in the natural sun. Decrease your assumed light sensitivity by 1 step.

After a trial period, you can always go to a higher level of tanning. Check what type of tubes is installed in your solarium and take this into consideration when choosing your tanning time.

WARNING: ONLY THE TYPE OF TUBES THAT ARE MENTIONED ON THE TYPE PLATE CAN BE USED IN THIS SOLARIUM! IT IS BY LAW PROHIBITED TO PLACE OTHER TYPES OF TUBES IN THE SOLARIUM;

- The tanning time can be set by the timer. Your personal tanning time depends of the type of tubes and your skin type. You will find the information in the table below. The first period of time indicated is the initial period. This can be extended according to the advanced tanning to the maximum period of time when your skin is already tanned.
- In case you experience red sunburn or skin tension 3-4 hours after you used your solarium, delay the next tanning session with 48 hours and make sure the tanning period is a bit shorter.
- If you have small results after a tanning session and you have not experi-

enced any negative effects, you pass to the tanning time for the next skin type.

- Try to avoid sunburn at all times!
- Take at least 1 period of 1 month in winter that you will not tan your skin. This is highly advised for the lower skin types.
- **WARNING: PERSONS WITH SKIN TYPE I ARE NOT FIT FOR TANNING AND ARE ADVISED NOT TO USE A SOLARIUM!**

Determination of your hereditary disposition	0	1	2	3	4	Points
Colour of your eyes	Fair blue Grey Green	Blue Grey Green	Fair brown	Dark brown	Brown black	
Colour of your hair	Reddish red	Blond	Dark blond	Dark brown	Black	
Colour of your unirradiated skin	Reddish	Very pale				
White & grey brown shade	Fair brown	Dark brown				
Is your unirradiated skin freckled?	Yes, considerably	Fairly	Somewhat	Only a little	No	
Total score hereditary disposition						

Your experience in the natural sun	0	1	2	3	4	Points
What happens when you stay in the sun longer (10-20min) without sun protecting factor?	Sunburn with redness, with peeling & blistering	Sunburn often with peeling of the skin	Sunburn sometimes with peeling of the skin	Get rarely sunburn	Get never sunburn	
To what degree do you tan?	Scarcely or not at all	Slightly	Fairly	Easily	A quick dark tan	
Does your colour turn grey/brown after tanning?	Never	Hardly	Sometimes			
Frequently	Always					
How does your face react to the sun?	Very sensitive	Sensitive	Normal	Bare easily the sun	Never had problems	
Total score own experience in the sun						

Your sunbathing habits	0	1	2	3	4	Points
Do you tan your whole body?	Never	Hardly	Sometimes	Frequently	Always	
When did you take your last sunbath? (sun or solarium)	More than 3 months ago	2-3 months ago	1-2 months ago	Less than 1 month ago	Less than 15 days ago	
Total score sunbathing habits						

Global score hereditary disposition + own experience in the sun + your sunbathing habits

Total score amounts to	Skin sensitivity	Estimation of your skin type
0 - 7 points	Very sensitive	I
8 - 16 points	Sensitive	II
17 - 25 points	Normal	III
25 points	Very resistant to the sun	IV

6. ADAPTED EXPOSURE TIMES PER TYPE OF TUBE:

Type of skin	Type of tube in your solarium		
	ERS Sol Soft*	ERS Sol Plus	ERS Sol Prof
	First exposure 4min(100J/m ²)	First exposure 4min(100J/m ²)	First exposure 3min(100J/m ²)
I	10 to 15 min.	8 to 12 min	5 to 8 min.
II	15 to 20 min.	12 to 18min	8 to 10 min.
III	20 to 30 min.	18 to 25min	10 to 15 min.
IV	30 to 40 min.	20 to 30min	15 to 20 min.

These exposure times apply to one side of the body if you only dispose of a top.

** Tubes used in private solariums*

RADIATION PROGRAM FOR SUNTANNING PURPOSES RECOMMENDATIONS:

DAY 1	First exposure (see table)
DAY 2	No radiation
DAY 3	¼ MED
DAY 4	1 MED
DAY 5	1 MED
DAY 6	1 MED
DAY 7	1 MED
DAY 8	1 MED
DAY 9	1 MED
DAY 10	1 MED
DAY 11	1 MED

*This program is based upon the M.E.D. indications.
M.E.D.: Minimal Erythema Doses*

It is strongly recommended to begin your tanning sessions series with the minimal value of the exposure time according to tubes and skin type. (See table) Following IEC 60335-2-27 the yearly doses is 15 kJ/m² per year. This means around 50 sessions per year for each skin type, but you have to take into account the sessions that you will have in the natural sun.

7. WHEN IS IT ADVISABLE NOT TO TAN?

- If you have skin type I
- Children non adolocent or according to the provisions of the regional regulations.
- After repeated exposure of the skin to X-rays
- Current or previous presence of skin cancer
- If you suffer from the "Exoderme Pigmentosum" disease
- Allergic skin reactions.
- Presence of thyroid gland disorder
- Presence of sunburn
- Presence of varicose veins – cover: no direct exposure!
- Be careful if you, along with your sun tanning cure, simultaneously take medicines which contain chemical ingredients that enhance the skin's sensitivity to light (some antibiotics, methoxyproralene, etc.)
- Eyeshadows, perfume or other cosmetics should be removed carefully before exposure to radiation, because they often contain ingredients that increase the skin's photo sensibility and can thus cause skin burn or a very "spotty" tan.
- In cases of doubt or when you experience irregularities, please consult your physician.
- The above remarks also apply to the natural sun.

8. INSTALLATION AND SERVICE INSTRUCTIONS:

Our solariums are only suited for 230V alternating voltage and should be connected via an adapted and adequately secure earthed plug contact, which is preceded by an artificial switch.

Only competent persons should service a solarium.

The solarium should not be used if the flex in case the plug, certain tubes or spare parts are defective.

If your solarium is equipped with high-pressure tubes, you should make sure that the blue filter glass is fitted in the frame correctly before you use your solarium. There should be visible no slits through which dangerous UVC-radiation of the high pressure tubes will be emitted unfiltered. This can result in serious skin burns. Please contact your dealer if you detect any deviations.

The solarium should only be put in a dry, dust-free and non-explosive space.

The solarium should be immediately disconnected in case of smoke or a suspicious smell.

The isolation resistance and the electrical equipment are to be controlled regularly by a competent person.

Reparations should only be carried out by a competent person.

Pull out the plug for every maintenance or when exchanging tubes.

Clean the reflectors only with a clean and damp chamois leather, and do not use any products that can harm their surface.

Clean and disinfect the acrylic plate only with specific alcohol free products.

9. PROTECT THE ENVIRONMENT:

Your sun tanning tubes, as well as your high pressure bulbs, contain mercury. Make sure to depose your old or broken down tubes and lamps at an officially recognized recycling company so that they will be professionally recycled. Do not break or destroy the tubes and lamps yourself!

If you need to depose your solarium at a later point in time, you should do this to according to the legal regulations valid at that time.

10. SUMMARY OF THE MOST IMPORTANT INSTRUCTIONS FOR THE USE OF YOUR SOLARIUM:

1. The solarium cannot be used when the timer and/or the filter glass is broken or removed
2. Ultraviolet radiation from the sun or UV-appliances can cause skin or eye damage. These biological effects depend upon the quality and quantity of the radiation as well as your personal skin sensitivity.
3. The skin may develop sunburn after excessive exposure. Excessively repeated exposures to ultraviolet radiation from the sun or UV-appliances can lead to an increased risk of skin cancer.
4. The unprotected eye can be affected at the surface and in certain cases an excessive exposure to radiation can damage the retina. Cataract may develop after many repeated exposures.

ALWAYS USE THE ENCLOSED PROTECTIVE GOGGLES !!

5. Remove cosmetics well in advance of exposure and do not apply any sun-screen.
6. Do not undergo exposure when taking medicines which increase sensitivity to ultraviolet radiation. Contact your physician in case of doubt.
7. Do not expose any part of the body more than once a day and do not sunbathe the same day.
8. When you start a tanning cure, always start with half a session and wait 48 hours till the next tanning session with $\frac{3}{4}$ of the calculated time.
9. Follow the recommendations concerning exposure durations, exposure intervals and distances from the lamp.
10. Seek medical advice if persistent lumps, sores or pigmented moles develop on the skin.
11. **WARNING:** UV-radiation may cause damage to the skin and eyes. Please read the manual carefully and wear the protective goggles at all times. Certain medicines or cosmetics can increase the sensitivity of the skin.
12. When you replace your tubes/lamps, the UV-radiation of your solarium will be influenced. This applies to the filters as well as to the reflectors. Therefore only replace the tubes/lamps with the same ones as indicated on the identification shield on the solarium.

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