



Don't use a solarium

- If you are under 18 years of age
- If you burn easily in the sun
- If you have a higher than normal risk of skin cancer (many moles or freckles)
- If you or your relatives have had skin cancer



For a solarium user



Judge your skin type using the table below. Use a sun bed a maximum of 20 times per year. The Finnish Society of Dermatology and STUK recommend a maximum of 10 times. Start cautiously and extend your sessions gradually. If you are not tanned yet, your starting time is five minutes at the most. Leave 48 hours between your first two sessions in order to detect possible side-effects. If side-effects such as a rash or itchiness appear, consult your physician.



Hazards of UV radiation

UV radiation from the sun and the solarium can damage the skin and eyes. The damage depends on the quality and the quantity of the radiation as well as the skin sensitivity. Over-use of a solarium can burn the skin as the sun does. Repeated exposure to UV radiation may lead to premature ageing of the skin as well as increased risk of skin cancer. Unprotected eyes can become inflamed and be damaged. UV radiation can also cause cataracts of the eyes.

Tanning instructions

- Use the protective goggles. The radiation from a solarium can damage your eyes.
- Cosmetics and medicinal substances can increase the skin's sensitivity to UV radiation. Clean the skin of make up and lotions. If you use medication, consult your physician.
- If a mole on your skin begins to itch, grow, darken, or sores appear, or if there are other unusual changes with your skin, consult your physician immediately.
- Do not use a faulty solarium device. Bring it to the attention of solarium staff immediately.
- Do not use a solarium more than once per day and do not sunbathe on the same day. Always follow the exposure schedule below.

Skin type	1st time	2nd time	further times
Very sensitive Always burns easily in the sun, does not tan	Don't use the solarium		
Sensitive Burns easily in the sun, tans a little	5 minutes	7-10 min.	over 10 min.
Normal Burns sometimes in the sun, tans well	5 minutes	7-12 min.	over 12 min.
High tolerance Does not burn in the sun, tans well	5 minutes	10-15 min.	over 15 min.



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