

09

Alleviate Pain

Indoor tanning may alleviate muscle stiffness and pain, including conditions like arthritis and fibromyalgia, providing short-term comfort.



10

Treat Skin Conditions

UV light can effectively treat skin disorders like psoriasis and eczema, helping reduce symptoms by targeting problematic skin cells.



Need more information?

Visit our website ultrasuninternational.com for more details and source material.

For further inquiries, contact your local tanning consultant or email us at info@ultrasuninternational.com.

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10 REASONS WHY RESPONSIBLE
TANNING IS GOOD FOR YOU

Benefits of indoor tanning



[ULTRASUNINTERNATIONAL.COM](https://ultrasuninternational.com)

Why Consider Indoor Tanning?

While sunlight enhances mood and provides numerous health benefits, it can be difficult to access consistently due to weather or location constraints, and excessive exposure can lead to skin damage and increased cancer risk.

Indoor tanning provides a controlled environment to mimic sunlight's benefits, enabling regulated UV exposure to reduce risks.

Here are ten benefits of responsible indoor tanning:

01

Improve Vitamin D levels



Crucial for reducing risks of cancer, heart disease, and autoimmune conditions, vitamin D is efficiently produced through UV exposure by tanning machines, offering a reliable alternative to sunlight.

02

Support Bone Health



Tanning devices support vitamin D production, which helps regulate calcium and phosphorus levels, essential for bone health and preventing osteoporosis.

03

Lower Heart Disease Risk



Maintaining adequate vitamin D levels, aided by UV exposure, may reduce cardiovascular risks, especially in regions with less sunlight in winter.

04

Enhance Mood



UV exposure boosts serotonin, the "Happy Hormone," helping reduce seasonal affective disorder and depression during darker months.

05

Assist Weight Management



Vitamin D may help suppress appetite, supporting weight management and complementing serotonin's mood-enhancing effects.

06

Reduce Cancer Risk



Moderate UV exposure may boost vitamin D levels, which some researchers suggest could help prevent certain cancers, such as breast and colon cancer.

07

Prepare Skin for Summer



Developing a base tan with indoor UV exposure increases skin's resistance to sunburn, especially when paired with proper sunscreen application.

08

Boost Immune System



Vitamin D, produced through tanning, enhances immune function, reducing flu and other autoimmune disease risks by regulating immune responses.

