



Article published on August 24th 2012 | [Health](#)

Getting a tan is getting more popular with teens these days. One of the main reasons why teens, especially girls, is to look good in a dress for a special occasion, such as proms. Getting a tanned skin nowadays is no longer a cosmetic struggle. Despite of medical warnings made about the risks of getting skin cancer. Still, a quite large number of people believe that getting a tanned skin not only makes them look and feel good but it also has health benefits such as healthier and stronger bones. Studies prove that a person constantly exposed to sunlight have sturdier and denser bones and is less likely to suffer from lack of vitamin D compared to people who lack exposure to direct sunlight.

Having a beautifully tanned olive like skin can be achieved in two different ways. An individual who wants to get a tanned skin may lounge under direct sunlight or use a tanning bed in tanning salons. However, not all people enjoy direct access to sunlight, especially people who live in areas of the world where there is a winter season. People living in these parts of the world usually resort to tanning beds. These tanning beds can give a person the desired tanned skin even in cold season where direct sunlight exposure is unavailable.

Some people who live in places that have complete access to direct sunlight still choose to get their skin tanned in tanning beds. One of the major reasons is the strong desire for privacy. The only way to get a tanned skin without the tan lines is to lay completely naked under the sun. Even with the quite liberated society, some people would still feel uneasy about lying on the beach completely naked. People who find this uncomfortable resort to indoor tanning using the tanning beds.

Aside from the physical benefits of having a beautiful glowing tanned skin, indoor tanning also gives benefits psychologically. Having a tanned skin can boost a person's confidence by knowing that the person looks better. People who are having indoor tanning sessions can stay away from everyday hassles and technology that may cause mental stress. Indoor tanning sessions can allow a person to have a couple of minutes of undisturbed peace and relaxation. Such relaxation can help relieve some stress and invigorate the persons body and mind that enables them to meet the demands of life after the session.

People can mostly enjoy indoor tanning on local tanning salons as it offers the much needed privacy especially when a person wants to nude to achieve a beautifully tanned skin without the unwanted tan lines. Another good reason why people choose indoor tanning sessions in tanning salons is, that clients can control how much UV exposure they can get. People can get faster tanning and even skin tanning results by using tanning beds instead of lying for hours beneath the sun. Aside from all that benefits, tanning beds are also used to treat certain skin diseases such as eczema and psoriasis. It is believed that the ultra violet rays emitted by the device have therapeutic effects against the listed skin diseases.

Article Source:

<http://www.articleside.com/health-articles/benefits-of-indoor-tanning-in-tanning-salons.htm> - [Article Side](#)

[Lisa L Collins](#) - About Author:

Not sure how to identify professional a [indoor tanning](#) in tanning salons? Call to the a [experts](#) and let us give a chance to sort out all your queries!

Article Keywords:
indoor tanning, experts

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!