

# determine your skin type!

Everything you need to know, before you go to the solarium

**PROTECT YOUR EYES**

Always wear UV protective glasses when sunbathing.

**MEDICATIONS**

If you are taking medication, we recommend that you consult a doctor before sunbathing. Certain medications can make your skin particularly sensitive to sunlight.

**SUNSCREEN**

Do not use outdoor sun products when using the tanning bed. Thoroughly remove all cosmetics from your skin before your tanning session. Many cosmetics contain sunscreen. This will affect your tan. Want the best tanning results possible? Ask the tanning bed consultant for a special product suitable for use with the Ergoline tanning beds.

**SUNBATHING AT THE HIGHEST LEVEL**

With Ergoline sunbeds you can enjoy all the benefits of the sun. Every skin type is different. To achieve tan, it is important that you follow the advice of our qualified professionals. In the build-up phase, it is important to use the tanning bed 2 to 3 times a week, with the number of minutes and the type of tanning bed tailored to your skin type. Do you want to keep your tan? Then make sure you have a tanning session every one to two weeks. It's important not to put too much stress on your skin. Always take a break of at least 48 hours between tanning sessions.

**FIRST SUN SESSION(S)**

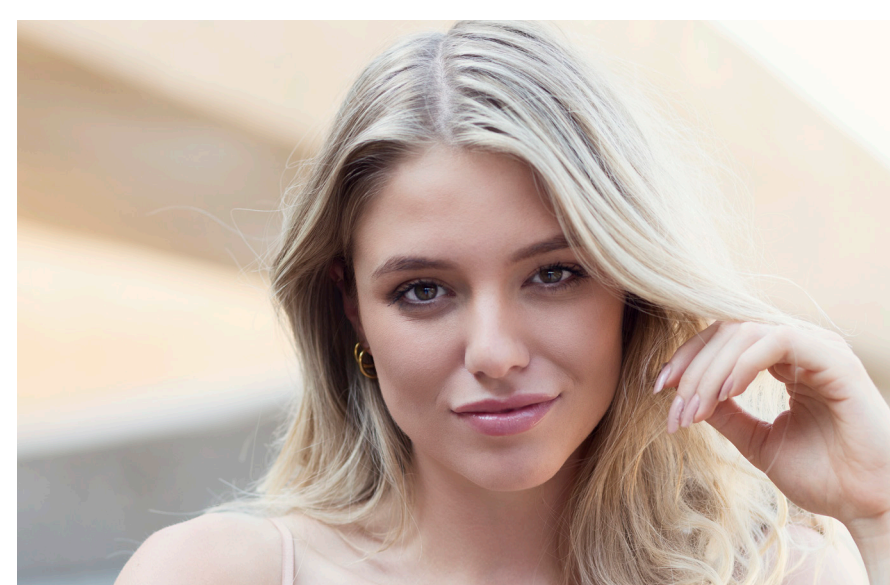
Which tanning bed and which tanning session is right for you depends on your skin type. Ask the Ergoline sun consultant for a customized consultation.

**PLEASE NOTE!** Do you recognize yourself with any of the following characteristics? Then you should not use the tanning bed. Please inform the sun consultant.

- Anyone under 18 years of age.
- Anyone with skin type 1.
- Anyone with or large number of moles.
- Anyone who suffers or has suffered from skin cancer.
- Anyone who has suffered burns from outdoor sun exposure.
- Anyone who has experienced irritation or reddening of the skin after initial sun exposure.



SKIN TYPE 1



SKIN TYPE 2



SKIN TYPE 3



SKIN TYPE 4

<b>Natural skin color</b>	very pale	pale	light to light brown	light brown, olive
<b>Freckles</b>	very often	often	rare	none
<b>Natural hair color</b>	reddish to reddish blond	blonde to brown	dark blond to brown	dark brown
<b>Eye color</b>	blue, grey	blue, green, grey to brown	grey, brown	brown to dark brown
<b>Sunburn</b>	always and painfully	almost always painful	rare to moderate	rare
<b>Tanning</b>	none	barely to moderately	gradulally	fast and deep
<b>Erythema effective irradiation</b>	200 jm <sup>3</sup>	250 jm <sup>3</sup>	350 jm <sup>3</sup>	450 jm <sup>3</sup>

