



# FDA\* & Salon Rules & Regulations

Are you taking any medications that would cause sensitivity to sunlight? Yes \_\_\_ No \_\_\_  
(Your doctor should have provided this information with the prescription.)

## **MUST READ - ULTRAVIOLET RADIATION WARNING**

- Follow operator, tanning unit, eyewear and safety instructions.
- **Avoid too frequent or lengthy exposure.** As with natural sunlight, exposure to a sunlamp may cause eye and skin injury, sunburn and allergic reactions. **Wait a Minimum of 24 hrs before repeat exposure.**
- Repeated overexposure may cause chronic damage characterized by wrinkling, dryness and premature aging of the skin.
- **FDA COMPLIANT PROTECTIVE EYEWEAR IS PROVIDED AND MUST BE WORN.**
- **PROTECT YOUR EYES.** SIMPLY CLOSING YOUR EYES OR WEARING OUTDOOR SUNGLASSES IS NOT ADEQUATE PROTECTION AGAINST SEVERE BURNS OR POSSIBLE LONG-TERM EYE INJURY. **FAILURE TO USE PROTECTIVE EYEWEAR MAY RESULT IN SEVERE BURNS OR LONG-TERM INJURY TO THE EYES.**
- Abnormal or increased skin sensitivity or burning may be caused by certain foods, medications, including, but not limited to tranquilizers, diuretics, antibiotics, high blood pressure medication, birth control pills, and skin creams, cosmetics or toiletries. Consult a physician or pharmacist before using a sunlamp if you are using prescription or non-prescription medications, have a history of skin problems, or believe yourself especially sensitive to sunlight. Pregnant women and women on birth control pills who use a tanning device may develop discolored skin. **PREGNANT WOMEN ARE NOT ALLOWED TO UV TAN AT KWT. UV TANNING IS NOT PERMITTED FOR PERSONS UNDER THE AGE OF 15 UNLESS A SIGNED PARENTAL CONSENT IS ON FILE.**
- Ultraviolet radiation from sunlamps enhances the effects of the sun. **Do not sunbathe before or after exposure to sunbed exposure.**
- **If you do not tan in the sun you are unlikely to tan from the use of UV equipment.**
- **IF YOU ARE SKIN TYPE 1 YOU ARE NOT PERMITTED TO TAN AT KWT. WE RECOMMEND OUR SUNLESS SPRAY TANNING EQUIPMENT.**
- Use of a tanning device may not provide a protective base in regards to sun exposure.

I, the undersigned, understand and will comply with all instructions, rules and regulations for proper use of the UV tanning equipment. I understand that the **use of outdoor tanning lotions in the UV equipment is prohibited.** I am using these services at my own risk. I hereby authorize and direct employees or agents of the salon to perform such tanning procedures as may be deemed necessary or advisable, and have provided them with the information regarding my skin type and use of medications and health condition. I hereby relieve KeyWestTans, LLC and hold them harmless from any liability involved in the use of the UV tanning equipment. The salon and their agents or employees are not liable for any injury to person or property or the loss or theft of any personal property. I will not tamper with the tanning device. I understand that the salon reserves the right to cancel tanning packages without reimbursement for customers who are verbally abusive, act in an inappropriate manner, do not adhere to the salon rules, fail to follow salon associate's instructions and/or act in a destructive or harmful manner. I understand that tanning packages are sold on a per person basis and are not sharable or transferable. **ALL TANNING SALES ARE FINAL. No Credit for Unused Tans/Days.** Products are not returnable unless they are defective. **I have been instructed on the proper use of the tanning devices and will follow the salon's recommended exposure schedule to achieve the safest & best tanning results possible.**

**Know Your Skin Type** - With a little common sense and some education, most sunburns can be avoided altogether. Whether you tan indoors at a tanning salon or achieve your tan from the sun, learning about your skin type and how to tell when you have had enough ultraviolet exposure will help you identify when to stop exposure.

**Golden Rule of Smart Tanning: "Don't Ever Sunburn"**

**TANNING TIPS**

- **Clean, moist skin tans better.** Remove all makeup before tanning. Most makeup products contain SPF's that are not necessary when tanning in a controlled environment. Some cosmetic products may even contain ingredients that will increase your sensitivity to ultraviolet exposure.
- **Lotions offer better magnification to maximize results.** Moisturized skin absorbs UV light; dry skin reflects it. We recommend using tanning accelerators before each session and moisturizers after and between all visits. Moist skin tans best ...you can achieve up to 70% better results tanning with a lotion than without. Indoor tanning can be dehydrating to the skin; lotions will help replenish any moisture that has been depleted during the tanning session.
- **Protect your lips.** They do not produce melanin and they will burn easily unless you protect them with lip balms or sunscreens.
- If you plan to tan in the nude, cover previously unexposed areas for the majority of your exposure time for the first few visits. Gradually increase exposure to these areas until they catch up to the rest of your body.
- Avoid using loofahs or body poufs in the shower or bath. These products increase your natural rate of exfoliation. Remember, tans don't fade. They naturally exfoliate with your skin every 28 days. Lack of moisture and harsh products such as loofahs will increase this cycle.

**Understanding Skin Types** - The skin types outlined here are general descriptions and apply to the AVERAGE of each skin type. Other combinations of hair, eye and skin coloration can occur in each skin type. There are six skin types categorized by scientists, depicted in the chart below. Skin type 1 burns most easily and skin type 6 rarely burns. When determining skin type, it is always safer to choose the lower value for determining exposure schedule.

SKIN TYPE DEFINITIONS		SKIN REACTION (with over exposure to UV)	COMMENTS ON SKIN TYPE  Your Skin Type Level: _____
<b>1</b>	Typically: Red-blond hair. Blue-green eyes, very light skin.	Mostly burns, does not tan	Will often comment that they "Can never get a real tan." As teenagers, they sometimes resort to burning and waiting a day for the pigmentation to create the "illusion" of a tan, sometimes mixed with freckles. Level 1 Skin Types should not UV tan. We recommend the MagicTan Sunless Spray Booth for non-tanning skin types.
<b>2</b>	Typically: Light to medium hair, light to medium eyes, light to medium skin.	Usually burns, seldom tans.	Should be the first consideration in typing the average light skin (aside from obvious skin type 1). Most skin type 2 individuals will say, "They tan if they are careful the first few times out". The light burning or pinking of 1 erythema dose will pigment to a "tan effect" by evening on a skin type 2, giving the impression of a tan. They often do not recognize the pinking as a burn, hence, the dermatological definition always burns, seldom tans.
<b>3</b>	Typically: Medium hair, medium to dark eyes, and medium to olive skin.	Moderately burns, usually tans.	Usually does not recognize that they burn moderately if exposure is moderate. A skin type 3 will comment that they "Can get a good tan with care."
<b>4</b>	Typically: Dark hair, dark eyes, and dark olive to light brown skin.	Burns mildly, moderate brown.	Usually considers themselves to tan easily and with "moderate" exposure in northern climates, will not experience a burn very often. Skin type 4 is usually surprised when they get a "little sunburn" while visiting higher intensity locations.
<b>5</b>	Typically: Dark hair, dark eyes, and dark skin.	Seldom burns, dark brown.	Seldom experiences a burn. This experience usually will occur after having no previous exposure for many months, and then being exposed to very high intensity levels (100+ on the SUNSOR Scale).
<b>6</b>	Typically: Dark hair, dark eyes, and very dark skin.	Insensitive, does not burn.	Individuals have very good pigmentation that affords exceptional protection in ultraviolet light.

If you are an indoor tanner, you must take into account your skin type, as well as the maximum exposure time in the tanning unit you are using. We recommend the VersaSpa Sunless Spray Booth for Level 1 and Level 2 non-tanning skin types. Our Salon Associates will help you achieve the best tanning results possible in a responsible manner with the recommended exposure schedule posted per tanning unit.