

SOLARIUM SAFETY INSTRUCTIONS

- UV radiation is harmful to the naked eye, so keep your eyes closed during tanning. Always use protective glasses because the skin on the eyelids is very thin and does not protect the eyeball from UV rays. If you use contact lenses, it is recommended to remove them before the solarium session or use a lens moisturizer.
- We recommend removing all decorative cosmetics from your skin a few hours before visiting the solarium. Some cosmetic products may cause hypersensitivity to UV rays and promote pigmentation. Remove all jewelry. MyFitness is not responsible for valuables and personal belongings left in the cabin.
- If you are taking medication, consult your doctor before tanning, as some medications increase sensitivity to UV radiation.
- There should be at least 48 hours between the first and second sessions. Do not tan on the same day you have been in the solarium. Follow the recommended session length, intervals, and distance. If you develop a rash or a mole appears, see a doctor!
- Always use special solarium cosmetics in the solarium. Sunscreen products (SPF) are also recommended. Self-tanning creams may affect your tanning program, making tanning ineffective or causing skin irritation. If UV radiation causes allergic reactions, we advise against using the solarium.
- The use of the solarium is not recommended for persons under 18 years of age and/or those with sensitive skin.
- Tanning in the solarium is also contraindicated if you are taking certain medications, have pigmentation spots, rapidly growing moles, AIDS, skin infections, pregnancy, eye diseases, cold sores, or heart disease. In these cases, always consult a doctor beforehand.