While being exposed to UV light, your skin reacts by producing a pigmentation called melanin to protect itself (This is true for both natural sunlight exposure and indoor tanning). After one is exposed repeatedly to UV light melanin builds up gradually granting you the tan you desire. Contrary to indoor tanning outdoor tanning can be considerably more dangerous because, natural sun is not measured and controlled, indoor tanning is. While indoor tanning, one can be sure that the sunlight one is being exposed to is controlled and delivered in optimally measured sessions, yielding one a safer natural melanin tan!