

Featured Article - Tanning & Pregnancy



By: Amy Thorlin

In the course of training tanning professionals across the country, I find similar issues that salon owners and operators face, regardless of geography. There are certain questions that are brought up at almost every training session. One issue that is often raised surrounds pregnancy and tanning, and whether pregnant clients should be allowed to tan. It is important for salon owners to make sure staff members are educated on this subject, regardless of the decision that is made, and that this information is relayed to pregnant clients.

First, it is important to note that the UV rays emitted from indoor tanning equipment do not penetrate deeply enough to directly affect a developing fetus. In fact, UVA and UVB penetrate only to the outermost layer of skin (the epidermis). Regardless of whether expectant clients are allowed to tan, it is important that the staff take the time to explain this fact to pregnant clients so myths do not abound. Owners who choose not to allow pregnant tanners should let them know that it is due to the issues surrounding the pregnancy.

If a salon chooses to work with pregnant tanners, it is critically important to work in coordination with the client's physician throughout

the pregnancy because conditions can change very quickly. It is a very good idea for the salon to get written permission from the client's physician.

Indirect factors must be weighed when deciding to allow pregnant clients to tan. The first is overheating or dehydration, also referred to as hyperthermia.

Pregnant women are told by their physicians to stay out of heated environments such as hot tubs because certain studies have linked hyperthermia to birth defects. These problems are rare; they have only been associated with prolonged exposure to temperatures of 102 degrees F* or more for several hours during the early stages of pregnancy, and have not been linked to indoor tanning. FDA regulatory standards limit the maximum temperature of tanning devices to 100 F. Common sense would dictate to have pregnant clients come to the salons during the cooler morning hours, and to end the session if they start to feel uncomfortable from the heat. Also, it is important to remind them to drink plenty of fluids to stay well-hydrated.

Often, pregnant women may experience morning sickness, which can leave them dehydrated. If a pregnant woman is dehydrated and nauseous as she is getting out of the bed, then trips and falls, there can be a direct affect on the pregnancy. It is very important to monitor pregnant clients very closely to make sure they are feeling well and are hydrated each time they come in.

During pregnancy, a woman's medications may change. It is important to keep updated on the client's medication list to check for possible photosensitizing reactions.

There also are cosmetic issues that need to be looked at with respect to pregnancy. Roughly 70 percent of pregnant women develop a condition called chloasma—more commonly re-

ferred to as the mask of pregnancy—which is the exaggerated pigmentation of skin on the face.

This condition is due to a change in hormone levels during pregnancy, and is almost always reversible after pregnancy. UV exposure during pregnancy can exaggerate this condition.

Before implementing any policies in the salon for pregnant tanners, it is important for owners to check with their insurance carriers to make sure they are in compliance with their policies.

The decision whether to allow pregnant clients to tan should be left to the salon owners; therefore, it is the salon owner's responsibility to make an informed decision and develop a consistent policy.



Featured Lotion - Orange Sherbert



The featured lotion is Orange Sherbert by manufacturer Tan Inc.

Orange Sherbert is classified as an accelerator lotion. Accelerators do exactly what they say, they accelerate the tanning effect, so your skin gets a darker tan with each session.

Remember that all Anytime Fitness Clubs receive **67% off** the retail cost of all lotions.

Other lotions by Tan Inc. include:

Orange Sherbert (Tingle-Free, Hot Tingle & Cool Tingle) all three of which are Accelerating Bronzers and **Raspberry Cream** which is also an accelerator.

Lotion pictures and information can be found online at:

www.AJVENDOR.com