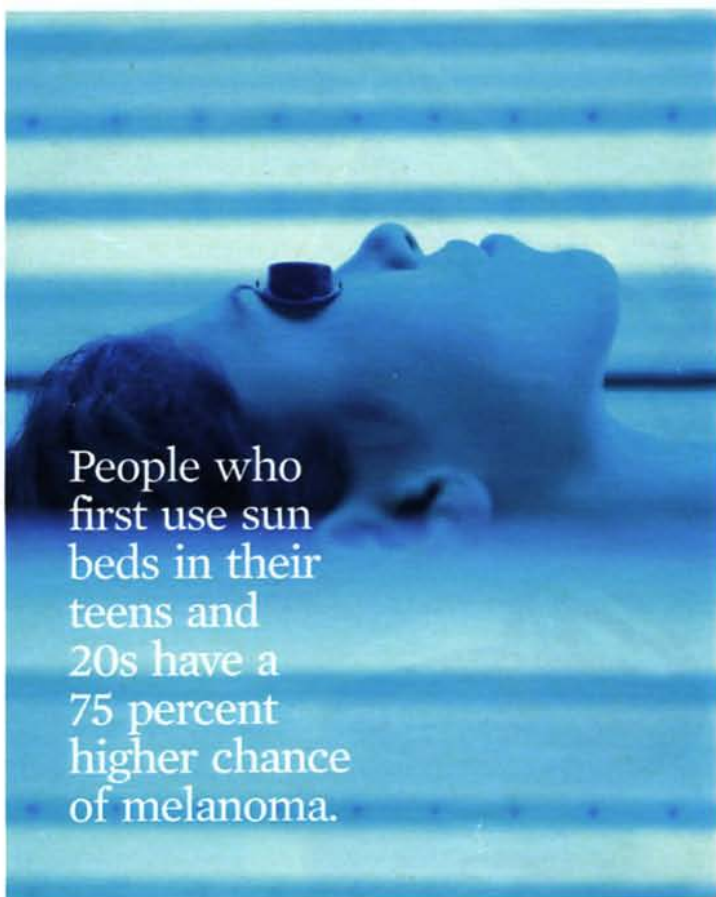


Tanning Truths

On any given day in any given town, a line of teenagers heads off to a tanning parlor. “Teens think a tan looks cool. The celebrities they look up to always have a tan, and they think it looks healthy,” says Dr. Robin Ashinoff, director of cosmetic dermatology at Hackensack University Medical Center in Hackensack, New Jersey.

But there’s nothing healthy about it. “The tanning industry tries to promote the idea that tanning is safe, that a base tan protects you from natural sunlight, and that you need to tan to have normal levels of vitamin D—all of which are untrue,” says Dr. Arielle N.B. Kauvar, clinical associate professor of dermatology at New York University School of Medicine.

If your teen really wants a tan, have her fake it. “Self-tanners got a bad rap in the ’70s because they made you orange. If you have to be tan, either use a self-tanner or get a spray-on tan and maintain it,” says Ashinoff. “If you use a self-tanner on a regular basis, it really looks good.” See our guide about self-tanning on *page 212*. —CHRISTLE FIEDLER



People who first use sun beds in their teens and 20s have a 75 percent higher chance of melanoma.