



Caribbean Sun

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This summer for our vacation we decided to have some fun and take to the ‘high seas’ of the mighty Atlantic Ocean. After researching many cruise liners and ships to carry us on a journey, we settled on a 1200 foot long, 160,000 ton luxury ocean liner appropriately named “Freedom of the Seas.” She is one mighty ship boasting 14 decks and tons of green glass, steel and wood. Built by Royal Caribbean in 2004 -2006, Freedom was christened and set out to sail on June 4, 2006. She is a beautiful ship with a Royal Promenade, 2 theaters, 1 ice rink, 3 luxury dining rooms, 2 entire decks of swimming pools and fun in the sun activities. For the sports minded, she has a rock climbing wall, basketball court, putt-putt [golf] mini course and a new sport pool called the FlowRider. Impressive as it is, the FlowRider is a shallow swimming pool mounted on the back (aft) of the deck. It is sculpted with an upward slope, so the 30,000 gallons per minute of water flowing through it will create a surfing pool. Anyone who is into snow/wake/knee/surf boarding or skiing, will absolutely love this fun sport. We spent quite a bit of time watching the amateurs and professionals master and try to master this monster. If they couldn’t handle the FlowRider, it would just turn them around on their backside and deposit them up on top of the pool, really a neat invention. Freedom is one of the only boats with a FlowRider, because of its popularity Royal Caribbean will be installing one on all its ships in the future.



Before we left Montana, we knew we were going to be exposed to the hot Caribbean sun for some time so we practiced what we preach and built up a nice “base tan.” It took about 7-8 sessions in a tanning bed during a 2-3 week period for the building of my protective base tan. We have been stressing the importance of a base tan for years and know the importance of obtaining one before heading out into the hot direct sun. In the tanning process the rays are absorbed by the skin, coloring the melanin pigment and allowing for a chemical reaction to take place that produces a nice tan and at the same time Vitamin D for the body. It is very important that the skin be moisturized, because dry skin will reflect light and become red, but moist skin will absorb the light and tan. Dry skin tans do not look healthy and they tend to flake off easy while losing the natural protection a person is looking for when they get a tan.

Once onboard Freedom, we set out to find our little corner of the Caribbean on deck 12 amongst the other tanners. A “base tan” will allow a person to spend some time in the sun unprotected by an SPF lotion. The main thing to remember is everyone’s skin is different and has a point at which it becomes susceptible to sunburn. If a person would like to spend more time in the sun than their body can allow without an SPF lotion, then they will need extra protection from an SPF lotion. I tried something different this year, I put an SPF lotion on my body first, then directly applied a

Non-SPF tanning lotion over it to help with moisturization and melanin activation and. My little experiment worked, I was able to lay out in the sun for longer periods due to the protection of the SPF lotion and in return received a nice dark tropical tan and no sunburn. Unfortunately for some of the people on the boat this was not the case.

I met Sandy (skin type 2) up on the Deck 11 [pool deck], she was sitting under the covered deck (out of the sun) reading a book, watching the view of the beautiful ocean as we sailed on. She was sunburned on her upper body and face. I asked her if she built up a “base tan” before she went on her cruise. Her reply was “What’s a base tan?” I spent some time talking with her explaining how a base tan can help protect the body from sunburn and how it was very necessary to have one. She mentioned she wished someone had explained the importance of one to her before she left Utica, NY for Florida. She did not know that she could get one using a tanning bed and thanked me immensely for the information. I met up with her about 3 days later she was finally able to enjoy the sun and the pool [using my new SPF and regular lotion approach] and thanked me once more for the info.

I met Tony on the first day of the cruise, he was tan and told me he had been laying out in the sun before he embarked to Florida for his trip. He was from New

Jersey and was happy that they had some nice weather before they left to come to Florida. Tony was Italian (skin type 3) and had no problem tanning. I asked him if he ever used SPF lotion, he said “when I am on my boat”. I met up with Tony a couple of different times during the cruise he was building a nice tan using a Non-SPF tanning lotion. He told me he would just get out of the sun when he felt it was time to head in for awhile. At the end of the cruise Tony had a nice dark even tan. Even though Tony was not using SPF lotion, he had a base tan before he started, he timed how long he should be in the sun and he produced nice results because of his heritage. Sandy was not so lucky she was fair skinned, did not get a base tan and did not use an SPF lotion. She spent the better part of her cruise under the covered deck instead of in the pool or lying on a pool chair in the sun.

The main thing to keep in mind is, no matter where you’re going as long as you are going to be exposed for prolonged periods of time to the sun, cover up, get a base tan and use SPF lotion if necessary. My tan turned out excellent, I did not burn and I built up a nice tropical tan. Now that I am home in Montana, I will concentrate on having fun in the sun this summer. At Club Sun we have the equipment and education to help you build a nice “base tan” and help your body build its natural protection from the sun. We look forward to seeing you soon.

