



Here Comes Spring Break

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Sailing takes me away to where I've always heard it could be, Just a dream and the wind to carry me and soon I will be free. (Christopher Cross) Spring is coming and that means the many anticipated events you have planned are about to materialize "right before your eyes!" Spring Break is just around the corner and many of us are dreaming of the moments of the last one, repeating on our future one. Ocean waves washing our cares away, coupled together with long walks on white sandy beaches and tropical air swishing through our minds helps to make all our cares just drift away. Sounds like the song we opened this article with, just let your vacation take your cares away.

Now one thing to keep in mind is the tropical sun is very strong and can cause harm to your skin if you do not take the proper precautions. We are always stressing the importance of a "base tan" when leaving our winter enclosed valley and heading for sunnier climates. Your skin can only handle a limited amount of un-protected exposure to the strong southern sun and should be conditioned. How does one "condition" their skin? One way is to use a tanning bed to help the skin slowly develop a "base tan" that will allow for additional protection in any tropical locale. Many Flathead residents will be leaving the valley for "fun in the sun" this spring and ALL should be aware of the repercussions of not paying attention to unprotected sun exposure. Wearing sunscreen pro-

tection is a must, even if you have a "base tan." Sunscreen is designed to help your skin block the sun's UV rays, while keeping the skin moisturized for optimal health. If you are going to the ocean or a swimming pool, sunscreen protection is naturally eroded by water. After swimming reapplying your sunscreen will ensure you are working to continue protection. Always be vigilant in paying attention to amount of time you are in the sun. If you do not apply or forget to apply sunscreen and are going to be exposed, make sure to wear a hat, long sleeves and sunglasses. Many of us work really hard saving our extra dollars to afford a vacation and paying attention to sun exposure, can insure you do not have to forgo events because of a sunburn.



We are always asked the question "who should get a 'base tan'?" Answer: everyone that can. What about children? We have many parents who were concerned about their kids going down south and getting sun exposure. They bring their children in a month in advance, so the "slow process" of developing a base tan, can take shape. Tanning should always be done in moderation and many parents are worried their children will suffer "vacation ending" sunburn. We recommend all tanners allow at least one month in advance of their vacation to build their "base tan." Think of building your "base tan" as an investment not only in yourself, but an additional required invest-



ment for your vacation.

Notice we said building? 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, not tan well and become red, but moist skin will absorb UV 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. Tanning lotions are designed to help a person develop a tan, through the process of melanin synthesis; clinical definition "Dermal melanin is produced by mela

nocytes, which are found in the stratum basale of the epidermis. Although human beings generally possess a similar concentration of melanocytes in their skin, the melanocytes in some individuals and ethnic groups more frequently or less frequently express the melanin-producing genes, thereby conferring a greater or lesser concentration of skin melanin. Some individual animals and humans have very little or no melanin in their bodies, a condition known as albinism. " (wikipedia) translation: Because of skin type, some people tan faster than others. There are a very small amount of people who never tan, unfortunately they know who they are and have a routine they go by when vacationing. It is always important that a tanner be very truthful with a tanning consultant while determining a tanning schedule. The most important things in the "tanning process" are focusing on moderation, education and skin health.

At Club Sun, we are Smart-Tan certified to educate, analyze and understand each individual's uniqueness when it comes to a tanning schedule. We are the leader in the valley in our business, because we make it a priority to get to know every customer that comes "through the door." We look forward to making your acquaintance soon.

Spreading Sunshine, It's what we do.

