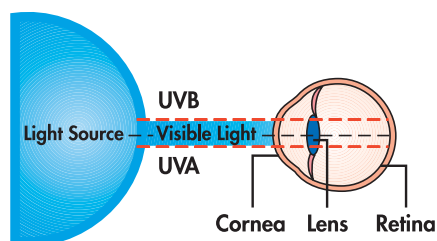


One Salon's Perspective...

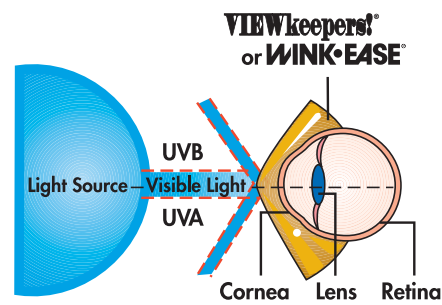
More and more I am seeing people tan without their eyewear! I have found some information I'd like for everyone to read regarding the importance of wearing protective eyewear when tanning. Most people are more concerned about getting "raccoon eyes" than causing serious damage to their eyes!

Please take a few moments to read this and then know — it is SUPER IMPORTANT to wear eyewear, whether you like to or not. Maybe after reading these facts, you will think twice before lying in a tanning bed with just your eyes closed (less than 25% UVA/UVB blocked by eyelids alone) or a towel on the face (only another 10% blocked!!).

WHY WEAR EYE PROTECTION?



NO PROTECTION



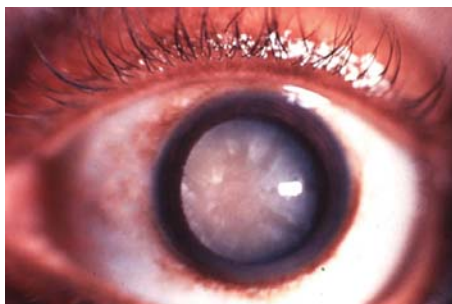
WITH PROTECTION

Eyelids **block less than 25%** of harmful UV rays, so **closing your eyes is not protecting you from the UVA and UVB rays from a tanning bed.** Red, itchy or watery eyes may be an indication of short-term damage — your eyes have been sunburned! Repeated exposure will **reduce night vision, diminish color perception, and increase your probability of brunescant cataracts.** Surgery is the only cure for cataracts.

"Ultraviolet light can accelerate the aging process and we're seeing cataracts in much younger people," says Dr. Mark Kimpel, an ophthalmologist with Indiana University Medical Center. "I'm constantly telling young people that you **might not see the damage now, but its like sunburn, you are accumulating the damage for later.**" Dr. Kimpel, a sunbed user, strongly recommends wearing eye protection when tanning indoors and sunglasses with a UV block when outdoors.

The University of Maryland Medical Center explains that the ultraviolet light (UV) from sunlight or tanning **penetrates the thin eyelid.** Over-exposure causes cataracts by creating changes in the lens and is also responsible for macular degeneration, which causes blindness. UV over-exposure is responsible for creating oxygen-free radicals, called oxidants, which are unstable molecules that can cause cataracts. *If you are a smoker, heavy drinker or take certain drugs, you have even a higher chance of cataracts, since those all can increase the amount of oxidants running around in your body.*

So you tan without eyewear? Never fear! Cataract surgery is here! Cataract surgery is a relatively easy procedure. Your surgeon makes an incision and uses ultrasound to break up the clouded lens into small fragments. Your surgeon will use a small vacuum to suck out the tiny pieces. A replacement lens is then placed on your eye and the



CLOSE-UP OF A CATARACT

incision sutured shut. A few minor details: you may wear big heavy wrap-around sunglasses in bright light situations for several months since your eyes may be very light-sensitive. There can be complications with cataract surgery, including permanent vision loss. It's important to note that 30% of cataract patients need another surgery in one to five years. Make sure you have insurance and loads of free time for recovery!



Here is a quick test:

Can you **clearly** see the numbers that are in each circle? If it is difficult, or if you can't see them at all, your color vision has already been affected by not using protective eyewear! This is irreversible!

(The answers are 3, 9 & 8.)

Here is a test to take yourself:

Take a flashlight, turn it on, close your eyes and run it back in forth in front of your eyes. You will be able to see it, which should make you realize just how thin your eyelids are. If you take the flashlight and shine it against the back of your hand, you can see it through your hand as well. Look how much thicker your hand is than your thin eyelid! Those thin eyelids are NOT protecting your eyes from UV Rays.

Please — take care of your eyes! You can correct raccoon eyes with proper eye protection. If you sunburn your eyes with direct UV light, you cannot!

I make everyone show me their eyewear before heading back to their room. **Make the right choice!** Don't go blind to avoid raccoon eyes!!