

# TEXTING WHILE TANNING ... Isn't it dangerous?

By Brenda Fishbaugh

A frightening new trend has hit your tanning rooms. Your tanners are taking off the eye protection they used to wear, because now they are using their phones during their sessions! And of course, with goggles on, they can't see well enough to send text messages, so they now have their eyes open while the sunbed is on!

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A lot of salon operators tell me they lecture tanners about not using their phones while tanning, but I would like to make another suggestion. Suggest that they wear eye protection that gives them a full UV block as well as the visibility needed to text and play games while getting their golden glow in your salon. There are several brands and styles available that are designed with "text-and-tan" in mind. If you aren't familiar with these products, email [Brenda@WinkEase.com](mailto:Brenda@WinkEase.com), and I'll get you samples to try.

Is it dangerous to have your eyes open while tanning indoors? Yes – but only if you're not wearing protection. All goggles and disposable eye protection styles shown in major tanning product distributor catalogs and advertised in *IST Magazine* provide a complete UV block, and yes, all of those products are see-through! I'm often asked, "How

can eye protection be see-through AND offer complete UV block?" The sunglasses you wear outdoors block UV rays and are still see-through, correct? Indoor eye protection products are exactly the same. They block damaging ultraviolet light, but allow visible light (a completely different light spectrum) through. The lenses of sunglasses and goggles are tinted to make our eyes more comfortable in the bright sun or a bright tanning bed. Sunglasses with very dark lenses don't block any more UV than those that are very lightly tinted.

Your salon guests prefer to take a nap while tanning? Several brands are much darker and better for a snooze. Darker eyewear is a great suggestion for your guests who may be nursing a hangover or those who often get headaches from the bright UV light.

The bottom line: your salon guests must protect their eyes when they tan! With dozens of different FDA compliant eye protection offerings available, your tanners will have the level of visibility needed to text, avoid claustrophobic feelings or take a nap during their sessions. Make sure you find out what they like to do while they're tanning so you can customize your eye protection suggestions to meet their needs! ■



**About the Author:**

Tanning industry veteran Brenda Fishbaugh is president of Eye Pro, Inc., makers of disposable eyewear. She travels extensively training salons

on the effects of UV light on vision.



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