THERE IS NO SUCH THING AS A SAFE TAN.

MYTH
Many believe using a tanning bed to get a “base tan” prevents later sunburns.

FACTS
A “base tan”—whether from a tanning bed or the sun—does not prevent sunburns! A tan, much like a sunburn, signals DNA damage caused by UV rays. Whether due to sun exposure or tanning beds, damaged DNA leads to mutations in skin cells. These mutations can lead to melanoma and other forms of skin cancer.