

Is This Normal?

# Your Tanning Myths Busted!

Is a tan ever safe? **twist** investigates!

☛ Selena, Vanessa and Ashley Benson wore loads of sunscreen at the beach.



**E**veryone loves how a tan looks, but what about the risks? There are so many mixed messages about what's safe and what's not, so **twist** chatted with acclaimed NYC dermatologist Dr. Jody Levine to get you the real scoop on summer skin.

**Myth:** Tanning isn't bad — it gives me Vitamin D.

**Fact:** "You're better off drinking Vitamin D-fortified orange juice or milk, or taking a multivitamin. Tanning and putting yourself at risk for skin cancer and early aging is not the way to go," Dr. Levine explains.

**Myth:** People with darker skin tones never burn.

**Fact:** "People with darker skin are definitely better off than people with lighter skin and do have some built-in protection. But they're still at risk for skin cancer, and for early aging," Dr. Levine explains to **twist**. "Similarly if you get a 'base tan' before a vacation, you're only protected with an SPF of about 2 — which is not very much at all."

**Myth:** If it's cloudy out I don't need to wear sunscreen.

**Fact:** "That is totally not true! Always wear sunscreen no matter what — the sun's rays can definitely come through the clouds," Dr. Levine explains to **twist**. "Especially UVA rays, which are the most dangerous. Plus, even if you don't burn on a cloudy day your skin is still absorbing the damaging rays of the sun."

**Myth:** Skin cancer affects adults, not teens.

**Fact:** "It is true that most skin cancers come out in the adult years, but it's as a result of the sun we've had as

a child," Dr. Levine tells **twist**. "The majority of sun damage that can really hurt us occurs before the age of 18."

## Fake Tan

Spray tans and self-tanners are the best of both worlds — healthy skin and a sweet summer glow.

## Tanning on a sunny day with sunscreen

It's smart to protect yourself, but be conscious to re-apply your sunscreen every couple of hours.

## Tanning on a sunny day with no sunscreen

This is not a good idea. The sun's rays can be very damaging to your skin and cause a bad sunburn.

## Tanning Beds

"These are stronger than outdoor sun and the most dangerous" Dr. Levine says.

## Protect your skin!

How to stay safe this summer.



Sweat-proof sunscreen lasts longer on skin. Coppertone Sport, \$9.99 drugstores

Oil-free facial sunscreen will protect against sunburn and breakouts! Neutrogena Sport Face \$9.99, drugstores



Lips can burn, too! Keep them safe with an SPF lip balm. Nivea A Kiss of Protection, \$2.99, drugstores

Tanning Safe -O- Meter