



UV Tanning: A Comprehensive Guide to Bed Types and Benefits

If you are looking for a simple way to get a golden, sun blessed tan without daylight this Perhaps is the path for you. You can find the [best tanning beds in Marlton, NJ](#) that's best for your specific skin type and your goals.



For those who want to know everything about UV tanning (like all its forms of beds and how you benefit from it) this is the guide for you.

What is UV Tanning?

Tanning beds make use of special lights that emit UV rays; then, the rays assist the skin to produce melanin in order to create a tan. They simulate sunlight, allowing you to tan with controlled and controlled times instead of hours outside.

But if you know what type of tanning bed is best for you, it could mean the difference between getting the tan you want and minimizing the risk of overexposure and too much tanning.

Types of UV Tanning Beds

Different kinds of UV tanning beds have different tanning experiences. Below, we'll look at the three main types of beds: high-pressure beds, low-pressure beds, and hybrid beds.

Knowing the difference will help you pick the right one for your kind of skin and whether you want to get a tan!

1. High-Pressure Tanning Beds

People who want to get a deep tan, quickly can opt for high pressure tanning beds. The high amount of UV rays emitted from these beds are mostly the UV-A kind and a lower ratio of UV-B rays, thus reducing the chances of sunburn. UV-A rays penetrate a deeper layer of the skin and produce a long-lasting tan.

Those who like fewer sessions and a longer tan prefer high-pressure beds, too, because the tan is generally longer. These beds usually have shorter sessions, perfect for the ones with a busy routine.

2. Low-Pressure Tanning Beds

Low-pressure tanning beds have a higher content of UV-B rays and are closer to natural sunlight than normal pressure beds. These beds are good for people who want to build a tan gradually with more regular sessions. Low-pressure beds' UV-B rays can slow down the production of melanin in the skin, making a tan take longer to build but longer to wear off after several.

On low-pressure beds, you are more likely to sunburn as more UV-B rays are being emitted. But these beds are perfect for rookies who wish to go for a gradual tanning process.

3. Hybrid Tanning Beds

These Hybrid tanning beds combine UV tanning with red light therapy, so you get all of the skin benefits but still get a tan. Collagen boost is one of the effects known to red light therapy, which could help keep the skin healthy by making it smooth and minimizing fine lines.

If you want a tan and a better skin tone, hybrid beds are one of the best beds! They will give you a tan while also providing your skin with some better benefits. People with sensitive skin or those who don't want to try out tanning beds can choose these beds instead.

Benefits of UV Tanning

For those who like to wear a tan but would also prefer a controlled environment, UV tanning has some clear benefits. Here are a few of the top benefits of tanning beds:

1. Fast Results

Using the UV tanning beds gets you a quick, even tan in a short period of time — making it great for events, vacations, seasonal changes, etc.

2. Controlled Environment

UV tanning is different than outdoor tanning in that you can control how much you are exposing your body to avoid over-tanning. Depending on the bed type chosen also provides more flexibility to meet your skin's needs.

3. Mood Booster

UV exposure may help increase vitamin D levels, which can lift your mood and support overall wellness. Many people enjoy the warmth and light from UV tanning sessions, especially during colder months.

4. Customizable Options

With different bed types, you can customize the tanning experience. High-pressure beds offer a deeper tan in fewer sessions, while low-pressure beds are ideal for gradual tanning, and hybrid beds provide skincare benefits.

Choosing the Best Bed for Your Needs

Each type of tanning bed in Marlton, NJ has its own benefits, and the choice depends on your goals, skin type, and how quickly you want to achieve a tan.

With a range of options like high-pressure, low-pressure, and hybrid beds, you can customize UV tanning to help you safely achieve the desired tan.

In summary, UV tanning offers a quick, controlled, and effective way to get a natural-looking tan. By choosing the right bed type and following safety practices, you can enjoy the benefits of a golden glow year-round.

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Contact Us

**Crispin Square Shopping Centre 230 N. Maple Ave Marlton, NJ
08053**

Phone No: +1856-985(0220)

Website: <https://hollywoodtansnj.com/>