

Salons give tan-seekers a jump on nature

By Lee Rood
Staff Reporter

Spring break begins Friday and now is the hottest time of year for bronzing bodies, say several tanning-salon managers.

The beginning of February marked a dramatic increase in sales, which should continue to boom until June, local managers said. Most of their businesses tend to suffer a little during the summer because real sun is readily available, they said.

Leanna Walbridge, manager of the Tubbery, said their two tanning beds are almost always full, averaging about 50 tanners a day.

Walbridge said she thinks clients want a good base tan for spring break and want to prevent burning when they start laying out.

A base tan is what people in the business call a noticeable tan that won't disappear after a few days. Depending on a person's skin type, it takes five to eight sessions to establish a base tan.

A session in most tanning salons can last from 15 to 30 minutes depending on the intensity of rays of the bed and the length of time the salon allows. Individual sessions cost about \$3.50 to \$6.

Walbridge said tanners should try to find the kind of bed that best fits their needs. Some salons use beds with more intense rays than others.

Students also should listen to the person behind the desk because he or she knows what's best for the client, Walbridge said, and remember that good tans take time.

Clients should have clean skin and

wear only oils or lotions specifically designed for tanning beds, the managers said. Oils, lotions and even some makeup inhibit the tan and some can cause a reaction.

Karen Smollen, manager of Great Tan, said tan-seekers should be honest about the medications they are taking.

Smollen said people using forms of tetracyclenes, makeup with tar in it and even birth-control pills can have reactions. Oral contraceptives can cause sensitivity to light indoors or out in some women, Smollen said.

The tanning-bed operators agreed that wearing protective goggles in the beds is important because the eyes are sensitive to ultra violet rays.

"Ten percent of all cataract operations are due to ultraviolet rays," Walbridge said.

After tanning, indoors or out, managers recommend using a good moisturizer.

Jan Beck, manager of Body Flex, recommends moisturizers without water that are rich in ingredients like aloe and Vitamin E.

"If you are going to be tanning, you better be taking good care of your skin," she said.

Beck said she tells her clients not to take a shower immediately after tanning because it tends to dry the skin. Waiting at least two hours is best, she said.

Because all ultraviolet rays from the sun or a bed can damage and dry the skin, managers say the beds are better than laying out in the sun because clients can control the amount of rays hitting their bodies.

"You are taking your chances whether you are inside or outside," Beck said. Tanning inside just makes better common sense."

Managers say beds are better because they block most of the ultraviolet-B rays — which are harmful to the skin — and use ultraviolet-A rays — which are least harmful and the ones that tan skin best. The most harmful ultraviolet rays are C rays, but they are filtered by the earth's ozone layer.

Some relatively new products in the tanning business this year are tanning

accelerators. Accelerators are lotions worn before tanning that help ultraviolet rays reach deeper into the skin's layers, causing the tan on the surface to be deeper and longer lasting.

Some accelerators only can be used in tanning beds, while others can be used outside.

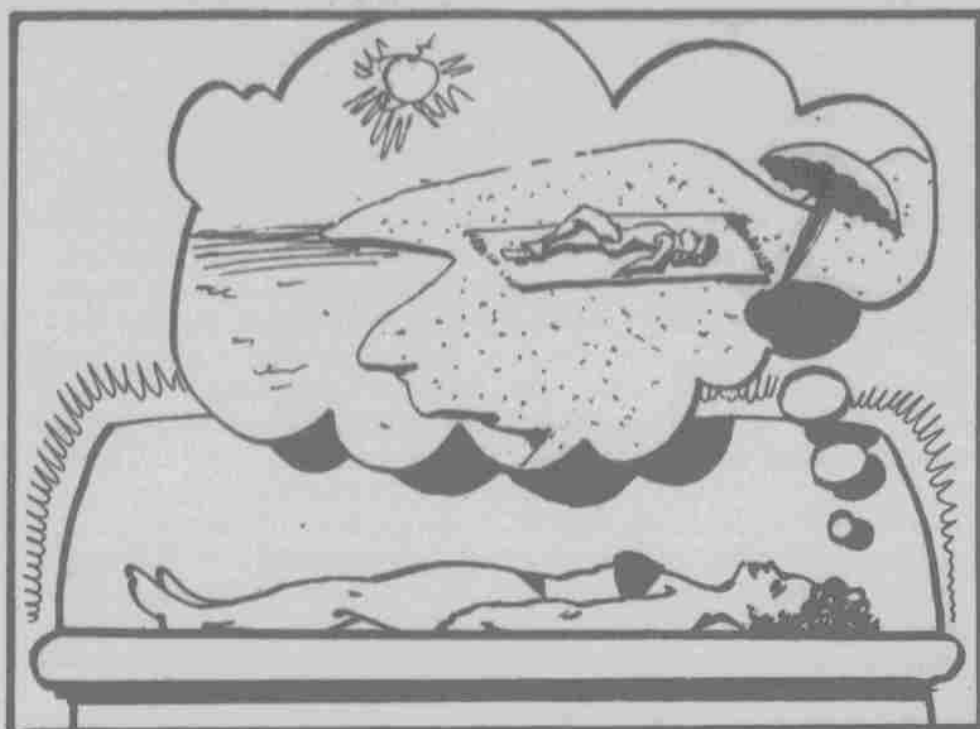
Beck said students should buy only accelerators with L-tyrosine complex, the ingredient she says intensifies the tan.

Other ingredients in the accelerators include various moisturizers, natural oils, aloe gels and vitamin E.

Walbridge said the accelerators help keep the skin soft, protect against wrinkles and reduce dryness.

Jean Barker, manager of Headlines, said accelerators are good if a person doesn't notice a big difference between tanning sessions.

But patrons should see some difference after each visit even without accelerators, Barker said. If they aren't, Barker suggested trying a different salon, because the bulbs the salons use could be either old or of poor quality.



Tom Lauder/Daily Nebraskan

Tips for surviving sunlight

By Lee Rood
Staff Reporter

While most Americans have been told repeatedly that too much sunbathing can harm the skin, some still equate a healthy tan with a healthy body.

According to Dr. Rodney Basler, a dermatologist at the University Health Center, there is no such thing as a "healthy tan."

Basler said tanning is an obvious sign that the skin has been injured, because the ultraviolet rays that tan the skin (outside or in a tanning salon) damage and age the exposed skin cells.

Basler said he thinks tanning salons are safer than laying out because people tend to lose track of time outdoors, and artificial tanning gives a person

some protection against the sun's most damaging rays — ultraviolet B.

The problem with tanning beds, Basler said, is that they destroy some of the skin cells that naturally protect the body from skin cancer. The trick to sunbathing, Basler said, is to not overdo it and to allow the body to replenish those cells. Basler said that means not trying to keep a tan all year.

No matter how much the American public is warned about skin cancer and the negative effects of sun bathing, Basler said, it would be virtually impossible to try and rid our culture of its belief in a healthy tan.

Because people will continue to sunbathe, Basler said he hopes they at least remember to use sunscreen (at least 8 or 10 SPF for this time of year), and to protect the face because it is sensitive to the sun.

Proponents seek treaty to save defense initiative

KRAUT from Page 4

comed the proposal. (With the usual exception: France, which refuses American missiles on its soil, wants the rest of Europe to take them. Such are the prerogatives of grandeur.) Privately, European officials are worried that the removal of American Euromissiles will weaken the American nuclear guarantee which is the pillar of their security.

This fear is shared by Hyland, Henry Kissinger and others traditionally associated with arms control. They oppose the zero option. On the other hand, the Reagan administration, hotbed of nuclear hardliners reputed to view arms control as a symptom of Western decadence, responded with enthusiasm. Within four days of the Gorbachev offer, the administration had put a draft INF treaty on the table at Geneva. What is going on here?

Reagan wants the INF treaty not just because of the Iran affair. True, a treaty would make Mrs. Reagan and Congress happy and almost certainly lead to a summit photo-opportunity with Gorbachev, a chance for Reagan to prove that he is still president. But the administration was quite prepared to accept the zero option six months ago, long before Iran, long before it became a political necessity for an enfeebled president. In fact, the Reykjavik summit was meant to be an INF summit until Reagan and Gorbachev got to dreaming of a nuclear-free world and

the summit blew up over SDI.

Why do hardliners want an INF treaty? It will shake European elites who fought for deployment of American Euromissiles and who fear a "decoupling" that will feed European neutralism. But they prefer the benefits: Neogitating an INF treaty will take up the remaining months of Reagan's presidency and show his bona fides as a peace lover and arms controller. That will leave little political impetus and no time for derailing SDI, either by emasculating it in Congress or bartering it at Geneva. Given the choice between a nervous Europe and an undefended United States, they choose a nervous Europe. The INF treaty is God's gift to American unilateralists who are tired of having to play psychiatrist and bodyguard to allies who ought to be defending themselves.

The hardline unilateralists argue that the purpose of American Euromissiles is to deter the Soviet SS-20s. If both systems come out, that deterrent function has been fulfilled in a rather convincing way. No, say the Atlanticists. That is only one purpose. The other role of the U.S. missiles is psychological.

The war over INF has just begun. But the outcome can be predicted. The unilateralists will win. Look for a treaty before summer's end.

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