Any kind of tanning is bad for your skin.

Tanning is your skin’s way of trying to protect itself from the damaging rays given off by tanning beds and the sun.

Whether you get a tan outside in the sun or in a tanning bed, you’re exposing your skin to damaging ultraviolet radiation (UVR). Too much UVR causes skin cancer.

Tanning before age 30 can increase your risk of getting skin cancer by 75%!

Tanning also causes:
- Early skin aging
- Redness, blotches, or yellowing of the skin
- Leathery skin, wrinkles and sagging skin
- Freckles, age spots and liver spots
- A weakened immune system

Identical twins!

The twin on the left has a lot of UVR damage.

The twin on the right does not.