



## SUNBEDS SEE BEYOND THE TAN

[cruk.org/sunsmart](http://cruk.org/sunsmart)



## SEE BEYOND THE TAN

Before stepping on to a sunbed, it's worth considering how it could spoil your appearance, make you look old before your time, and may even damage your health.

### **When the tan fades, the damage can remain**

Sunbeds give out ultraviolet (UV) rays which damage your skin and can make it look wrinkled, older or leathery. UV rays also damage the DNA inside your skin cells, and over time, this damage can build up to cause skin cancer.

**Using a sunbed once or more a month could increase the chances of developing skin cancer by more than 50%.**

**It's against the law to allow people under the age of 18 to use sunbeds.**

**For more about being SunSmart visit:**

[cruk.org/sunsmart](http://cruk.org/sunsmart)

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