



Press release

Dermatologist advises on preparing the skin for summer holidays

“Sensible use of a modern sunbed can help“

The vast majority of the west and northern European people get sunburned during the summer holidays.

Normally after hours and days in the sun, the skin develops a much desired holiday tan. Yet most people do not realize that too much sun at once on the unprepared skin is not recommended and might increase the risk of skin problems.

Next to that it is generally known that sunscreens are in most cases not used correctly. Most people do not know that using sunscreens does not mean that one can safely stay much longer in the sun. Still they do, which often leads to excessive sun exposure and consequently sunburn.

Fortunately, the solution is rather simple. Dermatologist Stan Pavel explains in a video interview why moderate use of a modern sunbed can prepare for the summer holidays. Such “pre-tanning” can - in combination with sunscreen use - considerably reduce the risk of sunburn and skin damage.

View the full interview with Dr. Pavel online: <http://youtu.be/TJwhI5jSRMs>

The Sunlight Research Forum (SRF) is a non-profit organisation based in the Netherlands. The SRF works to communicate new medical and scientific research into the effects of moderate UV exposure on humans.

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