

# fitness

mind, body + spirit

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READER TESTED!

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### YOU PRE-TAN AT A BOOTH TO PREVENT BURNING.

Don't be misled by those ads that claim tanning-booth rays are safer than the sun—they also expose you to UVA and UVB rays and can cause the same damage to your skin. Ironically, a base tan can boost the likelihood of a burn because you may be fooled into believing you can stay in the sun longer. The bottom line: Whether you get it in a booth or at the beach, there is no such thing as a safe tan. "A suntan is the skin's response to injury and DNA damage. With every tan, you accumulate more and more damage, which increases your risk of wrinkles and skin cancer," says James Spencer, M.D., a dermatologist in St. Petersburg, Florida.