

How Long Should You Be in the Tanning Bed?

Skin Types	1st Session	Week 1	Week 2	Week 3	Week 4
IVORY	1 minute	1 minute	1 minute	3 minutes	5 minutes
BEIGE	2 minutes	3 minutes	5 minutes	8 minutes	10 minutes
MEDIUM	3 minutes	4 minutes	8 minutes	13 minutes	15 minutes
OLIVE	3 minutes	5 minutes	9 minutes	16 minutes	20 minutes
HONEY	3 minutes	6 minutes	10 minutes	16 minutes	20 minutes

Tanning Bed Ing Guide

B Lingard



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