

IMPORTANT

**PLEASE READ THE FOLLOWING TERMS AND CONDITIONS
CAREFULLY**

**SUNBED USE IS FOR OVER 18'S ONLY. ID MAY BE REQUIRED
FOR PROOF OF AGE.**

An indoor tanning sunbed should be treated with the same caution as normal sunlight. A tan should be built gradually, particularly if you have sensitive skin. Never repeat tanning if there are any signs of redness remain from previous sunbathing or tanning. Do not touch or tamper with the light tubes whilst using the equipment.

Always remove contact lenses if worn and wear CE approved goggles/eyewear. Keep eyes closed and avoid looking directly at the light tubes. Wear sunbed goggles should you have your own or purchase from The Leisure Club.

It is recommended that all traces of make up, lipstick, perfumed body lotions and sprays are removed before using a sunbed. No suntan preparations or lotions should be applied unless they are specifically formulated for use on sunbeds.

Do not follow or proceed sunbeds with any other form of heat treatment including hot baths, saunas, waxing, use of depilatories or normal sunbathing.

Do you suffer from: Ill effects of normal sunbathing, epilepsy, diabetes, heart conditions, high/low blood pressure, hormone irregularities, headaches/migraines, hypertension, fainting/giddiness, prickly heat, cold sores, moles, allergies?

Are you: Currently under medical supervision, prescribed or taking any form of drug, ointment/lotion, antibiotic or tranquilliser, pregnant or hypersensitive to light?

If the answer to any of the previous questions is positive, please seek medical advice to ensure optimum safety when using the sunbed or sunbathing normally.