



0.3

**NOW IT'S OFFICIAL!  
0.3 TANNING IS SAFE!**

**AND GOOD FOR  
YOUR HEALTH!**

**GET YOUR  
HEALTHY DOSE TODAY:**

UV light provides you with Vitamin D which your body can only produce when exposed to UV light. Vitamin D is essential for your immune system. It helps to reduce risks like cancer or autoimmune diseases.

UV light also strengthens your bones and helps to cure skin irritations like acne, eczema and psoriasis.

The first signs of a slight depression can also be reduced with sunbathing.

During a tanning session the warmth that penetrates your body helps to relax tense muscles and relieves everyday's stress.

**BE ON  
THE SAFE SIDE:**

Cosmedico COSMOFIT tanning lamps meet the new European 0.3 tanning standard that regulates safe tanning.

Look for this sticker on the sunbed or ask the personnel.

