

THE SUN BRINGS HAPPINESS



IN YOUR
TANNING SALON

Energy boost

Good mood

Immune system strengthening

Performance increase

Vitamin D production

Bone strengthening

state of mind lightening



QUESTIONS
ABOUT
TANNING?



The *UPGRADE* for your tanning bed



Cosmedico[®]

FIRST CHOICE IN TANNING

THE POSITIVE EFFECTS IN THE COSMEDICO PRODUCT RANGE



Cosmedico®
FIRST CHOICE IN TANNING



View the Cosmedico **SUN BRINGS HAPPINESS POSTER** for tanning salons here and order it if required.

Vitamin D

Sunlight is a natural source of vitamin D, which is essential for bone and tooth health. When the skin comes into contact with UVB rays from the sun, it begins to produce vitamin D. This vitamin plays a key role in the absorption of calcium in the body, thus strengthening the skeletal system.

Mood

Sunlight has a positive effect on mood by stimulating the production of serotonin, a neurotransmitter known as the "happy hormone." Adequate exposure to sunlight can help reduce stress, improve mood, and even prevent depression.

Sleep

Exposure to natural light, especially in the morning, can regulate the body's circadian rhythm. This helps stabilize the sleep-wake cycle and improve the quality of sleep. Well-regulated sleep is crucial for overall health and well-being.

Productivity

Sunlight can boost energy production in the body and increase alertness and productivity. This also explains why people often feel more active and vital on sunny days.

Immune system

The sun can boost the immune system by promoting the production of vitamin D. A healthy immune system is crucial for fighting off disease and protecting the body from infections.

Skin

Controlled sun exposure can have positive effects on skin health. For example, the sun's UV rays can be helpful in treating skin problems such as psoriasis or eczema. However, it is important to protect yourself from excessive sun exposure to avoid skin damage.