



Tanning industry veteran Brenda Fishbaugh is president of Eye Pro, Inc., makers of disposable eyewear. She travels extensively training salons on the effects of UV light on vision.

TANNING IN A COFFIN?

Shelly Davis of Dakota's Fitness & Tanning in Gillespie, IL may have a second career as a stand-up comic! I think you'll enjoy reading her entry in the contest we ran in a recent issue of Island Sun Times. In Shelly's own, winning words...



Shelly Davis

"I can remember back in the late 80s when I was a sophomore in high school and started tanning indoors. I remember my mom going with me on that first visit to sign the parental consent form, and having never seen a tanning bed before, I asked to see one. I remember the salon owner telling me it may seem 'a bit like lying in a coffin.' I don't know how she may have known what lying in a coffin felt like! Looking back on it, I don't think that a coffin is a good analogy to

use to describe a tanning bed. I also remember the owner providing me with cotton balls and telling me to put them on my eyes during my session. She had soaked them in witch hazel (an old fashioned astringent) so the cotton balls would stay in place! The tanning rooms were located on the second floor of this facility and at that time, the equipment timers were located in the tanning rooms. I can remember signing the paper downstairs at the reception counter, walking up all those stairs, and setting my own time for the tanning bed. I remember that I would also set it for a minute or two longer, thinking they'd never know! Personally, I feel that my night vision is gone today due to the 'wicked witch hazel of the 80s!' So, 'witch-ever' way you look at it, eye protection is the only answer to protecting your eyes!"



Regina Cox

Regina Cox of Island Tan in Rockford, IL shares a gruesome example of why it's critical to keep your own eye protection clean, or use disposable eyewear:

"I have a friend who got pink eye from neglecting to clean her goggles regularly. My friend always kept her goggles in her purse, and we all know the junk floating around in a woman's purse! Once my friend got rid of her conjunctivitis, she began cleaning her goggles with anti-bacterial soap after she tanned. She also got smart and put her cleaned goggles in a sealed bag so they wouldn't get contaminated from junk on her hands, or at the bottom of her purse, or in her car's glove compartment". ■

Thanks, Regina & Shelly!

If you have an eye protection story, please email Brenda@eyepro.net... you may appear in a future issue of Island Sun Times!