

# User instructions self-service

Tanning is not allowed for people under 18 years of age!

Read carefully the “Information about risk groups” in the entrance area.

Determine your skin type based on the “Sonnenpass”.

With your skin type score, you use the skin type table to determine your initial tanning time. If you are unsure, always choose the shorter tanning session (e.g. skin type II, 10 minutes).

The tanning time for the subsequent tanning sessions (at least 48 hours waiting time), you can increase by about 3-5 minutes each. (e.g. 10/13/16/19/21 etc.)

Avoid tanning times of more than 30 minutes!

Beware after longer tanning breaks, absolutely redefine your skin type!

Select the desired solarium or cabin and carefully read the “Information about risks of UV radiation and how to minimize them” in the cabin.

For our professional device types (140-200W tubes!), you need to reduce the tanning time by 3-5 minutes for the first tanning session!

Clean the lying surface of the solarium with paper and the quick disinfectant cleaner from the spray bottle or insert about body-length piece of hygiene film on the lying surface.

Study the operating instructions for the solarium of your choice inside the cabin.

Now throw the appropriate number of Fr. 1.- / 2.- / 5.- pieces according to the desired tanning time individually and one after the other in the respective coin counter on the outside of the cabin or conveniently debit the amounts from your chip card.

From the insertion of the first coin there is a lead time (switch-on delay) of 2 minutes, during which you can easily undress and set up under the solarium.

The solarium will switch on automatically and you only have to lower the lid pull.

During the lead time, you can also start the solarium early using the start / stop button during the two-minute lead time.

During the tanning process, you can adjust the body vent at any time according to your wishes and switch the facial fans on or off, (Important to know: Delay of switching on for hot facial tanners is approx. 3 minutes)

After the tanning process has ended, the solarium will switch off automatically cool down for 3 minutes fan run-on time.

After tanning, please clean the lying surface again with paper and quick disinfectant cleaner and / or throw the film into the waste bin in the cabin.

Enter the erythema weighted and the NMSC-weighted irradiation amount of your tanning in your personal tanning schedule.

Please note that the weighted, added radiation amount of your current session series does not exceed 3000 J / m<sup>2</sup>. There is a break of 3 weeks between the individual tanning series.

After reaching the NMSC-weighted annual dose of 25,000 J / m<sup>2</sup>, a break of one year must be observed, based on the start of the first tanning series.