

C. Getting a beautiful tan

Task 1 : Before you read the text, answer this question by ticking the right box.

Do you like relaxing in the sun in summer?

Yes		No		Sometimes	
-----	--	----	--	-----------	--

As nothing feels quite as good as relaxing in the sun, one never thinks about the dangers of sunbathing. Sunlight is good for you because it helps you get rid of stress and helps your body produce vitamin D, which is very important for strong healthy bones. So, how can something so good as sunlight be so bad at the same time? Well, it is true that while you are relaxing in the sun to get a tan, there are three main dangers:

- burning
- ageing of your skin
- skin cancer

If you know about the dangers, then you can learn how to guard yourself against them.

Burning: If you wish to get a tan, you do not have to burn. When your skin starts getting red, this is a sign that your skin has been damaged. Sunburn is mainly caused by ultraviolet rays. You have to give your skin time to thicken and allow the cells of your skin time to produce melanin, which is the colour that gives your skin a tan.

Ageing: Doctors say that sunlight causes more changes in our skin than natural ageing does. They have shown that changes in the skin are due to sunlight rather than to the passing of time. This is because the ultraviolet rays break down our skin and make it dry and wrinkled.

Skin cancer: It is a fact that you can risk getting skin cancer if you stay too long in the sun. Too much sunlight is dangerous. If you try to tan faster than your skin can produce melanin, then the risk of skin cancer is bigger. You must be careful in the sun and keep an eye on changes to your skin.

How can you get a light tan with very little danger to your skin?

You must always protect your skin with a good suntan cream. Look for the sun protection factor number on the suntan cream. It tells you how much protection you will get from ultraviolet rays. The higher the number, the more protection you will get. A sun protection factor number 3 will let you stay out in the sun three times as long as you would usually stay without burning. A sun protection factor number 4 will let you stay out in the sun four times as long as you would usually stay without burning, and so on. Get the right sun protection factor and relax in the sun this summer without any risk!

Task 2: List the good and bad things about spending time in the sun.

Good Things from Sunbathing	Bad Things from Sunbathing
It is a nice relaxing activity.	You can get sunburned.
It gives you a nice tan colour.	Your skin ages faster.
It helps you get rid of stress.	You risk getting skin cancer if you are not careful.
It helps your body produce Vitamin D, which is very important for strong healthy bones.	