

# UV Light

## The UV light of Sunshower vs. the sunbed



After the call in Holland to remove sunbeds from gyms, questions have arisen about the safety of the UV light from Sunshower. Below you will find why the UV light from a professional sunbed differs from the low-dosed UV light from Sunshower.

### **Strict Standards**

It is important to handle the use of UV light safely. Therefore, devices with UV light must meet strict requirements. These standards are set by the IEC, International Electrotechnical Commission. A professional sunbed from the sunbed studio falls under a different standard than UV equipment for home use, which Sunshower falls under.

### **UVA and UVB light**

According to the standard, a professional sunbed may emit a higher dose of UVA light than Sunshower. UVA light provides immediate tanning, but also causes skin aging and DNA damage. With Sunshower, we have chosen to make tanning subordinate to health. Therefore, Sunshower's UVA output is only 25% of the allowed UVA output for home use.

At Sunshower, we mainly focus on UVB light. This is responsible for the production of vitamin D and the preparation for summer or holiday sun. Vitamin D is crucial for a good resistance, strong bones and reduces the chances of respiratory infections. With the safe and low-dosed UV light of Sunshower, you already achieve a doubling of your vitamin D level in the winter months with 30 minutes a week. When the skin comes into contact with UVB rays, pigment is stimulated in addition to the production of vitamin D.

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This makes the skin thicker, as a result of which the UV rays can penetrate less deeply into the skin. This is a natural mechanism of the skin, which protects the skin against the sun and makes it more resistant. A structural low dose of UV radiation from Sunshower sets this process in motion in a responsible way.

The total dose of UV light from one Sunshower session is less than 20% of the allowed dose for one session at a professional sunbed.

## **Cooperation with experts**

The lighting solutions of Sunshower contribute to health and well-being, with quality and safety at the forefront. To guarantee health, we work closely with various experts, including dermatologists, medical and scientific specialists and regularly carry out research in cooperation with, among others, Amsterdam UMC. In addition, all Sunshower products are certified and comply with all strict EU installation regulations.