

Want a safe, smooth tan? Rub on the sun!



Sometimes the best (and safest) tans come from a bottle.

Self-tanning products can provide the sun-kissed look without the damaging effects to your skin. They are less expensive than tanning salon fees and take only a few minutes to use. Just apply, dry, and fly. You'll be out the door in no time looking like a sun-loving bronzed god or goddess. For the best look, be sure to carefully follow the instructions. And even with self-tanning products, always use a sunscreen lotion (SPF 15 or higher) when you venture outside. Perform a skin self-exam every month; and a yearly skin exam by your doctor will help keep your skin its healthiest. **That's time well spent.**

Visit bcbsga.com to learn more about everything from sunburn to sunscreen and skin care.



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