

The Popularity Of Tanning Through The Ages

Getting a natural tan is one of the most attractive accessories that a person can flaunt. Tanning can be done quite naturally even in a person's own backyard. The UVA and UVB rays of the sun are responsible for the darkening of the skin. Excess exposure can lead to sun burn and this is extremely harmful. The skin darkens in response to melanin being released in the skin by cells known as melanocytes. Of course, the genes of a person decide whether they will get a great tan or not. Some people can darken quite fast while others will simply not get a tan. Tanning has several benefits apart from just looking good. When exposed to the sun, the skin produces Vitamin D as a direct result. This is especially beneficial for those who have Vitamin D deficiency. Some studies have also shown that an estimated 50,000-60,000 people in the US have died premature deaths due to deficient Vitamin D as compared to an estimated 8000 people who have died due to skin cancer. Osteomalacia is a disease where a person has bone pain and is unable to lift weight is also caused by the lack of Vitamin D. According to Doctors, it's important that each person is exposed to 15 minutes of sun at least twice a week if not more. This can provide adequate Vitamin D. But if the sun is extremely low in the sky then exposure and tanning won't produce any Vitamin D. In fact according to a 2007 study by Gauderman, Cozen and Mack on Islam, it has been found that sun exposure and tanning during childhood can even prevent multiple sclerosis. Culturally through the ages, a tanned dark skin was not considered attractive. Tanning was considered to be lowly and not meant for women of aristocracy and noble birth. During Roman times, dark women deliberately lightened their skin to give an appearance of being fair. During the time of Shakespeare and much before the industrial revolution, those with fair skin were considered to be beautiful. The society at that time was largely agrarian and those who toiled in the field and did servitude were dark skinned due to working long hours in the sun. In contrast to that rich men and women and those from aristocracy had servants to do all work and were therefore naturally fair. To be fair meant that you had servants and could afford the luxuries of life. Post World War II, people of the European countries and the US (especially the middle and the rich class) could afford luxuries in life. They could afford houses, swimming pools, big cars, and amenities like washing machines, holidays and lots more. It's then that the concept of tanning really caught on. To have a great tan, meant that people had been to vacations, were well off and could enjoy luxuries in life. Tanning also came to be associated with body building and fitness. Now tanning is considered to be a style statement that has been popularized by the models and actors of Hollywood

About the Author

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