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How to use stand up tanning bed planet fitness

LuxeLuminous is reader supported. When you buy through our links, we may get a commission. Planet Fitness is known for having lots of different gym equipment that can help you work out, and an ethos that everyone is welcome to come and improve themselves, no matter their body type. However, the exercise equipment isn't the only thing that they offer. PF also has other equipment that is focused on wellness and beauty. This would include the tanning beds and tanning booths at Planet Fitness, as well as their Hydromassage Beds, Total Body Enhancement Booths, and other spa options that are part of their Black Card Spa Membership. This article looks at indoor tanning, and is a Planet Fitness Tanning Review. Read on to find out all the details on how to tan at Planet Fitness, and whether or not you should use these tanning beds and systems. Planet Fitness offers its Black Card membership holders access to its tanning booths and tanning beds. You need both a PF membership and a Black Card spa membership to access the tanning facilities, as well as the other spa facilities offered by Planet Fitness. For more information on the Black Card, see our article on Black Card Membership here. That said, you can often get Guest Passes if you know someone who has a Black Card Membership, or you may be able to get Guest Passes simply by asking. Different branches of Planet fitness offer different kinds of equipment, and not all PFs have tanning facilities. The tanning equipment is first-come, first-serve. If someone is using the tanning equipment, you'd have to wait for them to finish and for the staff to clean the equipment first (you don't want Tanning Bed Rash!). How Does Planet Fitness Tanning Work? Planet Fitness tanning is quite similar to tanning at a tanning salon. With your Black Card membership, you can use the tanning equipment whenever you like within their opening hours. If there is a Spray Tan booth, the time when it can be used is usually posted on the booth area. Tanning beds, on the other hand, are available whenever the branch is open. If the branch you go to is open 24 hours, you'll be able to go any time you want. Just remember that there is a time limit to using the tanning beds. Use Tanning Beds at Your Own Risk. Using the Planet Fitness tanning equipment involves several rules that you should be aware of. These include: Use tanning beds at your own risk. Indoor tanning can increase the risk of skin cancer. You have to be aware of how long you stay inside. Tanning sessions are limited to up to 15 minutes. There is usually no dedicated staff that guides clients in using the beds, nor do they pay attention to who is next in line. You'll have to wait in line. Be courteous with other gym-goers. Always check if the tanning bed is clean or not. There should be a cleaning solution and paper towels near the tanning beds. Be sure to let the bed dry before use. In some branches, there may be personnel responsible for cleaning the beds, and you'll have to wait until they're done before you take your turn. The tanning systems vary, depending on the branch. You may find tanning beds or tanning booths. And some may also have spray tan tents that you can also use to get your tan. Keep in mind the dress code at Planet Fitness. You may want to wear different clothes for tanning than you wear for your workout. You can change in the locker rooms. Planet Fitness usually encourages clients to be self-sufficient in using the different equipment available. However, if you need help or if you just can't figure out how to use the equipment, ask the staff or a Planet Fitness Trainer for help. Unlimited Tanning At Planet Fitness Back in 2015, Planet Fitness used to offer unlimited tanning to all their Black Card membership holders. That changed when they were forced to pay penalties. PF failed to warn customers about the risks of skin cancer due to the tanning beds. Since the court ruling, PF's tanning policies have changed. They agreed to train all the employees who will be in charge of providing their tanning services. In some branches, there will be a designated staff member who'll inform you about how long the session should last. Similarly, they also agreed not to make health-related claims with their red light therapy devices. Their trained staff can help you use the equipment, and ensure (relative) safety. Nowadays, there are warning signs near the tanning devices. Protective eyewear is now required. Some branches offer eyewear for free, while others will require you to provide your own protective eyewear before you can use the tanning bed. What Are The Tanning Machines At Planet Fitness? There are several tanning machines that Black Card members can use at Planet Fitness, and they vary by branch. You may find a traditional lay-down tanning bed, or an upright tanning booth. You may also find a spray tan booth. Lay Down Tanning Beds The first tanning beds are the lay-down type. They are selected because while you get a tan, you also get to relax by laying down. You can take a rest for a couple of minutes while you soak up the UV rays. The problem is the comfort that you feel while laying on the glass. There will be pressure points between the skin and the glass that can cause tanning creases. To remedy this, you should regularly reposition your body. Stand Up Tanning Beds Some prefer stand-up tanning booths because they are more spacious. They allow customers to move much easier than a tanning bed. Due to the adequate space, it is possible for customers to raise or lower down their arms, bend their knees, turn the head, etc. The intensity of light from the standup tanning beds is usually higher. This is why the time limit for each session is lower than a lay-down tanning bed. Also, the tanning booth is filled with reflectors to make tanning easier and more even. Tanning booths are a bit more hygienic. You're not laying down on the same glass covered in tanning lotion that everyone else has been laying down on. On the other hand, you don't get to relax in a tanning booth. Spray Tan Booths Spray tans are a great option for tanning. They are far healthier than tanning beds. A spray tan can provide instant bronze, glowing skin. The result is fast, and will last for about a week. However, it's not a real tan and gives none of the benefits of a suntan. Also, certain areas like the fingers, knees, feet, elbows, and wrists may tan unevenly, with streaks and cracks. Spray Tanning is pretty safe, but you should avoid inhaling the spray tan solution. Things To Know About Indoor Tanning Indoor tanning is a way to get the tan you've been dreaming of, even if it's winter. Many of us feel so much better with glowing, luscious tanned skin. That said, getting a tan, whether through indoor tanning machines or outdoor under the sun, results in damage to the skin. Tanning is the skin's natural response to UV damage. Tanning speeds up aging and can also lead to skin cancer. This is particularly true of those who misuse their bed, staying inside too long. Indoor tanning machines produce extremely concentrated light (up to 26 times as powerful as sunlight!). You only need to be under that light for a few minutes. Not all are aware of this, which is why overexposure is a big risk. Most tanning salons have staff that guides their clients with their tanning sessions. This was the source of Planet Fitness's earlier problems. By allowing customers to use the machines without supervision, it neglected to explain the risks customers faced. The bottom line is that everything we do, including walking down the street and driving a car, have risks associated with them. There are real benefits to tanning. And some people just love the feel of a real tan, even if it is a UV tan. We just encourage you to be smart and to understand the risks. Benefits Of Planet Fitness Tanning Beds Tanning at Planet Fitness isn't free. It comes with the price of a Black Card membership. If you choose to get a Black Card and get your tan at Planet Fitness, here are a few benefits you can enjoy: The Black Card membership offers unlimited tanning service. However unlimited doesn't mean you can stay in the tanning bed all day long or multiple times in a day. There is still a limit they impose for safety purposes. Unlimited just means you are free to use it whenever you want, provided you follow their policy. Tanning at Planet Fitness is very convenient because you can do it after your workout. You don't need to go to multiple places just to get things done. The tanning beds and booths are easy to operate. You can use them on your own, but staff will be able to instruct you and help you get oriented. You don't need an appointment to use the machines. You can use the machines whenever you want to as long as the machines are available. By the tanning at Planet Fitness, you'll be able to keep your tan throughout the year. They are open all year round so you can keep your tan even when it's winter. Risks Of Planet Fitness Tanning Beds It may seem exciting to have access to such devices, there are major risks here. Don't ignore the warnings. Read and understand them so you are fully aware of what you are getting into. Some of the risks involved in tanning at Planet Fitness include the following: Skin Damage – Tanning beds at Planet Fitness will produce UVA and possibly UVB rays to imitate the sun and cause the skin to tan. These beds can cause skin damage. Do not overuse these devices. Contamination From Others – A disinfectant spray and paper towels are provided so you can clean the beds before and after use. But you can never be sure if the beds are really 100% clean. To effectively clean the beds, the disinfectant should be allowed to completely dry. However, users often don't wait long enough. Also, take a shower before your tanning session! Increase Risk Of Skin Cancer – The risk of skin cancer increases with tanning. This is not only applicable to sun tanning but also to indoor tanning that exposes the body to UV rays. People who do not really understand how tanning works may spend too much time UV tanning in order to get glowing skin. Warnings and instructions are found around the tanning beds. Some even have staff assigned to help minimize the exposure of UV rays on clients. They tell clients about the maximum amount of time that they could spend on the tanning devices. Customers' Experiences With Planet Fitness Tanning Beds Different people have different opinions about tanning at Planet Fitness. Some loved the beds and highly recommend them. But others reported bad experiences. Here's what the customers had to say about Planet Fitness Tanning: Planet Fitness expects customers to clean for themselves before and after they use the tanning beds. Due to different indoor tanning lotions used by clients, oils can build up even when users carefully clean. Some don't clean the tanning beds thoroughly so there is still grime. Depending on the branch, some staff clean the tanning beds, while others hardly do. Some customers also report that there are branches where tanning beds can burn you. The bulbs of the tanning beds should be regularly checked and changed. But some branches neglect them for long periods. That may be a reason why you can get burned while tanning. Also, if you stay too long on tanning beds, you're more likely to get a burn. One of the reasons why people used tanning beds in Planet Fitness is due to the Black Card offerings. With just a single membership, you get access to a huge variety of perks. If you end up not loving Planet Fitness, you can see how to cancel your membership here. In summary, most customers get a tan at Planet Fitness because their Black Card membership allows them to. With the perks of the membership, customers feel that they get a good value for their money's worth. Although it may not be as safe and as clean as other dedicated tanning salons, it is still manageable and can save users money. Safety Tips While Tanning At Planet Fitness Whether you choose to use the tanning bed or the stand-up tanning booth, you still need protection against too much exposure to UV light. Here are the things you should do: Figure Out Your Skin Type: Different skin types react differently to tanning beds. Some can tan under a tanning bed for a much longer time than others before they burn. Figure out your skin type so that you know your limits when it comes to tanning. Use Eye Protection: The eyes should always be protected when using tanning machines. There are UV protective goggles that you can wear while lying down. And there are some that can stick to your nose for use in stand-up tanning booths. Time Your Sessions: Don't just blindly go for a tan. Use a timer to know exactly how long you've been under the UV light. Although you have unlimited access to the tanning booth, you should still know your limits. Avoid Tanning Daily: It is not advisable to UV tan every day. You can still maintain and build your tan even if you don't use the tanning machines daily. If you tan every day, you'll just end up damaging your skin. Give it 36-48 hours between tanning sessions. Use the Beauty Angel afterwards: When you're done your tanning bed session, hop on over to the Beauty Angel RVT30 Total Body Enhancement machine for some restoration. These units use red light therapy and vibration to rejuvenate and restore the skin. Final Words Tanning is a service offered in many branches by Planet Fitness to all their Black Card members. They provide different kinds of machines that can be used for tanning. If you plan to use them, you need to take a safety-first approach. Although indoor tanning seems so great at first glance, it has risks that you shouldn't ignore. Remember that the Black Card membership at Planet Fitness doesn't only give you access to tanning beds, there are lots of other equipment that you can use with the membership. Make sure you use them too, so you get the best out of your membership. how to turn on stand up tanning bed at planet fitness. are tanning beds at planet fitness good

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