Are Sun Rooms Safe?

Most Americans prefer having a roof deck in their homes just so they can have their private tanning sessions. Others opt for sun rooms or solariums to get that sought-after tan.The concept of a solarium or sun room has changed over the years, from the rooftop solarium of a house as it is known in Daigle roofing contractors Rome to the castle roof solarium as it was known during the medieval period. During the olden times, solariums were typically located at the upper floor of the house, usually with large windows surrounding the room to welcome sunlight.Solariums were not really made for tanning then, because medieval women used the solariums as their nook where they spend hours gossiping and exchanging pleasantries.During the modern times, the sun rooms became more extravagant and elegant. Today, sun rooms are built surrounded by window glasses. Some sun rooms are even built with walls made of glass. Sun rooms today are also used by the family members as a relaxation area where they can entertain visitors or host parties. Today, sun rooms are also built to serve as greenhouses where exotic plants are kept and grown.The concept of using sun rooms as tanning rooms is relatively new but it has attracted homeowners who find the idea practical. Instead of going to tanning shops or spas, there are home owners who buy use the sun rooms for personal tanning sessions.Solariums or sun rooms are more popular during summer when the whole household can avail of in-house tanning services. Some get their own portable beds and stay in their sun rooms the rest of the day.Having your own sub room can be practical and cost effective. It can save you time and money in going to tanning salons. However, people who use sun rooms for tanning purposes should be aware of the dangers of too much exposure to the suns ultraviolet rays.Even if you are just in you sun room, you have to make sure you are protected by wide-brimmed hats. To be more practical about it, use sun protecting creams or sunscreens with higher protection level. The common belief is that a person ***Daigle Roofing and Construction*** does not need sunscreen if he is jus tin the confines of his home. Of course, a sun room is just within your home but you are getting more sun exposure there so you have to protect your skin and your eyes.You can enjoy your sun rooms but do not endanger your health by enjoying your sun rooms without proper protection.

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