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It is a widely held belief that the use of sunbeds increases the risk of developing skin cancer. But now a large-scale study carried out by the University of Leeds in the UK is showing how the opposite is in fact true.

Over the years, various groups of researchers have tried in vain to establish a link between the use of sunbeds and the spread of dangerous malignant melanoma and the media have always been more than willing to add more fuel to the fires of anxiety engendered by this topic. However, we often forget that UV exposure is crucial if the body is to maintain an adequate level of vitamin D, which in turn has a positive effect on the entire immune system.

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