

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

## How To Choose The Best Tanning Bed Lotions

By Ciara McNamara

Despite warnings about the risks, people continue to flock to tanning beds. Tanning bed lotions are a necessary accessory, whether you are a regular tanner or just trying to get a good base tan before the summer holiday season or for a vacation. Lotions come in a variety of formulas for every skin type. Cooling lotions help keep the skin cool in the bed. After tan lotions extend your tan and can help shorten the time you need to spend in a bed to maintain your tan. Benefits of Using Tanning Bed Lotions Lotions help regulate the amount of UVA and UVB rays that are absorbed into your skin. Your skin absorbs more rays in less time. This allows you to limit your exposure to the rays and still get the tan you want. Moisturizing lotions add moisture to your skin. This helps prevent some of the drying effects of beds. Since moisturized skin tans faster, you will achieve your desired color faster and your tan will last longer.

You should use the best lotion

<http://www.tanning-lotions-tips.com/tanning-bed-lotions.html>

that you

can afford in the bed. The type of tanning bed you are using and your skin type help determine which lotion is best. Light, medium or dark skin tones require different lotions. Using a lotion intended for experienced tanners on fair skin can be disastrous. The salon owner can help you choose the right lotion for your skin type.

Products for indoor tanning come in lotion, crème, gel or oil forms. As long as the product is right for your skin type and the bed you will be using, the rest is a matter of preference. The preparation isn't as important as the ingredients, so learn to read the labels. Ingredients in Tanning Bed Lotions The best products contain natural ingredients to stimulate your tan and nourish your skin. Look for as many natural botanicals, plant extracts and vitamins as possible. Each has a different purpose. Amino Acids Just about all lotion or crème products contain amino acids. They stimulate the production of melanin in your skin. The action of the amino acids produces the tanning effects. The most commonly used amino acid is tyrosine. Moisturizer The moisturizers in lotions help reduce the drying effect

## How To Choose The Best Tanning Bed Lotions

the UVB rays in the bed have on your skin. Look for rich, natural moisturizers, like aloe or hempseed oil. These are in both tanning lotions and after tan formulas. Antioxidants help prevent the fine lines and wrinkles that result from UV exposure during tanning. Vitamin E and grapefruit extract are common antioxidants found in lotions. A Safer Alternative to Tanning People are becoming concerned with the safety of tanning, either in a bed or in the sunshine. UV exposure during tanning has been linked to skin cancer and premature aging of the skin. The only safe alternative to getting the color you want is a fake tan. There are pills that are said to give you a tan, but there is controversy over their effectiveness. The best way to get a completely safe tan is a sunless tanning spray (

<http://www.tanning-lotions-tips.com/sunless-tanning-products.html>

).

You can apply a sunless tanner at home, or you could go to a spa or salon for spray on tanning. In the salon, you stand inside the booth and the tanner is applied with either spray nozzles built into the booth or with a hand held airbrush unit by a technician. Mystic Tan and Sunshower are common brands for booth tanning.

Ciara McNamara reveals frequently for

<http://www.tanning-lotions-tips.com>

. Within the site Ciara is

specializing in

<http://www.tanning-lotions-tips.com/tanning-bed-lotions.html>

.

## The Best Sunless Tanning Methods

### By Paton Jackson

If you haven't noticed the summer is already here. Surprisingly, you don't have to wait for the summer for endless beach hours beating down on the sun rays. Sunless tanning also known as the indoor tanning is more popular and easy than ever and it is much safer than sun tanning. Here are 10 tips for sunless tanning:

1. Airbrush tanning - Airbrush tanning is a new and emerging sunless tanning method. Using a clear liquid containing called dihydroxyacetone (DHA), you can get a golden tanned look for five to ten days. The ingredients of the airbrush tanning lotion are FDA approved and are considered safer than commercial tanning beds.

## How To Choose The Best Tanning Bed Lotions

2. Tanning beds - Tanning beds and tanning booths actually imitate the sun. Tanning bed lamps use UV-B and UV-C rays to achieve the optimal tanning results. However, tanning bed lamps do not use UV-A rays which are considered harmful.

You will feel the tanning beds results after a couple of weeks.

You may go to a professional tanning salon and get the golden look at one of the commercial tanning beds (Wolff tanning beds are the best ones) or get your own home tanning bed. You can get a discount tanning bed in one the wholesale home tanning beds shops. Yet, you must realize that maintaining a tanning bed is an expensive task - you will have to purchase tanning bed products like tanning bed lotions and tanning bed bulbs.

3. Tanning lotions - There is a wide variety of sunless tanning lotions. They are definitely the cheapest sunless tanning method. Nothing is easier than buying discount tanning lotions. However. Most of them have uncertain efficiency. In most cases, the tanning lotions are made of vitamins, minerals and herbal ingredients.

You may choose either one of the above sunless tanning methods. There is no reason for sun tanning nowadays. It takes too long and it is too risky.

Find the best sunless tanning method only on

<http://www.tigilet.com/c/Tanning.php>

. Find more valuable

content on

<http://www.tigilet.com>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**