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

**Is Getting A Tan Dangerous For My Health**

**By Kadence Buchanan**

The direct answer is yes. According to numerous recent scientific studies, having a tan increases a

person's chances of developing a kind of a serious and dangerous skin cancer, known as Malignant Melanoma. The American Academy of Dermatology (AAD) clearly states that is of vital importance for people to protect their skin against the harmful UV radiation. Whether you enjoy being at the beach or under a tanning bed, the hot sun or the special tanning bed lamps carry these hazardous UV rays that can result in serious health problems if you do not protect yourself adequately all year around.

Different cultures, like the southern Mediterranean countries of Europe, still consider tan to be a very important beauty mark, while others, like countries in Asia or of the North part of earth's hemisphere believe that the fairness of the skin is indicative of a person's attractiveness. Social roles and economic status have been related over the past in accordance to the skin color a person carried. Particularly, French and British aristocracy has become legendary for their focus on maintaining a very light skin tone all year around. Although some would frown upon such superficial mentalities existing today, all tend to agree after realizing the recent scientific research outcomes that the tone our skin carries, especially during the sunny summer months, is still very important, but for totally different reasons and with totally different consequences.

Experts today advice against overexposure to the sun or to the tanning beds, not only to reduce the premature aging of the skin, but for much more harmful effects that show up years after the actual exposure. The safest way to enjoy the sun, especially during its strongest hours, is to protect the skin of your body and face by wearing a broad-spectrum sunscreen carrying a label of SPF 15 or more. Additionally, umbrellas, hats and shadow places can protect you from endangering your health. Avoid exposing your bearskin directly under the sun, especially between 11 a.m. and 4 p.m. that its rays are vertically hitting the earth's surface and always remember to protect those in need, like children or the elderly. Remember to drink a lot of fluids to avoid dehydration and check your sunscreen cream's expiration date in order to avoid having to deal later with an irritated or even burned skin. Sports and beauty tips are not always healthy. Read, learn and advice others. Prevention is certainly the best policy on this issue.

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## **A Guide To Sunless Suntan Lotion**

**By Ken Morris**

The danger of exposure to the ultraviolet lights of the sun and tanning beds has been well established. The only safe tan is a fake tan. Using a sunless suntan lotion is the best way to get the color you want without the risks to your health. Skin cancer and premature aging of the skin are the most common health dangers resulting from exposure to UV rays.

Sunless tanning products are available in a wide range of formulas. You will find them for every skin type and color. It's important to choose a product that is made for your skin type for the best results. Using a darker formula on very light skin can result in skin discoloration and an orange hue to the skin. Many products are marked for light or fair skin. Using Sunless Suntan Lotion at Home A variety of self tanning products are available for home use, including sprays, crème and lotions. Even application is essential for even color. Colored lotions are available that allow you to see exactly where you have applied the product. You will be able to see any missed areas. As the lotion soaks in, the color fades. Apply to thicker areas of the skin, such as the elbows, knees and ankles last to avoid darker color in these areas. Wear plastic gloves during application to keep the palms of the hands from getting stained.

Prepare your skin before applying the tanner. Shower and use an exfoliating product to remove dead skin cells. This will help with even absorption. If you take time to prepare your skin, you will get better coverage and your color will last longer. Some self tanners come in a complete kit with the lotion and an exfoliating product.

Sunless tan products take up to an hour to work. For an all over tan without tan lines, apply the product in the nude. It can take up to an hour for the product to soak in and begin to work. The effect will last approximately one week. To maintain your color, re apply the lotion every three to five days. You can make this part of your regular beauty routine, or just use them for vacation or a special occasion. Suntan Lotion in a Booth If you want a great safe tan, but don't want the hassle of applying the lotions, consider visiting a salon for a spray on tan. These use products like Mystic Tan or Sunshower. They are applied by spray nozzles, while you stand in a booth. The process only takes a few minutes, but the full effect won't be seen for several hours. Most solutions have a bronzer that will give some

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immediate results. This initial color will darken throughout the day.

Your spray on tan will last between one and two weeks, depending on your skin. Shaving, chlorine and sitting in the sand will make your skin exfoliate faster and your tan will fade quicker. An extending moisturizer can help extend your tan. You can use a home tanning product in between booth sessions to keep your color.

Ken Morris is the founder of the internet site

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

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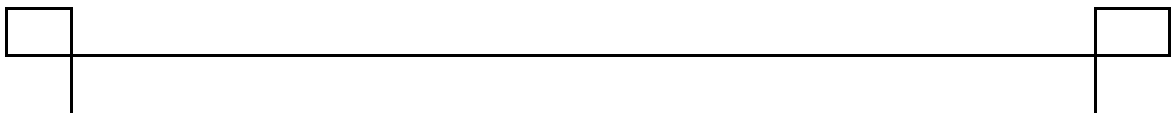
author is specializing in subjects like suntan lotion (

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

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