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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!

Planning Orlando Vacations, Right Down To The Sunblock

By Ken Snow

Orlando vacations can be coveted memories in your life. There are many things to do in Orlando.

Whether you are going to soak up some sun, shop, hit all the popular tourist spots or just lounge away the days, you are bound to have a great time. There are a few things to remember that can make your trip even more enjoyable. One thing that you should think about when you are looking into Orlando vacations is your budget. Decide on your price range for accommodations and shop accordingly. You can look at online sites for discount lodging. Or, if you are booking a vacation through a travel agency, check what kind of hotels they have planned. Remember to compare price and amenities. Cheaper isn't always better. Depending on how many are traveling in your party and how long you plan to stay, you may find that renting a house for your vacation makes more sense. Another thing that you should think about when you are considering where to stay on Orlando vacations is location. Check to see what side of town most interests you and try to find accommodations on that side. After all, you don't want to spend the majority of your time traveling. You want to spend it enjoying life. If you know that you want to travel around the area but you are going to fly to your Orlando vacations, you might think about renting a car. Compare the costs and hassles of public transportation to those of renting a car for the duration of your stay. Also consider whether you're comfortable driving in unfamiliar areas. If you plan to do some sightseeing outside the immediate area, public transportation may simply be too expensive. When you pack for your Orlando vacations, pack for what you're going to be doing. If you are out for a weekend of romance, dress for romance. Bring comfortable clothes for sightseeing, but pack at least one "knock-em dead" outfit because few people can resist the lure of the Orlando nightlife. You may think that you aren't going for the water, but bring a suit anyway. You may change your mind, even if it is in the hotel pool. Perhaps most importantly, remember sun block. You may figure you can stop and buy some, but the lure of the beach may be too much to resist from the first opportunity. You don't want to spend half of your Orlando vacations blistered and miserable. When planning your Orlando vacations, try to think about what you need before you go. Be smart with your budget. After you do all of this, the only thing left is to make the trip to Orlando where you'll relax, kick back, and have a blast.

Get your questions answered about Orlando Vacations by visiting

<http://www.best-orlando-vacation.info>

Your Most Important Cosmetic

By Wendy Owen

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Article – Your Most Important Cosmetic? Sunblock by a mile!

Are you a skin care junkie? Is your bathroom closet overflowing with bottles and jars? Does the content of these bottles and jars actually do anything to improve your skin?

My guess is "sometimes". We all get seduced by promises of younger looking skin or banish wrinkles overnight. But the sad fact is a lot of the pretty looking products out there do not do what they promise and the wrinkles, acne, broken veins or whatever ails you is still there the next morning.

There is one cosmetic that stands head and shoulders above the rest – Sunblock.

Sunblock is the best preventative of aging skin you can buy in a bottle. It won't make you look younger in a few applications, you need to use it regularly – like every day – but over time it will make a tremendous difference to the appearance of your skin.

Sunblock can be found as lotion, gel, roll on, or spray. If you're on a tight budget you can usually buy a bottle for just a few dollars from a supermarket or drugstore. Test it on an inconspicuous part of you first in case you have an allergy to it! This is more important for the cheaper brands.

Use sunblock even if its cloudy outside. Ultraviolet (UV) rays can penetrate clouds by up to 80%, yes even if its raining. If you're driving, UV rays can penetrate glass, they can also be reflected off glass or water.

And don't just use sunblock on your face. Put it on your hands, feet, arms or whatever bits of you that are not covered up. This is not just for appearances, sunblock can prevent potentially fatal skin cancers and melanomas from developing.

Even if you have never used sunblock and you've already developed premature aging, its not too late! Regular use of sunblock and staying out of the sun can actually reverse some of the damage.

Make sure you use a sunblock which has a sun protection factor (SPF) of over 15 and apply it fairly generously for best results. Its also best to apply at least 20 minutes before venturing out.

Remember – prevention is better than cure!

About the author:

About the author:Wendy Owen has had a lifetime interest in skin care, skin health and general health. She is in her fifties and still has a great skin. Skin care has to approached from all angles. Detailed

advice on all facets of skin care may be found at:<http://www.holistic-facial-skin-care.com>



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