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Questions And Answers About Tanning Oils

By Kerri Stalton

Tanning oil has long been used by sun worshippers and beach bunnies looking for a way to get a dark, even tan. However, there are quite a few myths about tanning oil, and it can be difficult for consumers to sort out the facts from the fiction. There are many people who erroneously believe that tanning oil offers them protection from a sunburn, or that tanning oil makes a tan healthy for your skin. Still other people believe that tanning oil will help them gain a sophisticated bronze glow more quickly than simply lying in the sun. The biggest question about tanning oil is what exactly this product does, and there are few tanning oil users who fully understand the answer.

One thing that tanning oil does not do is protect your skin against a damaging sunburn. The only thing that can stop you from absorbing potentially harmful UV rays is a sun block that will stop UVA and UVB rays from penetrating your skin cells. Unfortunately, this kind of sun block will also stop you from tanning. Tanning oil cannot make it safe for you to get a tan, since there is technically no such thing as a safe tan. Because tanning is your body's attempt to protect your skin against the sun, your body will only begin to tan after your skin has suffered some damage.

Science tells us that tanning oil doesn't attract the sun to your skin; allow you to achieve a dark bronze with greater speed than your neighbors; or in any way improve your tanning prowess. However, using tanning oil can enhance the appearance of your tan. The oil softens your skin, creating a supple, attractive physique, and the oil changes the way that your skin reflects light; and can thereby give the illusion of making your tan darker. Many people who yearn for a deep, rich tan do so because they believe that it will make them appear more attractive, and a gentle application of tanning oil can help anyone to achieve this goal.

However, before you use tanning oil or try to get a sun kissed look, consider whether the risks of this beauty option may outweigh the benefits. If you are worried about showing early signs of aging, increasing your vulnerability to skin cancers like melanoma, or causing other kinds of damage to your skin, it may be time to ditch the tanning oil in favor of sun block. Although sun block won't leave you looking glamorously burnished, it will leave you looking healthy and wrinkle free for years to come.

Kerri Stalton is a featured writer for TanningBeauty. To learn more about tanning oil, visit us at

<http://www.tanningbeauty.com/oil/>

and to learn about tanning beds, visit us at

<http://www.tanningbeauty.com/beds/>

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.
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 of 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

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