

This Free E-Book is brought to you by Natural-Aging.com.

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

Sun Tanning And Anti-Aging

By Grace Palce

People enjoy the relaxing experience of tanning. And they also love its result, a fabulous bronzed skin. But exposure to the ultraviolet radiation, whether from outdoors or from tanning beds, will cause the skin to age considerably. The tanning process takes away skin oils that make the skin elastic and young. Tanning can lead to the appearance of lines and wrinkles. And frequent tanning may make a person look older than his or her age. To prevent this undesirable effect of tanning, one should consider skin care products.

Skin care products are made up of cleansers, masks, toners, moisturizers, and sun blocks. The cleansers, which come as creams and gels, deeply clean the skin. The masks, which are also known as mud packs or exfoliants, peel off old skin. The toners, which should be non-stringent, remove stubborn dirt lodged in the pores. The moisturizers return the protective skin oils. Moisturizers should be different for various types of skins. And the sun blocks shield the skin from the damaging radiation from the sun or tanning bulbs. Then, there are also specialty skin care products such as eye creams that are meant to lessen facial lines, and lip protectors (for lips are special skin) that are used to prevent the lips from chapping due to freezing or scorching temperatures. Women have cosmetic foundations that have SPF (Sun Protection Factor), which range from SPF 5 to 15.

The range of skin care products seems overwhelming. But all these are important to give maximum protection for the skin. Professionals, such as models, actors and actresses, and salon owners, invest in such skin care products because the condition and age of their skin is vital to their jobs. As for regular guys and gals, the use of skin care products will enhance the beauty of their skin and slow down the process of aging. These products also contribute to the health and suppleness of the skin.

The skin care products preferred by most consumers are those made from naturally occurring substances. Synthetically produced substances for skin care products and cosmetic products may create detrimental side effects. This is why most skin care products are composed of extracts from leaves, roots, flowers, and fruits. These botanicals are known to be safe.

Taking care of your skin may seem to take a lot of effort. But you only have one skin. You spend money on it so that it will have a perfect tan. But you must also invest in skin care products to protect

your skin from the aging process caused by tanning and to keep your skin health and younger looking.

Grace Palce is writing articles for her own site about home tanning beds

<http://www.tanning-bed-secrets.com>

and articles about natural remedies for her other site –

<http://www.good-herbal-health.com>

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 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

<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.

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