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Impair Healthy Healing In People Over The Age Of 30!

Sun Tanning Protects The Skin

By Grace Palce

Several medical studies have proved that tanning is beneficial to the human body. The major

benefit is the strengthening of the bones. That is, the absorbed ultraviolet radiation activates substances in the skin the much needed vitamin D, and vitamin D is important in making the bones tough.

There is, however, another documented benefit of tanning. Tanning helps the skin protect itself from further exposure to ultraviolet radiation. This was reported in the September 1999 issue of the Journal of Investigative Dermatology. The report was authored by Dr. Barbare A. Gilchrest and Dr. Mark S. Eller. Both worked at the Department of Dermatology at the Boston University School of Medicine.

The journal report stated five important points:

1. The UV radiation produces the protective melanin pigments.

Why are melanin pigments considered protective? The melanin in the skin helps the body expel excess energy from further ultraviolet exposure. The excess energy can cause harm but, with the aid of melanin, this is removed from the body in the form of heat. The melanin can also deactivate the free radicals, which are infamous for their destructive action on the body.

2. Tanned skin prevents UVR injury.

Related to above findings, the authors reported that a tanned skin is less prone to blisters and sunburn. Blisters and sunburns are UVR damages that a skin sustains when the skin can no longer tolerate the UV it receives. A tanned skin has a higher tolerance of UV rays. Thus, having a tanned skin is similar to wearing a sunscreen with a Sun Protection Factor of 3-5.

3. Tanning provides photo-protection.

When a person undergoes the tanning process, the stratum corneum layer of his skin is considerably thickened. With this thicker layer, the skin becomes less sensitive to the ultraviolet radiation. Such is

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called photo-protection. A person with pale white skin may not attain the dark olive color that he desires but his stratum corneum has achieved a certain thickness that gives him photo-protection.

4. Tanning elevates the skin's repair capacity.

One of the greatest fears of people when they face tanning is the disease called skin cancer. But skin cancer only happens when a person abuses the tanning process. That is, he stays in the tanning bed longer than what is recommended by the manufacturer or the tanning salon professional. Skin cancer happens when too many damaged and abnormal cells are produced. With gradual and responsible tanning, the skin's capacity to repair itself is actually enhanced. When the skin repairs itself, it gets rid off abnormal cells and fixes damage cells.

5. Both natural tan and acquired tan gives the same skin protection.

All the above-described protection obtained from a tanned skin is not limited to a natural tan. An acquired tanned skin can also provide the same protection.

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

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

– and home tanning beds –

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

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.

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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

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