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Tanning The Natural Way

By Caryl B. Grecia

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This is a call to everybody. Save your skin, now before its too late! Having a tan makes you look more healthy and gorgeous. But how do you do it without bad consequences?

There are a lot of people who would like to have golden brown skin. It is not a new sight when people go to the beach to lie almost naked under the sun just to have an equal tan. But, it is not so safe to do just that because of the super harmful UV rays. Instead of getting only a perfectly golden skin, one might suffer a serious case of skin cancer later, too.

There are plenty of options in tanning today. More modern ways are undergoing medical treatment to acquire a sun-less tan. However, there are still some modern techniques that use radiation powered machines to tan the skin. And radiation is also bad to the health.

There are more techniques that could give a person a perfect tan. But most of them cost so much because they are highly specialized techniques and reduces (or even eliminates) usage of radiation or UV rays. But to an average person who desires to have a golden skin, it would not be very practical to pay so much to have the desired healthy golden skin.

There are ways to achieve a perfect tan without exposing yourself to the sun and spending so much on skin clinics. There are ready-to-use products that are safe to use and are inexpensive compared to the services offered in skin clinics.

Here are some tips for a safe, sunless and costless tanning right in your homes. Remember that before applying those sunless tanners, the body must first be thoroughly cleaned and exfoliated by using loofah or soft cloth to wash off dust and dead skin cells. This way, even tan will surely be achieved. Use moderate amount on knees, elbows and other parts with thick, dry skin, as they will appear darker. Use a sponge paintbrush, about two to three inches in size, in applying tanner on the back. When applying in the face, avoid spreading in and around the eyes. After application, immediately wash

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hands thoroughly with soap and water. Use a make-up wedge when applying at the backs of your hands in smooth even strokes as well as on your feet and between the toes. Apply the tanner using both horizontal and vertical strokes or circular motion.

When using a spray tanner, avoid saturating it. Instead, spray and blend quickly and thoroughly over one body part then do the same to the rest of the body. After making sure the tanner is applied evenly, wait for about one hour before applying any moisturizer or foundation or going swimming/bathing. Also, avoid contact with carpets, fabrics, clothing, and furniture. If necessary, and for a deeper tan, repeat process.

A very important reminder for you: Stay away from the sun from 10:00 in the morning to 3:00 in the afternoon. That is when the sun is most harmful. Remember that wanting a beautiful skin is not merely an act of vanity. Taking care of your skin is also taking care of your health. Protecting it from the sun is the most important gift you could give your skin. Have a beautiful and safe tan just right in your home

without spending so much.

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The writer, Caryl B. Grecia, works for Sphinx Cyberworld Ventures whose website,

, features other proven natural beauty care tips such as skin care, acne

treatment, dry hair/oily hair help, dandruff treatments, weight loss tips, help for puffy eyes and dieting recipes. For more questions and comments send e-mail to

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 an 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.

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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 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.

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