About Sun Tan Lotions and Its Benefits by Julia Roger

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Sun tan lotions, also known as sunscreen, sunscreen lotions, or sun block, are the lotions which absorb or radiates some of the sun`s ultraviolet rays and helps protect the skin from sunburn. These lotions have sunscreen to guard your skin because skin is more vulnerable to sun harm. A large number of sun tanning lotions have tanning solutions in them to help the skin darken or tan faster.

On the basis of action, sunscreen can be divided into two parts such as physical, which reflects UV rays, and the chemical sunscreen, which absorbs UV rays.

The sun protection factor (SPF) of a sunscreen is a laboratory evaluation of the efficiency of sunscreen â€" the more superior the SPF, the more security a sunscreen offers against Ultraviolet rays.

Practically, the defence by a sun tanning lotion depends on the aspects like:

ï‚§ The kind of skin the user has

ï‚§ The amount of application and the frequency of reapplication

ï‚§ The different kind of activities one involves in, like swimming removes sunscreen from the skin

ï‚§ How much sunscreen the skin has absorbed.

It is harmful to have an excessive exposure to direct sunlight. It might lead to sunburn if the person does not wear protective sunscreen. One should try to use the product with higher sun protection factor (SPF) which helps in protecting the skin from UV rays.

For those people who prefer to tan or have to work under excessive exposure of sunlight, dermatologists recommend them the following preventive measures:

ï‚§ The lotion should be able to block UV rays.

ï‚§ The frequency of reapplication should be enough to provide SPF protection.

ï‚§ Wearing an anti-UV sunglass and hats might help in providing 100% blocking ultraviolet sunrays

ï‚§ The Sun Tan lotions should be applied on skin before 15-30 minutes of exposure and might be reapplied only after activities such as swimming or massaging.

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For more information on a sun tanning lotions, check out the info available online; these will help you learn to find the a Sun Tan lotions!

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