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Summer season brings the hot sun wihich can be very harmful for the skin. The harmful ultraviolet rays have a huge impact on the skin to make it look tanned, or if youâ€™re not careful, burned. Apart from that, it also causes various diseases related to skin. The problems associated with summers like itching, heavy perspiration, and wiping sweat regularly leads to rashes which is skin torturing. In order to save oneself from this torture, one needs a kind of protective shield, which not only saves the skin from destructive ultraviolet rays but also helps the skin to glow.

The best way to do that is apply sun tan lotion on the skin. It guards the skin by blocking ultraviolet rays and at the same time, aids in making it look brighter adding a glow to the skin. There are millions of sun tan lotions available in the market of various brands, which are available in different prices. When one is going to buy sunscreen, one should check that what is amount of sun protection factor the sun tanning lotion can offer. Sun protection factor is the measure of the efficiency of the sunscreen. The higher the sun protection factor, the more protection the sunscreen can provide against sunburn.

If we talk about those people who desire to tan or those who work in direct sunlight and extreme conditions, they should wear sunscreen lotions, as they are likely to get affected from ultraviolet rays most. They should make sure that they apply it enough to get the sun protection factor (SPF) apart from wearing sunglasses and hats. Various activities like sunbathing exposes human`s skin to direct sunlight. One should ensure to apply sun tanning lotion before exposure to sun. Sun tanning lotions should be bought with proper care and of reputed brands as there have been various cases wherein there have been various complaints were registered with consumer forum about side effects of sunscreen lotions.

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

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