Welcoming Summer? Do Not Forget to Pick Up a Good Sunscreen by Jaiskajonson

Article published on June 2nd 2012 | Fitness

Almost everyone likes summer days, due to that shiny tanned skin and short skirts. You may love lounging on the beach for a sunbath, showing off your assets. Does it ever occur to you that your skin may not like it at all? This season is lovely though hot. Excessive heat makes the skin dry, which is the first step towards premature aging. You surely do not want to end up looking for anti wrinkle solutions when your are just 25, do you?

The skin requires special care and protection from heat and dust.

Only a few diligent efforts are required to bring back that natural radiance in summers as well.

Consider doing the following before getting rid of your winter cast-offs and coming out in the sun:

Use sunscreen

Sunscreen lotions are a must-have in summers. Various range of sunscreen lotions with different sun protection factors are easily available on the market. Choose a lotion that suits your skin the best.

A sunscreen lotion is an indispensable thing for those who love sunbathing; though ensure that itâ€™s not a suntan lotion, which is very different from a sunscreen lotion. A suntan lotion minimizes the chances of sunburns though allows the sun's harmful rays to penetrate it for a healthy tan. A sunscreen protects the skin from all kind of damages from the sun.

While many people do not bother to cater to their skin's needs at all, there are several others who overuse sunscreen lotions. Always remember that overdoing anything has bad results. You do not want to block your skin pores and restrain absorbing vitamin D. Use adequate sunscreen, so that the skin remains supple and does not get deprived of the good effects of sunlight.

Many top anti aging creams and anti wrinkle solutions also contain sunscreen protection factors. Such products are especially manufactured for multiple skin care benefits. Read Hydroxatone reviews to know more about such creams and anti wrinkle solutions.

Eat vitamin-rich, water-based food

Add fruits and foods, that are rich in vitamins and water, to your diet. Vitamins, such as A, C, and E, protect the skin from multiple problems. Vitamin E is a powerful antioxidant that helps in fighting free radicals, which cause oxidative damage to the skin cells. It stalls aging and acts as a good moisturizing agent. Many people apply this vitamin topically on their skin in the form of oils and lotions. Retinol, or vitamin A stimulates skin cell regeneration, thereby, making the skin look radiant and soft. Vitamin C is also an effective antioxidant that helps in slowing down the aging process. Fruits that are rich in these three vitamins, include spinach, broccoli, nuts, tropical fruits, sweet potatoes, carrots, dried apricots, and cantaloupe.

Some Japanese eat fruits and vegetables rich in sticky starch. According to a study conducted in a Japanese village, vitamin A present in these eatables make them stay young and live longer.

These vitamins are often added to anti wrinkle solutions, due to their anti-aging effects.

Article Source:
http://www.articleside.com/fitness-articles/welcoming-summer-do-not-forget-to-pick-up-a-good-sunscreen.htm - Article Side

Jaiskajonson - About Author:
Visit www.hydroxatone.com to know about a top anti aging creams, and to read a Hydroxatone reviews. Avoid excessive exposure to sunlight, if you do not want to use a anti wrinkle cream before time.

Article Keywords:
top anti aging creams, Hydroxatone reviews, anti wrinkle cream

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!