Sun Tan Lotion for Protection from Harmful Rays and Usages by Chris Adam

Article published on March 5th 2012 | Health

Sunrays have both positive and negative effect on the skin. Morning sunrays are good for health and skin, whereas, rays in the afternoon are at their peek and are harmful as it contains ultraviolet radiations that lead to changes in many vital skin structures. However, masses are of two classes - one who wish a tanned skin and those who want to protect against its harm, hence the use of sun tan lotion.

There are two types of sun tan lotion â€“ indoor tanning lotion and sunscreen lotion. The former is used to increase tanning, whereas, the latter to prevent sunburn. Indoor tanning lotion gives the tan effect and that too without being out in the sun. On the other hand, sunscreen lotions contain chemicals that absorb UV rays and act as a cover against sunburn. Indoor sun tanning lotion are for those who love to have that sun tanned skin and who are apprehensive about skin cancer and the possible harm UV radiations can cause to the skin. For such individuals indoor sun tanning lotion is the best and arguably the safest way to get that bronzed look.

For those looking to avoid the skin tan, protection via sunscreen is the best option. The only thing that needs to be taken care of is to pick the right sunscreen. You need to check its sun protection factor. To avoid sunburns, your sunscreen should have an SPF of at least 15. Even a sunscreen with low SPF can be effective if applied daily and in the right quantity. It needs to be noted that it is not only your face that gets exposed in the sun but other parts too. Another point to be taken care of is that since it takes half-an-hour to get absorbed by skin, sunscreen should be applied 30 minutes before of going out. Even after going out you can apply it after a 2 or 3 hour break.

Article Source:
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Article Keywords:
sun tan lotion, sun tanning lotion

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