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Getting a suntan is like attaining your dream. Many women love to harbor the thought that they have lovely golden skin with silky smooth texture to enhance their beauty. The shops are crowded with a range of Sun Tan lotions. Choose the one that would suit your skin type the best. There are step-by-step instructions to ensure that you get a sun tan without affecting the cells underneath the skin.

The Processes for Safely Getting a Suntan

Before tanning you want to lightly exfoliate your skin. We have a thin layer of dead skin cells on our skin so to achieve the best tan you should remove them. Do not choose a harsh exfoliate since this can irritate your skin. Moisturize your skin when you are done.

Choose sun tanning lotions with moisturizers in them like Aloe Vera and Vitamin E. The sun dries out your skin so the added moisturizer helps. Look for sun tan lotions with SPF factor in them. You want to choose at least 8-15 SPF to protect you from burning. There is no need to burn your skin and then you begin peeling and loose your color anyways.

Lather your entire body with the lotion, back and front side and let it dry a few minutes before lying down or swimming. To let your body attain that color, expose the whole body to the sun evenly and try two hours daily instead of taking a whole of time in just one day. Practicing the same for a few hours for a couple of days will help to achieve the tan gradually and bring out a lovely color to the skin.

Immediately after getting a tan, take a quick shower but make sure that you do not over-do it. You just need to wash off the lotion from your body. Avoid using harsh soap. If you have one with moisturizer and no exfoliate it is better. When you finish showering, apply a good moisturizer; this will enhance the length of your tan.

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