

# The Complete Guide To Sun And Sunless Tanning

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Have you ever wondered about how celebrities always seem to have those gorgeous suntans and wish you knew their secrets? You've heard all the horror stories about being out in the sun so you use the highest SPF sunscreen you can find and settle for being safe instead of sorry. Maybe you've even tried a tanning booth or lamp. Even those aren't considered safe so you use one of the tanning lotions that only leave you a horrible shade of orange with nasty looking stains on your hands and clothing. Or maybe your skin even started flaking! Has this happened to you? You spend just a few hours outdoors in the afternoon only to wake up that night feeling like shish kabob! The sun can be deadly and sunburn is no fun whatsoever! What's a person to do? One minute you hear that the sun will cause cancer (which it can) and the next minute you hear that the sunscreen you put on two hours ago has already worn off! Where can you get the straight scoop! Take a few minutes, sit back and relax. We've taken the guesswork out of tanning and put the answers right at your fingertips! Tanning can be safe, affordable and fun! Learn how with "The Complete Guide to Sun and Sunless Tanning!" Learn how to take charge of your own tanning needs. Discover how you can continue your daily activities without having to worry about what is best for YOU! Find out how to stay outdoors longer than you intended without it becoming a serious issue. Get help from us and stay in control of your own tanning. Learn how to avoid painful sunburn and serious skin conditions that could raise potential health problems. Here's what "The Complete Guide to Sun and Sunless Tanning" is all about: Learn about the different kinds of invisible ultraviolet (UV) rays. Discover information about the different skin types. Determine the SPF you need for your skin. Learn which tanning products you and your family might want to try. Find out which factors need consideration BEFORE you buy. Learn how to check out the ingredients in tanning products. Improve your tanning with our tips. Read our review of tanning products to quickly learn more about them and see if they might be right for you; tanning bronzers, booths, accelerators, pills, lamps, and more. Print out our Tanning Safety and First Aid Tips to keep handy on vacations, in your glove box and with your tanning lotions. Save money and check out our Sunless Tanning Product Lines Reviewed before you head to the store. Visit our resource section for additional targeted short-term, long-term or supplemental help and information. And much, much more

Getting a decent suntan needn't be a hassle or dangerous. You just need to make certain that you understand how to go about it. Arming yourself with the right information before your fun in the sun is the first step towards a responsible, healthy suntan. "The Complete Guide to Sun and Sunless Tanning" is your must-have guide for healthy year round outdoor fun. Get your copy today! P.S. Finally. . .learn the truth about tanning. "The Complete Guide to Sun and Sunless Tanning" dispels the myth and mystery. Get your copy now!

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