



# Become bronzed not burned.

## Top tips for a healthy suntan

These are some of the things that the ST (Seasoned Tanner) knows about managing the sun.

### Sunscreens

It's widely thought that anything above SPF 30 through to SPF 50 is pretty much equal. But if you're fair and delicate it's best to play safe. There was a theory that increased Vitamin A helped the body cope with exposure to sun, but the jury's still out on that one.

### Not all parts of you are equal

Some parts of you only appear in the sunny public view occasionally (tummies, thighs); some are out all the time (face, back of hands); some are really easy to forget (tops of ears, tops of feet, scalp). So do differing exposures start with five, 10 and 15 minutes, use scarves and a T-shirt, don't just trust to sunscreen.

### It's not just direct sunlight

We are most aware of that furnace in the sky, but reflected light is coming at you from the sea, from the snowy ski slopes, or even the white painted building and marble squares in Greece and other parts of the Mediterranean. Assume the sun is trying to tan the underside of your nose and protect accordingly.

### Wet tans differently to dry

You swim. There's your sunscreen gone. You lie on the beach to dry and the water droplets are magnifying lenses for the sun's rays. Be careful how much you show and where you show it.

### If you burn

Don't downplay it. It can be serious. Watch out for symptoms like shivering. If it's really bad, see a doctor. Drink lots of water. Aftersun products often contain cooling ingredients like Aloe Vera. They will soothe, but they won't cure.

### If you peel

Don't touch it (tempting though it may be). Drink plenty of water, keep out of the sun and wear soft, non-irritating clothes.

### Useful links

Holiday Extras

[www.holidayextras.com](http://www.holidayextras.com)

[www.holidayextras.co.uk/travel-blog/before-you-go/best-fake-tans.html](http://www.holidayextras.co.uk/travel-blog/before-you-go/best-fake-tans.html)

NHS - Sunburn

[www.nhs.uk/conditions/sunburn/](http://www.nhs.uk/conditions/sunburn/)

Altruist Sunscreen

[www.altruistsun.com/](http://www.altruistsun.com/)