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By Sun Tan lotions, we broadly refer to indoor lotions or outdoor sunscreen lotions though these two are generally used for alternative purposes. On one hand, while sunscreen is used to protect the skin from the harmful Ultra Violet radiation, on the other side, the creams meant for indoor purposes are primarily meant to stimulate the process of tanning.

The most common ingredients that are found in these Sun Tanning lotions are melanin and L-Tyrosine. In addition to this, numerous varieties of oil, tea extracts and copper might also be added if required. Some of the products also include special ingredients such as bronzers and skin moisturizers. As their name suggests, these creams are meant for indoor usage only as they do not have the capability of protecting the skin from sun rays.

The creams functions are one of the following two ways. They might increase the rate of melanin production or stimulate the process of blood circulation to the skin. In either of these ways, the melanin in increased substantially that raises the combating power against the harmful radiations.

People who wish to protect their skins from the harmful UV radiations coming from the sun can use a special cream called sun block or sunscreen. As it can be understood from their names itself that the purpose of using them is to absorb or reflect the sun rays and prevent them from getting in direct exposure with the skin. It comes in a large number of varieties and forms including gel, spray as well as cream.

Most of the sunscreens contain chemically formulated organic compounds or inorganic particulates that function both physically as well as chemically. The physical formulas are meant to reflect sunlight while their chemical counterparts absorb the rays to protect the skin.

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