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Know about Your Suntan Lotion by [Chris Adam](#)

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The rays of the sun are important for our skin as it provides the much-needed vitamin D and energises our body. Sunrays are beneficial in curing seasonal affective disorders and many other types of diseases. Moreover, it provides Vitamin D to our body that enhances the calcium content in our human system by strengthening our bones. But sun radiations also carry an ultra-violet ray that has malefic effects on our skin. Applying Sun Tan lotions on our skin helps us to protect ourselves against sun's ultra-violet radiation and prevent sunburns. As light skin is more prone to be affected by sunrays than dark skin, hence these lotions also prove to be useful to protect us from the intense rays of sun.

Tanning lotions form a category of suntan lotions but these lotions increase the melanin production of skin thereby causing it to darken. The chemical composition of the suntan lotions comprises of organic and inorganic particulates each serving a different purpose. While presence of organic chemical compound absorbs the ultra violet light, the organic and inorganic particulates reflect and scatter them. Hence, depending on the purpose the suntan lotions are categorized as physical and chemical suntan lotions.

The sun protection factor of a Sun Tan lotion determines its effectiveness of sunscreen. The higher the factor the greater the performance of the lotion in providing protection against ultra-violet rays. The effectiveness of the sun protection factor also depends on the time of day as the intensity of the rays differs considerably from morning to noon. Moreover, the performance of a suntan lotion also depends on the skin type and the activity of the user though quantity and frequency of application of suntan lotions also affect its performance.

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