

Why Use Sunscreen? Do You Want To Live Or Die?

"Why use sunscreen"? Shouldn't even be a question in this day and age. Gone are the days when we bathed our skin in oil and lazed in the hot scorching sun for hours. What were thinking of? We were literally cooking ourselves. Unfortunately we have found out the hard way that this past time was and is a death trap. Thousands of people worldwide every year are diagnosed with skin cancer. People are dying every day from this condition.

Hopefully with the change in attitudes and education being a pivotal factor we will not see so much of this in our children when they become adults. Hopefully every parent or responsible adult will be instilling in young children right from babies that they must slip, slop, slap. Slip on a hat; slop on sunscreen and slap on a shirt. If everybody did this and put it into practice themselves, then the incident of skin cancer would be much less than it is now. And that has to be a good thing.

There are a variety of sunscreen lotions to choose from that are affordable to buy. They come in different levels of protection but it is suggested to use the highest you can buy. Why use sunscreen with the highest level? Because, you should always use the maximum level of protection. The maximum level protection lotions are no more expensive than the lower ones on the market.

There are scented and unscented options for you to try and also some may be more creamier or oilier than others. This is where you can try a few and find one that you are most comfortable with. Whatever one you choose, remember to make sure they are maximum protection. When applying your lotion always apply at least 20 minutes before going out into the sun and always re apply every 2 hours or less if you get wet.

When looking for a lotion to try why not check out the companies online and you may be able to get a free sample to try first. This way you don't have to spend too much before you decide on the best one for you. There are many online companies that can help you with this type of product. But remember, just having sunscreen will not prevent damage from the sun; you must use it and use it correctly.

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About the Author

Susan Dean is the webmaster and publisher of <http://www.discount-sun-lotion-shop.com> Visit her site for discount sun lotion.