



How Tan Removal Cream or Home Remedies Work?

Everyone loves to sit in the sun. There are very few people who may not like to enjoy the sun. Everyone needs to savour the benefit of free Vitamin-D that we get from the hot yellow ball in the sky. It is equally important for everyone to protect themselves from the harmful UV rays and tanning. However, it is evident to find a spot or two on the face or the uncovered body areas if not protected well. By protection, we mean the application of appropriate sunscreen lotion or cream or full coverage of body and face. The later is not always possible, though, especially in case of the sunbath. Some people are also allergic to sunscreen; it becomes even difficult for them to save their skin. In such cases, tanning becomes more probable which nothing but an effective [tan removal cream](#) can treat. Also, some natural home remedies of tan removal can be helpful, which we will discuss in later sections of this article.

First of all, let's understand why does tan happen? Melanin is a skin pigmentation that absorbs harmful UV rays and protects the skin from any further damage. Too much sitting in the sun leads to overexposure to ultraviolet rays. It darkens the melanin pigment due to oxidation and results in dark tans. Sometimes ignore the frequent applications of sunscreen also makes people tan. Sunscreen should be applied every two hours but believing that a single application can suffice for the whole day is what makes most women super tanned.

Skin tans are psychologically disturbing and cause many women to feel inferior due to prolonged tanning. Tans are slow leaving, but these aren't impossible to treat. There are lots of creams which are laboratory tests to perform on tans and gives best results within two weeks. Also, side by side, women may choose to treat tans using the age-old home remedies, which are hundred per cent natural and free from side effects.

How to Remove Sun Tan

Few Home remedies to [remove tan from face](#).

Orange Mask

Oranges are a rich source of Vitamin C. It also has anti-ageing properties. If applied with Yogurt, it creates a smooth and supple effect on your skin along with attacking the pigmentation and blemishes in a much more robust manner. The moisturizing ability of yoghurt will keep your skin pampered, and freshness of orange will give it a rejuvenating balance.

Potato Juice

Potato has cleansing properties. It's juice acts as a bleaching agent and has a lightening effect on the skin. Potato juice is the most commonly used home remedy due to its uncomplicated nature of preparation and application.

Treat Tan with Lemon and honey.

Lemon has a lasting effect on the skin. It works best with all types of skin problems, but with a tan, it can do wonders when mixed with a pinch of honey. Just like potato, lemon also has a bleaching effect, and it can work so efficiently to remove tan if used regularly for a continued period. Honey on the top of it will make your skin every silkier than a silk cloth.