With the warmer weather ahead,



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it is time to prepare your skin w with our tanning protocol.

The sun is essential for the Vitamin D it provides. So, if you are going to be out in the sun, preparing for sun exposure and protecting your skin is essential! Learn how to tan safely in the sun below.

1. Take Cataplex F and Calcium Lactate about one month before you will be in the sun to prepare your skin.
2. The general recommendation is 5 Cataplex F per day and 6 – 8 Calcium Lactate before bed.
3. Once you start spending more time outside in the sun or most of the day take 8 Cataplex F. Keep taking 6 – 8 Calcium Lactate before bed. You could take extra Calcium Lactate if you burned. Also, apply Raw Virgin Coconut Oil to the skin throughout the day. Coconut Oil is a protectant and is SPF 4.

Once you are out in the sun more, Coconut Oil applied topically will help your skin feel and look great. Also, Aloe Vera or USF Ointment can help heal burns and soothe the skin.

You should increase your sun exposure slowly. So, the first time you are out in the sun should not be for 8 hours.

This tanning protocol helps; but you must build up your tan. If you know, you will be in the sun for an extended amount of time, and you have not built up to it, use a safer sunscreen that does not contain aluminum or dangerous fillers in mineral sunscreen. To find a healthy sunscreen, you can visit the EWG’s guide to sunscreen website where they do all the legwork for you!

https://www.ewg.org/sunscreen/about-the-sunscreens/?search=&advanced-search-submit=Search