

In The Nude at an Adult Only All Inclusive: How to Work on The Perfect Tan



When you go to a clothing optional resort or an **adult only all inclusive** that is clothing optional, you are bound to wonder about what to take but more importantly, what you need for a perfect tan. It should be easy with a few simple tips.

The Perfect Tan in an Adult Only All Inclusive

1. Tanning lotion or sunscreen. This is vital. If you know you burn easily, make sure you take the proper SPF product with you. There are places to buy sunscreen but if you have a brand you particularly like, go with what you know. There are moisturizers that have SPF protection, should you need some under your make up.
2. After sun cream. This is a great way to keep your tan. There are usually nutrients that help maintain the color without it peeling off.
3. If you are hairy, you may want to consider shaving. Usually at an **adult only all inclusive**, there are spas where you can get waxing done.
4. Sunglasses or a wide brimmed hat. People don't know this that your corneas can burn so take care of your eyes.
5. Apply thoroughly. When you apply your sunscreen, make sure you apply a good 30 minutes beforehand and that you apply everywhere. The two parts that people normally neglect are the ears and the feet. A good hint: the whiter parts will need more sunscreen.
6. Don't fall asleep in the sun. If you do, make sure you have someone at your side to wake you. Spending time on the beach is draining for those not used to it and can make you tire very easily. If you feel yourself getting drowsy, hotfoot it to your hotel or your **adult only all inclusive** and find yourself some shade.
7. A rule of thumb I always follow: if I feel myself getting warmer, flip over immediately.
8. Reapply your sun care after you swim or every 2 or 3 hours.
9. Don't forget to take water or some beverage out with you. Even lazing around can dehydrate. And water is very necessary to keep your skin healthy.

Final Advice at an Adult Only All Inclusive

Take advantage of those **adult only all inclusive** facilities and get yourself a very even tan. The spa can get you hooked up with towels and waxing. Remember to treat your skin nicely and keep it hydrated!