

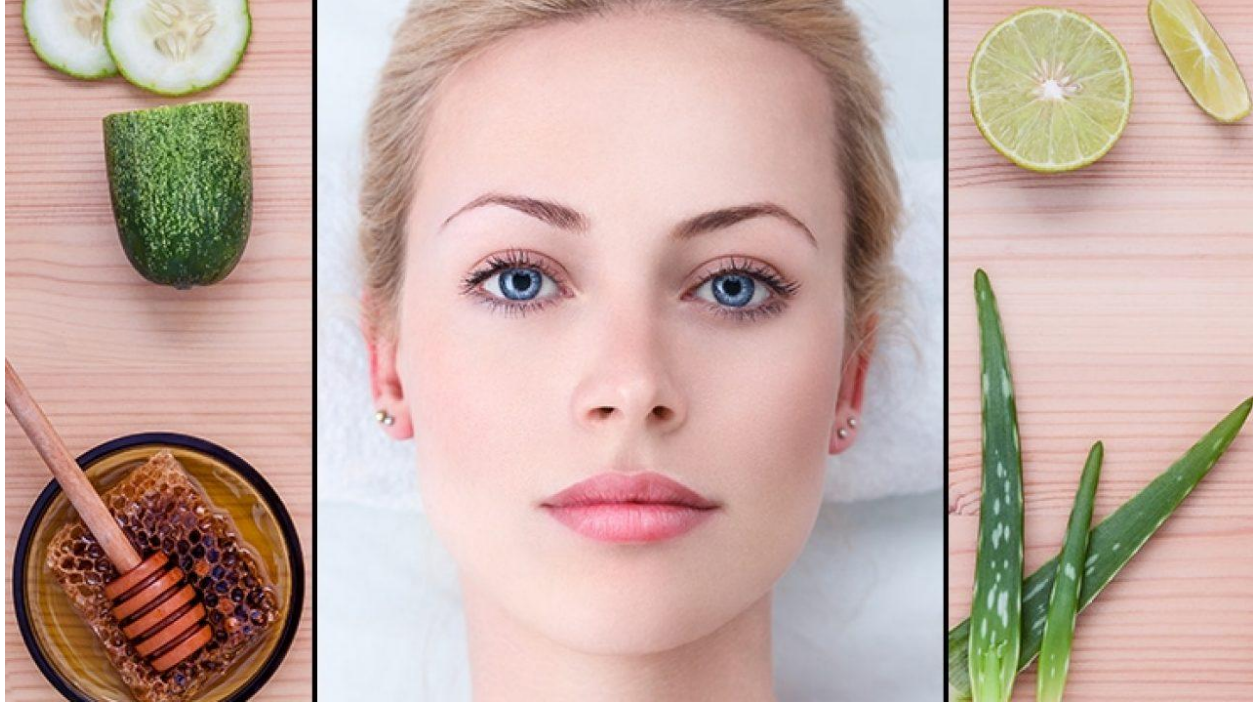
# The Sun Tends To Trigger An Abnormal Production

Lightening skin tone can be achieved [how to lighten skin tone naturally](#) through the use of natural methods. Today, advanced skin lightening treatments are available. They may be effective but most of them are quite expensive. Bleaching and peeling methods can also be aggravating to sensitive skin.

You can't start lightening your dermis if you are still exposed to the sun's UV rays. The sun tends to trigger an abnormal production of melanin. Melanin is what gives color to skin. But this does not mean that you have to avoid the sun altogether. You can use sun block to protect your skin from the attack of UV rays. Sun block will help deflect UV rays.

## A Moisturizer That Contains Natural Ingredients

Try using natural lighteners such as honey and lemon juice. Squeeze one lemon and add a teaspoon of honey. Mix it well. After washing your skin, apply this treatment. Let it sit on your skin for about an hour. Lemon juice contains bleaching properties that can inhibit the production of melanin. Honey also works well in brightening up skin tone. Do this method every night or every other night for better results.



## One Lemon And Add A Teaspoon Of Honey

Apply lightening moisturizer. Choose a moisturizer that contains natural ingredients such as Extrapone Nutgrass, Maracuja, Phytessence Wakame and CynergyTK. The root extracts of Extrapone Nutgrass can help inhibit melanin production. This ingredient improves skin tone by up to 45% during the first two weeks of use. Continuously use it and you can achieve the results you want. What is great about this ingredient is that it can make your skin softer and smoother.

It alleviates excessive dryness so you can have softer skin in addition to whiter skin. Phytessence Wakame is what you need to preserve hyaluronic acid. This acid is vital for the lubrication process of collagen. Without this acid, collagen dies easily resulting to dull and damaged dermis.

CynergyTK can help prolong youthful dermis functions. This ingredient supplies functional keratin, a kind of complex protein responsible for the production of collagen and elastin. This will make your dermis strong and elastic.

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