

# Top 3 free apps to help avoid the most popular summer sunshine on smartphones

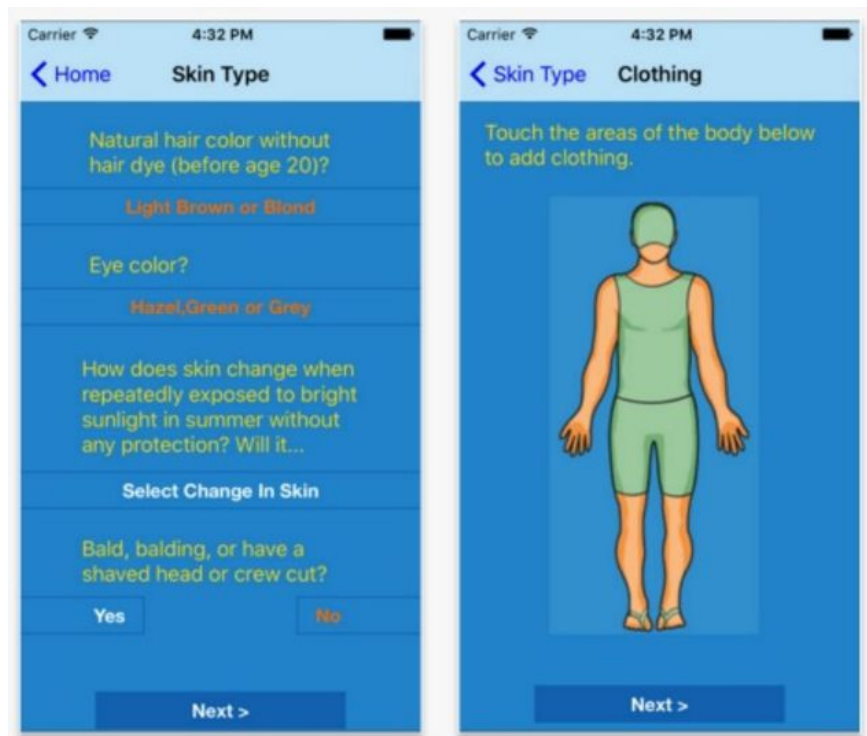
After going to the beach, go swimming on a hot summer day and come home to realize that your skin has terrible sunburn. It takes a long time for the sunburn to recover. So how to avoid this situation.?

After going to the beach, go swimming on a hot summer day and come home to realize that your skin has terrible sunburn. It takes a long time for the skin to burn and recover as it is, and you may become a victim of office jokes when you appear like a lobster.

You can completely avoid such a situation.

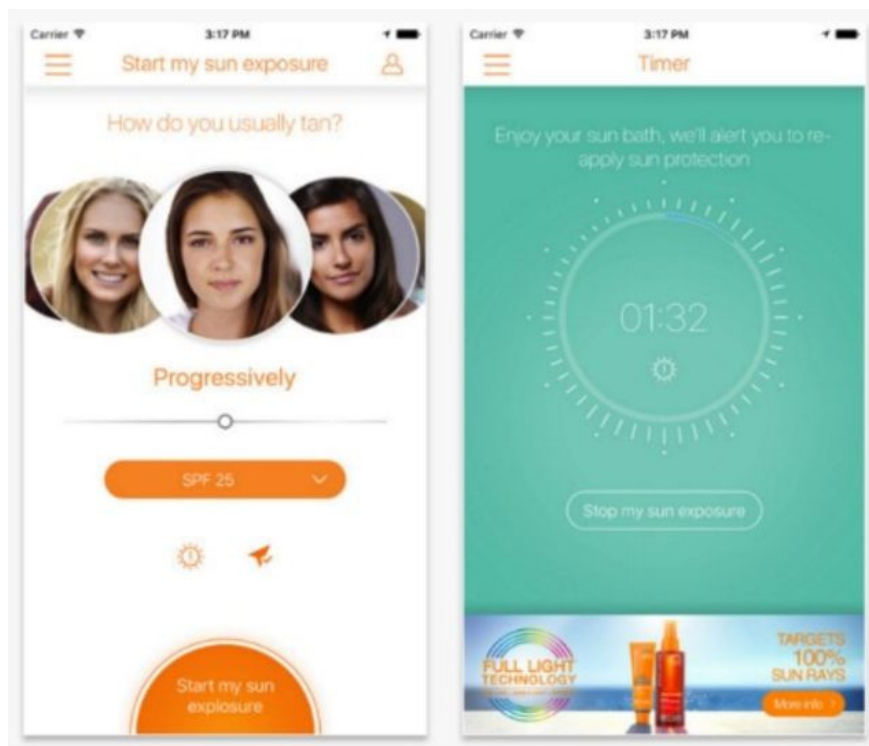
There are actually a number of smartphone apps that can track time in your sunshine, notice when you need to apply sunscreen and give suggestions when you should go in (or at least stay under the tree for a time) so that the skin does not burn.

## 1. SunZapp



SunZapp was developed by a group of scientists with the support of the National Cancer Institute. The app uses hourly data from the National Oceanic and Atmospheric Administration to provide real-time sun protection advice based on your location. The app has an integrated timer to let you know when to avoid the sun and use sunscreen. The Pro version of the application can help you plan your trip five days in advance.

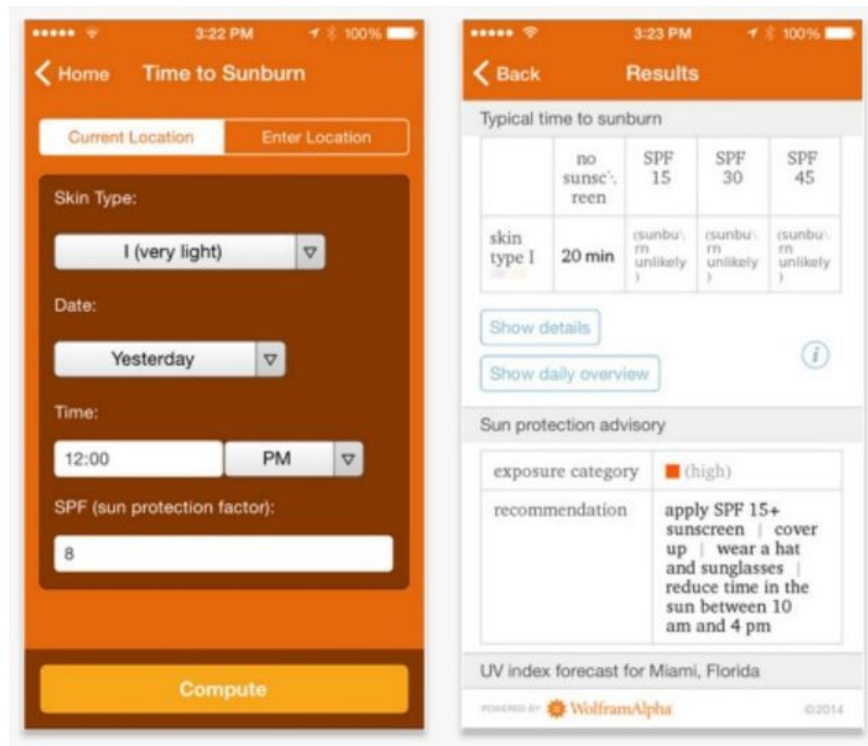
## 2. Lancaster Sun Timer



IOS / Android

This app of Lancaster Beauty is designed for those who prefer to own a brown skin while they are exposed to the sun. If you are, you should start by choosing a skin tone that is close to your skin, choosing how to sunbathe and SPF in the sunscreen you are using. When lying on the pool chair, press the start button. The application will then tell you the time (based on your location) that may be outside and will send you a notice to apply more sunscreen or go inside.

## 3. Wolfram Alpha Sun Exposure



IOS

If you are planning to go to the beach by car this weekend, Wolfram's Sun Exposure App can be a gift from the beach gods ordered to bring you. The application has a 5-day weather forecast so you can plan your travel time with the least chance of being sunburned. In addition, the app can predict the time you 'stay safe' under the sun based on facilities such as skin color and the SPF index you are using.

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