Brits strip off to bake, sunbathe and even work from home during lockdown

17/05/2020 15:45 by admin

While most of us live in pyjamas nowadays, it seems some people are going one step further and ditching their clothes altogether.

With Brits stuck indoors due to the lockdown more people are stripping off at home to bake, exercise, sunbathe - and even work.

Pam Fraser added the benefits of naturism is you don't have a lot of laundry to do

It seems while some have ditched outdoor gear for pjs, some people have got rid of clothes altogether

British Naturism has reported a whopping 100% rise in new members since the lockdown began, as people made the most of being indoors and embraced being nude.

A spokesperson for British Naturism added it's also a great way to save on the amount of laundry you're doing.

They said: â€œPeople have always enjoyed the thrill of a skinny dip or the relaxation of a spa but social isolation has caused an explosion in naked living.

â€œFor many, working from home means working naked, and nude sunbathing seems to be the new national pastime.

British Naturism has reported a whopping 100% rise in new members since the lockdown began, as people made the most of being indoors and embraced being nude.

Pam Fraser has enjoyed the freedom of lockdown so far

A spokesperson for British Naturism added it's also a great way to save on the amount of laundry you're doing

â€œHuman beings weren't designed to be wrapped up in clothes 24/7 and yet that's often how we are even when it's more sensible not to be.

â€œIt's easier not to dress, it saves on the laundry - and it's really good for you and a lot of fun!â€•

British Naturism Ambassador, Pam Fraser, has been sharing snaps of herself in the buff on Instagram, also raving about how little laundry she has.

She wrote: â€œCan I stay in lockdown forever? Iâ€™m loving not having to get dressed every morning.

â€œPlus I have like zero washing to do.â€•

British Naturism is promoting The Great British Take Off on Saturday 16th May, which is designed to encourage more people to strip off.

British Naturism is promoting The Great British Take Off on Saturday 16th May, which is designed to encourage more people to strip off

A pair ditch their clothes to enjoy the sunshine

British Naturism reported a whopping 100% rise in new members since lockdown began

Pam Fraser has been practicing yoga in the buff while in lockdown

The spokesperson added: â€œNaturists know that it's only social convention that makes wearing clothes seem essential but people who try it for the first time realise that it feels great.

â€œThis could be the perfect opportunity for those that like the idea, or those who live with a Naturist partner but have been hesitant, to have a go. You'll wish you had done it years ago!â€•

For anyone wanting to make the most of the good weather on Saturday, the organisation added it was legal to sunbathe nude in the garden - although you might want to warn your neighbours first.

Meanwhile bored Brits are stripping off and doing naked yoga, nude baking and boozing in a virtual â€˜naked pubâ€™ during lockdown.

And the Quarantine Pillow Challenge sees fashionistas go naked except for bedding in latest bizarre at-home Instagram trend.

While this poor bloke â€˜accidentallyâ€™ flashes his girlfriendâ€™s mum during TikTok challenge.

- The Sun