

Summer Skin Checklist

By Lauren Meir

Summer Skin Essentials

- Sunscreen** At least SPF 15 if not higher. Ensure your sunscreen has helioplex and protects against UVA and UVB rays.
- Daily Moisturizer** If you're indoors most of the day, you can forgo the sunscreen for a daily, light-weight moisturizer with SPF.
- Night Cream/ Moisturizer** For use at night. This should be lighter-weight for summer and vitamin-rich.
- Acne Treatment** For any blemishes or pimples. Many of these can overdry skin, so if your skin is sensitive use sparingly.
- Facial Cleanser** Use a gentle cleanser to remove dirt, oil, and makeup. Choose a cleanser appropriate for your skin type.
- Exfoliating Scrub** Use a scrub two to three times a week to exfoliate dead skin cells and refresh your complexion. If your skin is sensitive, chose a gentle exfoliator.
- Masque Treatment** Do you want a cucumber peel, a hydrating mud masque or a citrus clarifying treatment? It depends on your skin type and what you're looking for. Use a masque just once a week though...any more and you may ;over-dry ;or irritate your skin.
- Hydrate your body** Slather on lotion both before bed and in the am after showering. If you're going outside, mix in some sunscreen for protection.

Make-Up

- Use hypo-allergenic cover up and foundation with SPF.
- Apply lip balm with an SPF, and keep lips moisturized all day.
- Apply a light, oil-absorbing dusting powder This will keep skin shine-free and won't clog pores.

Nutrition for Healthy Skin

- Hydrate your cells** Drink lots of water throughout the day.
- Eat lots of fresh veggies and fruits** Chock-full of both vitamins and water, fresh produce will hydrate you and your skin.
- Chow down on lean protein** Protein from egg whites, poultry, fish and lean red meats are the building blocks of healthy skin and hair.

Summer Skin Maintenance Tips

- Rinse off the day! Wash your face thoroughly every night before bed.**
- Exercise** Cardio is a great skin clarifier, and will leave you rosy-cheeked and glowing for hours after.
- Moisturize, moisturize, moisturize** This is one of the most important factors for keeping skin healthy and soft.
- It isn't necessary to wash your face in the morning after waking up** But if you feel the need, use a gentle cream cleanser or foam.

- Treat Skin according to skin type** Do you have dry, oily, or combination skin? Buy the products matching your skin's description.
- Soothe sunburned skin with aloe vera** Buy the gel or get it direct from an aloe vera plant - just squeeze the gel from the leaves.
- Don't be cheap with cosmetics** Spending a few more dollars on a well-known brand is worth it. Skimping on price is ok when it comes to beach flip-flops...not your skin!