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# Be beautiful



A little care goes a long way in helping the skin stay healthy. Update your skincare routine this summer and look forever young



**H**ealthy glowing skin requires regular care. We need to nurture, nourish and pamper the skin on a daily basis. And this skincare routine must be customised to one's unique requirements and needs to be varied according to the season. During summer, the harsh heat, blowing hot winds, constant exposure to air-conditioning, exposure to swimming pools and holidays can impact the skin and render it dull with an uneven tone. Also many people tend to suffer from polymorphous light eruption (commonly referred to as sun allergy), prickly heat and certain skin infections. Here, we attempt to give a broad skincare routine that is suitable for most people. But if you suffer from a skin disorder, it is advisable to seek your dermatologist's approval prior to changing your skincare.

**CLEANSING:** Due to the hot weather and excessive sweating, many people tend to use a cleanser several times a day. Although this may leave one feeling transiently fresh, repeated cleansing strips your skin of the protective lipid



layer on the surface and enhances damage to the skin. From a doctor's perspective, it is advisable to use a cleanser (soap, face wash or natural cleansers) only twice a day. During the day, after episodes of excessive sweating, one may simply splash some lukewarm water or cold water on the face to feel fresh. If one suffers from eczema or acne or has sensitive skin, a pH neutral cleanser will do good. **MOISTURISING:** Blame it on the heat, people tend to skip moisturising in summer. However, most of us are constantly exposed to the cold air of air-conditioners, which can leave the skin dry. Also activities such as swimming affect the skin and



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cause irritation if not well-moisturised. It is advisable to use a lighter moisturiser and avoid greasy body butters.

Look for a moisturiser with Aloe Vera; it is light and soothes the skin without leaving it too greasy. Most people are under the impression that using a moisturiser overnight is adequate for skin care. One may also use the moisturiser prior to swimming to form a barrier on the skin surface and reduce irritation from the harsh chemicals used to sterilise the pool water.

**SUNSCREEN:** This is the most important skincare need in summer. Not only is the UV index very high but the constant sweating tends to wash off the sunscreen and, therefore, one needs to pay more attention to re-application of the sunscreen during the day.

Choose a sunscreen of SPF 30. If one suffers from acne, a gel-based sunscreen may be preferable, a lotion is suitable for people with normal or oily skin. For the body (the exposed



parts of the arm, legs, feet etc), a spray sunscreen may be suitable as it is easier to use. While going for swimming, one gets a higher dose of UV exposure and it is important to use a water-resistant sunscreen (if a sunscreen is water-resistant, it is mentioned on the bottle and the duration of that water resistance is also mentioned). One may also try and use physical protection especially between 10-3 (10 to 3, stay under a tree) as UV index is highest at this time. Umbrellas, broad-brimmed hats, protective clothing may be used for this purpose.

**ACTIVE PRODUCTS:** Often people use creams with active ingredients for their skincare. These products need to be customised for individual needs. Do consult a dermatologist. The formulation or the active ingredients may vary for summers.

**INTERNAL HYDRATION:** Excessive sweating during summer increases water loss from the body. Increase the daily intake of water to avoid

HARSH SUN INCREASES OXIDATIVE DAMAGE TO CELLS. STOCK UP ON SEASONAL FRUITS AND VEGETABLES, WHICH WILL PROVIDE BOTH HYDRATION AND A DOSE OF ANTI-OXIDANTS. YOU MUST ALSO INCREASE YOUR DAILY INTAKE OF WATER



dehydration. Drink water or sip on green tea to stay hydrated. These liquids provide a healthy dose of anti-oxidants.

**NUTRITION:** The harsh sun increases oxidative damage to the cells. It is advisable to stock up on seasonal fruits and vegetables, which will provide both hydration and anti-oxidants. These will combat the oxidative injury, help in regenerating the cells and thereby slow down ageing at a cellular level.

