

SKIN CARE IN SUMMER



CLEANSING

Start your summer skincare routine by cleansing your face twice a day with a gentle cleanser. This removes excess oil, sweat, and impurities that can clog pores and cause breakouts.

EXFOLIATION

Exfoliate your skin once or twice a week to remove dead skin cells and reveal a fresh, glowing complexion. Choose a gentle exfoliator suitable for your skin type to avoid irritation.

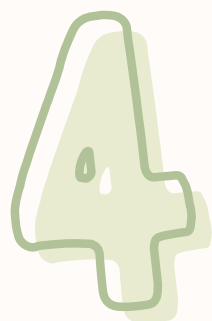


HYDRATION

Hydrate your skin by using a lightweight, oil-free moisturizer that provides hydration without feeling heavy or greasy. Look for moisturizers with ingredients like hyaluronic acid to retain moisture and restore skin's suppleness.

SUN PROTECTION

Apply a broad-spectrum sunscreen with an SPF of 30 or higher before stepping out in the sun. Reapply every two hours, especially if you're sweating or swimming. Protecting your skin from harmful UV rays helps prevent sunburn, premature aging, and skin cancer.



EYE CARE

Don't forget to care for the delicate skin around your eyes. Use an eye cream or gel to moisturize and reduce puffiness, dark circles, and fine lines. Look for products containing ingredients like cucumber extract or vitamin C.

LIGHTWEIGHT MAKEUP

Opt for lightweight and breathable makeup products during the summer. Heavy foundations can clog pores and lead to breakouts. Instead, use tinted moisturizers, BB creams, or mineral foundations that provide coverage while allowing your skin to breathe.



STAY HYDRATED

Keep your skin hydrated from within by drinking plenty of water throughout the day. Hydration helps maintain skin elasticity and a healthy complexion. Aim for at least eight glasses of water daily.

COOLING FACE MISTS

Refresh your skin during hot summer days with cooling face mists. Look for mists containing ingredients like aloe vera, rosewater, or cucumber to soothe and hydrate your skin on the go.

