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SKINTHOUGHTS

NEWSLETTER
"THOUGHTS FOR YOUR SKIN"

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Summer Skin Survival list


With the summer months upon us, a checklist becomes a must for our skin care routines! Although we spend time paying attention to our skin, it typically needs a little more TLC in the summer months. More sun protection, drinking more fluids, adjusting our products, etc... read on to find out a few of the most important steps to summer skin survival.

 More Sun Protection

 Adjust Products

Sun Protection

Choosing a sun protection product nowadays can be very confusing. SPF 15, 30 and yes even SPF 85! Although the number on the bottle is important, the ingredients inside the bottle are even more important. One must choose a product that provides both UVA and UVB protection, otherwise known as "broad-spectrum". UVB refers for the burning rays, while UVA refers to the rays that commonly age us. So one can see how important it is to have both levels of protection. Common ingredients that give us that protection are Zinc Oxide, Titanium Dioxide, and Parsol 1789(avobenzone). The prior refers to physical blocks, whereas the latter refers to chemical protection.

 SPF 15 and higher

 UVA / UVB Protection

Summer Product Selection

 Retinols & AHA's

 Topical Antioxidants

As the skin tries to adjust to the rising temperature and humidity levels, one must adjust their skin care products and routine. Although it is strongly advised to wear sun protection all year round, reapplying sun products more frequently and layering it a little heavier than you typically would will aid in added protection. Topical prescriptions such as Retin-A, Renova, Tazorac and Avage, which are commonly prescribed for cell turnover, anti-aging and acne, may be alternated or exchanged with a more summer skin friendly version such as alpha-hydroxy acids and retinol based products. Increased sensitivity from aggressive products during the summer months may lead to further damage and unsightly compromised skin. Adding products with antioxidant benefits is encouraged during the summer months as well, to battle the free radical damage induced by the sun. Topical Vitamin C's and E's are among the most popular.