

SKIN CARE TIPS For Summer



Wash your face twice daily with a gentle cleanser to remove dirt and oil.



Hydrate your skin with lightweight and non-comedogenic moisturizers.

Use retinol-based skincare products to fight sun-induced aging signs.



Apply a lip balm infused with SPF 30 to prevent chapped and dark lips.

Apply a broad-spectrum SPF lotion for protection against sun damage.



Periodically reapply SPF lotion when spending extended time outdoors.

Choose long-sleeved shirts and long pants for improved sun protection.



Consider wearing tightly woven clothes for ample coverage.

Wear sunglasses and a wide-brimmed hat when heading outdoors.



Try to stay indoors from 10 AM to 4 PM when the sun is at its peak.

References

1. 7 Ways to Prepare Your Skin for Summer 2022; Florida Academy
2. Enjoy Summer and Protect Your Skin; OHSU
3. 6 Simple Ways To Protect Your Skin In The Sun; UK Healthcare