

How to Take Care of Your Skin During the Summer



Taking care of your skin during the blistering summer months is an absolute essential. Many times we take our skin for granted and don't treat it with care because we often just don't place skin care as a high item on our priority list. This can come back to haunt us later in life; as we grow older, our skin loses some of its elasticity and supple quality, so we must do what we can do right now to properly take care of our skin...it will definitely thank you later.

Step 1

The name of the game is hydration, hydration, hydration. In plain terms, this means that you need to drink plenty of water—most experts recommend at least 8 to 10 eight-ounce glasses of water a day. I know that may sound like a daunting task, and it may also require you to give up some other drinks during the day to fit it all in your belly, but it's worth it to keep your skin strong and supple. Drink even more water on days when you're engaged in outdoor activities, or anything that makes you break a sweat. If you feel thirsty, that's a sure signal that you're already dehydrated. Do your best to maintain a head start on keeping your body hydrated.

Step 2

Hydration doesn't stop with just drinking water. The foods you eat also contribute to your body's hydration levels. Trade heavy, starchy foods for lighter foods such as salads. Fruit is also about 75% water, so don't shy away from eating fruit in abundant portions. As a side benefit, fruit (due to the high fiber content) will help keep your digestive system clean, another key to skin health.

Step 3

Never go out in the blazing sun without a high-SPF lotion or cream spread on those sensitive areas. Anywhere that you may normally burn, make sure to cover it with a high-SPF sun block lotion. Apply generously...trust me, the sun is relentless.

Step 4

Hands and feet normally dry out quicker, because there aren't as many oil glands in those areas to keep them supple. Liberally apply lotion to the hands and feet several times a day if necessary.

Step 5

If you love to swim, be aware of how harsh chlorine can be on your skin and hair. Chlorine can act as a drying agent to your skin and hair, so it's a good idea to rinse yourself off with a quick shower after swimming in a pool with chlorine water.