

Get summer ready from top to toe

With the sun shining brightly, it is also when skin and hair issues come to the forefront and need to be cared for

BINDU GOPAL RAO

Summer is setting in and so is the fear of exposure to extreme heat, pollution, and dust. But let this not take away the fun things we can do in summer. A minor change in our day-to-day living will help us enjoy the weather to the fullest.

SEASON WOES

The change of season demands a change of skin-care routine. Summers in India could be harsh and extreme, which means it is inevitable for us to ensure a good skin-care regime. Summer brings with it a range of skin infections and issues like acne, pigmentation, or rosacea, dry and itchy skin, Folliculitis, Melasma, Prickly heat, Chapped lips, Sunburns, Tanning, Rashes especially in the body folds due to sweating and fungal infections. Mansi Vyas, Founder, Azafran explains, "We have harsh and long summers in India which can take a toll on your skin. There are several skin issues that arise in summer, such as tanning, sun burns, dry/parched skin, flakiness, hyperpigmentation, dullness, rashes and even acne for certain skin types."



Mansi Vyas, Founder, Azafran

Mansi adds, "Eat fresh fruits, wear natural fabric like linen, cotton, exercise regularly and follow a consistent and simple skin care regime."

MANE BANE

While you are focusing on your skin do not forget your hair. The best way to start summer is with a hair trim, to get rid of the split ends and freshen the style. It is



Dr. Kalpana Sarangi, Consultant, Dermatology, Cosmetology, and Trichology, Nanavati Max Super Speciality Hospital

always suggested to keep the length of the hair short as hair grows faster in the summer. "The best way to protect your hair from the sun is to use hair sun protection serum and also cover it with a stole. Switch to moisturizing shampoo and conditioners, to hydrate the hair strands and try to wash your hair as much as possible to avoid an oily scalp. I would also suggest not using hot styling tools, as the flat iron and blow dryers leave the scalp a little oily. Also do not forget to use a hydration hair mask to protect your hair from the pool chemicals or saltwater," advises Aarti Duggal, Co-Founder, Flawsome.



Arpit Mehta, CEO, Milk & Honey Co

PREVENT & PROTECT

From applying SF30 sunscreen to expensive cosmetics, we have all sorts of treatments to prepare for the damage but always remember half saved is half damaged. "What we lack is some vital and world class nutrients to control skin damage. We need to have vital nutrients like - Selenium, Omega-3, Omega-6, Vitamin-C, Vitamin-E, Vitamin-F, Oleic Acid, Zinc, Magnesium & Protein in your daily lifestyle and out of all only Vitamin C is available with our lemon or citric fruits intake," says Arpit Mehta, CEO, Milk & Honey Co.

TAKE CARE

Sunscreen is the mainstay of summer. Dr. Kalpana Sarangi, Consultant,

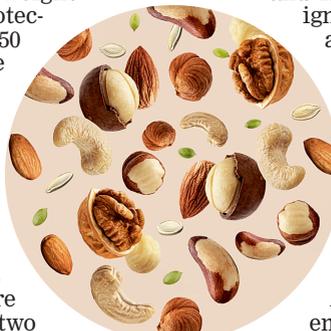


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TIPS

- Carry sunglasses, scarves, pocket umbrellas, wide rim hats, caps, and lightweight mal cotton stoles.
- Stay hydrated and bathe at least twice a day with room temperature or lukewarm water and use gentle shower gels with refreshing and cooling effects.
- Hydrating foods and coolants should replace carbonated drinks and hot beverages. Seasonal fruits are best as they contain the necessary dietary elements required to combat the scorching summer heat.
- Apply sunscreen every day and re-apply every 2-3 hours if you are outdoors.
- Cleanse your skin twice a day with a mild and natural cleanser and moisturize.

Dermatology, Cosmetology, and Trichology, Nanavati Max Super Speciality Hospital says, "Choose a lightweight two-in-one sun protection factor (SPF) 50 (it could be more depending upon one's lifestyle) sunscreen with moisturizer and apply it generously on all parts of the body that are exposed to the sun including ears and lips. Make sure you apply it every two hours even if you are indoors to be protected from diffused UV rays. If you like to take those frequent dips into pools and beaches, then waterproof sunscreen has no replacements both pre and post-swim followed by a shower." Go in for minimal make-up, preferably non-comedogenic, to avoid clogging of pores. Consult with your dermatologist and use a Vitamin



Nuts

C serum, sandwiched between cleansing and moisturizing to prevent hyperpigmentation and fine lines. Do not ignore the lips and an SPF 15 lip balm for chapped and dry lips is a saviour as lips do get dry, chappy, and dark during summer as they are exposed to extreme heat. At night use an emollient to nourish and moisturize lips through the long night hours. Also visit a dermatologist immediately if you develop sunburn with dry, red, scaly, or painful skin or other skin-related issues such as boils, rashes, or fungal infections. And when you have a pool and beach party invitation, learn to enjoy the summers without the stress.

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