

#FASHION & BEAUTY

Skincare tips and tricks for hot and humid days

On hot summer days, everyone's main goal is to avoid the frustrating combination of sweat, dirt, and oil-clogged pores. It can often be tempting to cut ties with skincare products altogether in such weather, splash water on the face, and call it a day. However, dermatologists say that is not the best course of action, especially if you want your skin to withstand the humidity without damage.

A few simple habits and adjustments can go a long way, so with that in mind, we have discussed some easy-to-follow tips below.

Wash it away

It is ideal to use water-based or gel-based cleansers instead of oil cleansers during such weather, as the goal is to remove

At home

For anyone trying to avoid store-bought chemicals, there are plenty of homemade remedies to pamper your skin in accordance with the hot weather.

Raw papaya pulp is very effective in soothing sun-tanned skin due to its high beta carotene and vitamin C content. Rose water mixed with cucumber juice can be a good homemade hydrating face mist, while raw aloe vera gel can also be applied to soothe and hydrate the skin. A homemade mask of honey mixed with yoghurt is good for exfoliation; the yoghurt is especially helpful for dry-skinned people.

Skincare from within

While many products can temporarily heal

sebum. Many professionals recommend salicylic acid cleansers, known for their oil-controlling properties and gentle formula.

Moisture

While cleansing is vital, it is very important to prevent over-cleansing the skin to the point of stripping away the natural oils, which can lead to the pores self-producing more oil.

That is why skipping moisturisers on humid days, no matter how tempting, is a bad decision. Instead of heavy creams, gel-based or water-based moisturisers with a cooling effect are highly advised and essential to lock in the moisture after cleansing. Serums or creams containing niacinamide, a form of vitamin B3, are highly recommended by experts due to their oil-controlling properties.

Refresh and soothe

Components such as panthenol, vitamin C, and aloe vera are used in many calming serums and creams. So, using products like hydrating mists containing these elements can help relax congested skin from all the sweating and heat.

the skin on the outside, there is nothing quite like the magic of internal hydration and skin repair, brought about by healthy food.

To target skin hydration, coconut water and foods with high water content, like watermelon and cucumbers, are suggested. Antioxidant-rich foods like oranges and lemons are also very effective for supporting the skin barrier and controlling UV-ray damage. It is also advised to limit caffeine intake during the summer as it promotes internal dehydration.

Before using any new product, be it store-bought or homemade, a patch test is a must to ensure there are no bad reactions to the formula.

When it comes to skincare, consistency is key. The heat and humidity can feel overwhelming, but regularly following some of these tips, paired with sunscreen, can go a long way to maintain healthy and hydrated skin during summer.

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Photo: Lifestyle Archives

