

## Give your skin some summer TLC

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Clinique

Greasy forehead, patches of pigment, flaky ultra-sensitive skin, and worst of all sunburn – it's probably not what you had in mind when you were considering your summer beauty look. But while the sunshine may be putting a spring in your step, it's not uncommon to discover that your face isn't so impressed.

"The best way to prepare your skin for prolonged sun exposure is to get it in the best condition, in particular making sure it is well hydrated," says Sally Penford, education manager, International Dermal Institute. "To minimise damage liberally apply SPF 15 or above, making sure the product protects against UVA and UVB, at least every 90 minutes when you're in the sun."

If it's already too late and your skin is showing signs of needing more TLC, the experts reveal how to combat the most common problems.

### Dehydrated

"There are several things that can contribute to your skin looking and feeling dehydrated in the summer - unprotected sun exposure is one of the biggest!" says Robin White, Director of Education at Philosophy on skincare. "In addition, being in and out of air-conditioning and even sitting on a plane if you are going on holiday,

can contribute.

"Exfoliation is key - without it, skin can appear flaky and your moisturiser and treatments might be blocked from penetrating the skin. Try a weekly peel and a lightweight daily exfoliator, like Philosophy Microdelivery peel, £57, and the Microdelivery exfoliating wash, £20. For additional hydration, reach for a mask and take a nourishing facial mist along with you."

Start with an intensive serum before your moisturiser - Dove Spa Waterfall Intelligent Moisturising Serum, £35, targets the driest areas or Dermalogica Skin Hydrating Booster, £47.90, is intensive without being too heavy.

Then use a long-lasting moisturiser to treat your skin throughout the day. The Sanctuary Protective 24 Hour Moisturiser Lotion, £6, has SPF 15 and is packed with protective antioxidants, while Lierac Hydro Chrono Extreme Balm, £33, boosts the skin's own hydration process.

If a cream is too greasy for you, SkinCeuticals Hydrating B5 gel, £32, contains hyaluronic acid to bind moisture to the skin while vitamin B5 repairs cells.

For added TLC, Caudalie Vinosource Moisturising Cream Mask, £21.50, contains hydrating essential fatty acids and if your skin feels dry during the day, top up with Clinique Moisture Surge Face Spray, £18, which binds moisture to the skin.



If you have broken the cardinal rule and burned, Sally recommends products with soothing and healing liquorice, cucumber, chamomile and lavender, and Japanese Alder to help repair UV-induced DNA damage.

A dedicated aftersun is ideal or try [Elemis SOS Emergency Cream](#), £48, with Willow, Myrrh and Lavender to soothe and restore the skin's natural balance.



*Photo: Eye Candy/Rex Features*

### **Greasy**

"When you are more active and in a warmer environment, you tend to produce more oil and perspiration which can lead to clogging, spots and cloudy-looking skin," explains Robin. "Make sure you are using a cleanser that cleanses gently yet thoroughly and that removes all traces of make-up, dirt and oil. Use a moisturiser or treatment with salicylic acid in it to keep pores clean and clear."

Beware of going overboard and trying to strip all the oil from your face though, as your skin will simply produce more to compensate.

The [Yes To Tomatoes](#) range contains lycopene to absorb surface grease, as well as helping balance oil production. Try the [Trouble-Free Facial Wash](#), £8.99. Or [Simple Clear Skin Oil Balancing Exfoliating Wash](#), £3.99, contains witch hazel while for particularly sensitive skin, and [Nuxe Eau Demaquillante Micellaire Aux 3 Roses](#), £15, contains flower and green tea extract to gently get rid of impurities.

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Tackle any breakouts with an intensive spot treatment – try [Dr Nick Lowe Spot Treatment Gel](#), £8.95, and [Beautycycle Fire Restoring Balance Anti-spot gel](#), £8.40, both contain salicylic acid.

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A mattifying lotion will also help limit a shiny forehead during the day. [Dermalogica Oil Control Lotion](#), £26.40, regulates the amount of sebum your skin produces – use it under your normal moisturiser – while [Matis Reponse Purete Intensive Purity Serum](#), £42, contains AHAs to gently exfoliate and extract of *Enanthia Chlorantha*, an African tree, to cut oil production.

Or [Champneys Purify & Balance Moisture Lotion](#), £15, uses silica to keep the skin matte with iris extract to prevent further breakouts.

Once a week, use a clay or deep-cleansing mask to intensively treat your skin, such as [Elemis Herbal Lavender Repair Mask](#), £26, with antiseptic Rosemary, Thyme and Lavender Essential Oils.

## Pigmentation

"Changes in pigmentation –freckles, brown spots, uneven patches - are the first signs that your skin is being damaged by the sun. The number one way to treat this is to prevent it - get an SPF on every day. The rule is, if there is daylight, there is sunlight and you need an SPF, says Robin".

"To reverse the signs of sun damage, you need to incorporate a few key ingredients into your daily and weekly skincare routine. Make sure you are using a retinoid - an over the counter retinoid or retinol helps diminish the appearance of uneven pigmentation. Using a topical vitamin C will also help - mix a scoop of [Philosophy Turbo Booster C Powder](#), £28, in your favourite serum or moisturiser daily."

Sally also recommends looking for ingredients acting as melanin suppressors, to tackle the pigment that colours the skin. "Newer ingredients, such as zinc glycinate, help control melanin activity, while many botanical extracts also inhibit melanin production – these include kiwi fruit, mulberry, bearberry liquorice and giant fennel."



*Photo courtesy of Clinique*

[Clinique's Even Better](#) range boasts prescription strength results over the counter. The brand new [Clinical Dark Spot Corrector](#), £37.50, uses plant-derived technology to brighten the skin while [Skin Tone Correcting Moisturizer SPF 20](#), £32, reduces the appearance of excess pigment and stops spots surfacing.

Or [Dermalogica's ChromaWhite TRx](#) collection, from £33.20, includes cleanser, a powerful exfoliant and two skin treatments, as well as a day and night cream.

You can also give your own skincare regime a boost with [SkinCeuticals Phyto Corrective Gel](#), £25, containing natural plant-based skin lighteners, under your daily moisturiser. For a more intensive treatment [Perricone MD Pigment Corrective](#), £75, uses pycnogenol to improve tone plus Vitamin C Ester to brighten.

## Sensitivity

Even if you don't suffer with sensitive skin the rest of the year, the heat can trigger reactions, with nearly two thirds of those affected saying it reduces their confidence, according to a [survey](#) by [Piz Buin](#).

"Prickly heat occurs when your body is sweating at a greater rate than normal and sweat becomes blocked in the skin creating blister-like pimples," explains Sally. "This may be caused by build-up of dead cells on the skin or heavy clogging skin products. Avoid ingredients such as mineral oil, lanolin and heavy waxes and exfoliate regularly."

[Skin Shop Kalme Undercoat](#), £17, works as an 'armour' for sensitive skin, creating a barrier to help reduce the nerve response and prevent your skin reacting.

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[Superdrug](#) has also launched its own new gentle, hypoallergenic [Simply Pure](#) range, priced £2.49 with £1 off everything until July 20. Ingredients include soothing Allantoin and calming Soothex. Or try [Artistry Essentials Soothing Creme](#), £15.27, packed with black bamboo, liquorice and blue lotus to calm stressed skin, and [Avene Skin Recovery Cream](#), £12, made from 67% [Avene Thermal Spring Water](#), known for its soothing properties.

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To tackle flushed or red skin, [Dr Nick Lowe Redness Relief Correcting Cream](#), £14.63, is lightly tinted with cooling menthol plus arnica, chamomile and allantoin to soothe while [Boots No7 Calm Skin Redness-Relief Gel](#) does exactly what it says on the tube.

Whenever you need an extra boost, [Organic Surge First Class Mask](#), £6.99 from [Boots](#), has skin-calming chamomile and soothing marshmallow to treat sensitive skin in five minutes, while [Dr Andrew Weil for Origins Mega-Mushroom Skin-Calming Face Mask](#), £30, uses black bamboo leaf extract, and natural ingredients to tackle redness and repair the skin's natural barrier.