

Beauty expert Shahnaz Husain's tips to keep you summer-proof



The sunny summer days have officially replaced piping hot beverages and food with chilled ice-creams and lemonade. This means, even our skincare needs to be changed over because your thoughtfully assembled skincare routine for cold days isn't going to cut it when the temperatures soar and the sun starts to beat you down. What can be better than some quick easy tips from celebrity beauty expert Shahnaz Husain!

Stash away those heavy cold creams and those oil-based moisturisers ? it is summer time and time to go lightweight or your skin might get prone to breakouts and pimples, rashes and roughness and acne wouldn't leave your side. So it is best to switch over a summer skincare regime can actually help deal with the sweltering summers. Here are few tips from ?needs-no-introduction? beauty expert Shahnaz Husain to make your summers more joyful, even to your skin; and don't worry, all these tips are easy to follow, almost natural and won't dent your pocket.

- Forget everything but sunscreen

The first and the foremost skincare tip will be using sunscreen lotions, all around the year and especially in summer. Apart from tanning, exposure to the sun can have several long-term effects, like an early formation of lines and wrinkles on the skin ? we don't want that right? And it can happen even due just 5 minutes of sun exposure ? that is why, sunscreen is the most important product you must use. A broad-spectrum sunscreen provides protection from both UV-A and UV-B rays of the sun and a sunscreen with SPF 15 to 20 is adequate for most skins, but if the skin is more sensitive and tends to burn easily, you should use a sunscreen with a higher SPF of 30 or 40. It is a mandatory routine to follow and cannot be stressed enough about.

- Get the dirt away, exfoliate

Exfoliation is considered yet another mandatory step for good skin because removal of dirt and dead skin cells doesn't just improve skin texture, it also produces an even colour tone. Exfoliation is necessary in summer as deep cleansing the pores and keep them free of clogged oil will prevent problems like blackheads, pimples, and acne. And you don't even need to buy exfoliators because it can be one with scrubs or cleansing grains like walnut powder and coffee beans ? straight from the kitchen.

- Go light on moisturisers

Cleansing and refreshing the skin is important during summer but it is also important to keep it nourished and moisturised ? so, avoid heavy creams and moisturizers, which can clog the pores and go light.

- Time for a Vitamin C booster

Vitamin C is vital for maintaining healthy collagen, the supportive tissue of the skin, which helps to keep the skin healthy, firm, strong and youthful. Vitamin C is found in citrus fruits, like oranges, lemon and grapefruit, amla, tomato, sprouted grains and green leafy vegetables.

- Stay clean

Well, this applies round the year, but especially when you are sweaty and dirty in summers. Overall hygiene also helps tackle the heat. Take a bath twice daily, which will not only keep your skin fresh but also help you stay away from summery lethargy.