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How to Take Care of Your Skin This Summer

By NewBeauty Editors | May 26, 2015



The majority of us tweak our hair color and makeup according to the time of year. But, not all of us apply that same concept to our skin care, although we should. It's important to make sure that your skin care routine matches up with the seasons because certain skin issues can become exacerbated as the temperature changes. Here's what your skin needs (and what to avoid) this summer.

Opt for lighter moisturizers

The warmer the weather, the more humidity in the air, which keeps skin **hydrated**. "When the air is warm, you only need a light moisturizing gel or lotion," says celebrity aesthetician Susan Ciminelli. "Skin sweats more and it just needs hydration at the surface." Light hydrating lotions, fluids, serums, elixirs and oils, are good, too, because they contain emollients. Anything too heavy can clog **pores** and make skin look greasy.

Try this: Rich in sea botanicals that are packed with skin-nourishing fatty acids, **Cellex-C Sea Silk Oil-Free Moisturizer** (\$59) offers long-lasting, lightweight hydration.

Cleanse with light gels

Gels are perfect for warmer temperatures because they lend a cooling effect and leave skin feeling refreshed. They often contain acne and oil fighters—two problems that go into overdrive in the heat. "The higher incidence of alcohol leaves less oil in the skin than other cleansers," says New York dermatologist Patricia Wexler, MD.

Try this: A lightweight antibacterial gel cleanser that doesn't smell medicinal in the least bit, **Skin Authority Daily Cleanser** (\$42) wipes away makeup, oil and dirt for skin that feels clean and looks fresh.

Exfoliate (with gentle products) more often

"Skin needs to be exfoliated more during the warmer months to remove oil and dead skin because it sweats more," says Ciminelli. You're probably exposed to more sun this time of year, too, so also pay attention to exfoliating agents. "Retinol acts as an exfoliator. You may want to cut back on it when you're going to be in the sun—it makes skin more prone to burning," says Miami dermatologist **Janelle Vega, MD**.

Try this: **Diptyque Multi-Use Exfoliating Clay** (\$65), which can be used on both the face and body and doubles as a scrub and a mask, really works to lift away dead skin cells thanks to the powerful exfoliating properties of marble powder.

Save hair removal treatments for winter

Skin is typically more tan during the warmer months, so reserve laser resurfacing and **hair-removal** procedures for the winter. "Skin doesn't tend to be as tan when it's colder out, making it a perfect time to do treatments like Intense Pulsed Light (IPL)," says Dr. Vega. "Radiofrequency treatments and injectables can be done year-round because they don't affect the skin's surface."