

# Flawless summer skin tips from Dr. Rebecca Kazin

June 13, 2016

12:14 PM MST

The weather is warmer and running around the humid city can dehydrate and irritate your skin. It can become oilier from the heat and sweat, which can lead to blemishes. Rebecca Kazin, MD, of the [Washington Institute of Dermatologic Laser Surgery](#) and the [Johns Hopkins Department of Dermatology](#) has a few simple tips to cure the most common [summer skin](#) woes and have you looking amazing all season long.

Kazin's tips:

- **Control Oil Production** - Add retinoids and hydroxy acids to your skincare routine. You can up the strength of your Retin A at nighttime as long as you aren't heading to the beach or planning to spend a lot of time in the sun. You can get away with using a stronger Retinol during summer and washing it off in the morning to help control oil production.
- **Minimize Shine** - Use an oil free moisturizer only at night. Skip the day-time moisturizer and use powder sunscreen to cut back on oil and shine.
- **Lather Up** - Add a cleanser with salicylic acid and choose a foaming cleanser over non-foaming in the warmer months.
- **Benzoyl For Blemishes** - If you tend to break out, you can use OTC acne products with benzoyl peroxide since your skin can likely tolerate it. "I also recommend medicated wipes for post-exercising," says Dr. Kazin. "There are over the counter versions with salicylic acid and prescription versions with Clindamycin, an antibiotic that can be used topically fight bacteria and acne."



*Dr. Rebecca Kazin*

- **Add An Antioxidant** - Antioxidants are helpful to combat and repair damage done by environmental factors like sun, pollution, smoke, etc.
- **Redness Control** - If you tend to get red in the summer, use an anti redness product like Sente Labs Redness Control Complex to minimize splotchiness.
- **Stop Sweat** – Botox injected into the underarms is a great way to stop excessive sweating and embarrassing pit stains.