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## From Summer Skin Woes To Summer Skin Woah

*by Country 102.5*

Summer skin can make us say woe is me...oh my! As the temperature gets warmer, skin's shine factor rises with humidity. Summer weather gives skin-amplified hydration, which for many tends to generate an oilier complexion this time of year. Heat and sweat can lead to flushing, irritation and acne, making for a less than glam appearance.

Rebecca Kazin, MD, FAAD Associate Director, Washington Institute of Dermatologic Laser Surgery in Chevy Chase, has simple tips to cure the most common summer skin woes:

- 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 daytime 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. 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.
- 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.

Between self-tanners and skin TLC products, it's still summer lovin':



The Australian hit, Skinny Tan, has made its way to the US. Skinny Tan pulls double duty as a sunless tanner that also reduces the appearance of cellulite. Massage the 7 Day Tanner into the skin for a tan that looks natural and disguises cellulite. The collection also includes Tanning Mousse, Tan & Tone Kit, Pre-Tan Primer, and more. They're also a PETA approved ethical brand. (Available at [skinnytans.com](http://skinnytans.com))

Refresh skin with the Amarte Aqua Mist Toner. The hydrating spray gives skin an instant complexion boost using botanical ActiVExtracts to tone and soften even the most sensitive skin. The Aqua Veil Pure Hydration Serum has a deeply hydrating formula to help skin retain moisture. And Aqua Lotion is an ultra-light water-based lotion to improve tone and texture. (Available at [amarteskincare.com](http://amarteskincare.com))



Jane Iredale's new Tantiasia Self Tanner & Bronzer builds a gradual, natural looking tan within three days, for optimum control and customization for both face and body. So-Bronze gives a sun-kissed glow to where the sun would hit the face first: cheekbones, chin, nose, and forehead. So-Bronze 1 is a classic terra-cotta color, So-Bronze 2 is slightly darker, with the addition of a quarter moon of pressed gold powder, and So-Bronze 3 is also a two color mineral bronzer in lighter shades than So-Bronze 2. (Find stores or online retailers at [janeiredale.com](http://janeiredale.com))

Vita Liberata's Body Blur Instant Skin Finish gives a natural looking tan in addition to minimizing blemishes, covering imperfections, and gives skin a smooth appearance for both face and body. Mix the Self Tanning Anti Age Serum with your facial moisturizer or apply without mixing for a made to measure tan that fights the signs of ageing without clogging pores. And the Self Tan Dry Oil SPF 50 gives a subtle tint for instant color and gives a gradual tan for up to ten days with buildable color. (Available at [Sephora.com](http://Sephora.com))



NeoStrata takes skin cleansing to the next level with the Skin Active Exfoliating Wash. The Polyhydroxy Acid formula exfoliates and removes debris from pores along with stimulating cell turnover. Patented Maltobionic Acid leaves skin feeling hydrated, while Aloe, Chamomile, Cucumber, and Rosemary soothes and refreshes for a more radiant complexion. (Available at [neostrata.com](http://neostrata.com))