

HELLO!



How to keep your skin glowing this summer

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Summer can take its toll on our skin - with chlorine, sea water, alcohol, and overexposure to the sun all having a negative effect on our complexion.

To help keep your skin glowing, we've spoken to **Dr Ejikeme** from **Adonia Medical Clinic** to get her top tips...

1. Exfoliate

The body sheds skin cells at a rapid rate – if you don't exfoliate, these dead cells will sit on the skin and leave it looking dull and dry. Exfoliate 2-3 times a week and use products with 10% glycolic acid – this not only removes dull surface skin cells to reveal smoother, brighter skin below, but also helps to stimulate collagen and elastin production for a firmer, younger appearance.

2. Tone

Toning removes the dirt and build from make-up and pollution left behind by the cleanser/exfoliator, which can clog pores and lead to comedones. It also helps soothe, nourish and hydrate the skin while restoring its delicate pH balance.



3. Protect

Sunscreen is the number one ingredient for the summer. Opt for a moisturising SPF rather than a moisturiser that has some SPF in it. One of Dr Ejikeme's favourite moisturising sunscreens is Sun Armour factor 50 by Dermaquest. This feels light and won't interfere with your make-up and has peptides as a boosting ingredient.

4. Keep hydrated

We lose a lot of water during these hot summer days so it is important to top it up. Lack of hydration will present itself by turning your skin dry, tight and flaky. Dry skin has less resilience and is more prone to wrinkling. Drinking at least 8 glasses of water a day will help but the unfortunate truth about drinking water and skin is that water will reach all the other organs before it reaches the skin. So, it's important to apply water to our skin and keep it there – using a hydrating moisturiser and hyaluronic acid.

5. Moisturise

Moisturising is important for hydration. Hydrate with topical hyaluronic acid, this acts as a sponge pulling water into the skin.



6. Avoid thick make-up and creams

Thick, heavy foundations and moisturisers teamed with sweat will clog up pores and create a happy home for bacteria in the skin. Instead opt for breathable, mineral based make-up and tinted moisturisers.

7. Avoid sugar

Hot weather calls for ice-creams, ice-cold fizzy drinks and cocktails, but avoid over indulging this summer. Not only will the sugary treats have an adverse effect on your summer waistline, they can have a detrimental effect on your skin.