

## **Summer Skin Care: 7 Tips to Staying Acne Free Naturally Through the Heat**

Hey summer is here, the kids are out of school, vacation is around the corner and the heat is on! Wow, that's fantastic! But if you are an acne oily skin sufferer, that means increased oily skin and additional acne blemishes and breakouts due to the higher summer temperatures and humidity levels, along with wearing heavy, greasy feeling SPF sun protection crèmes. So what can you do to control your oily, acne skin naturally during the summer?

Well, I've put together 7 tips to help you stay acne free, naturally through the heat so you can enjoy your summer, feeling good and looking your best!

### **1. Cleanse Thoroughly and Often:**

First and foremost be sure to keep your skin as free of excess dirt and oil as possible by cleansing often, but gently. Don't scrub hard or use pressure on the skin because this will not result in less oil or fewer blemishes or breakouts. Preferably, use a mild, non-abrasive cleanser, that can cleanse the skin thoroughly yet not over strip it of its own natural pH level. Remember to use a clean wash rag each time you cleanse. It's important to make sure your wash rag is free of any old dirt and oil or makeup residue before you begin to cleanse your skin. If you prefer to wash your face using your hands, make sure your hands are clean before touching your skin. Whichever way you prefer, just make sure what you are using is clean and free of any dirt and oils first before you begin to cleanse your skin. Also, use warm water. Warm water is gentler on the skin and works to open up the pores for better, more effective cleansing and extraction of dirt, oils and impurities.

### **2: Exfoliate Regularly and Consistently:**

You should exfoliate at least once a week, and in the summer with warmer temperatures and higher humidity, at least 2-3 times a week, depending on your skin. Exfoliation is important because it unclogs the pores by extracting old dead skin cells from the skin's outer layer surface which can contribute to clogging pores and cause acne breakouts and blemishes. Exfoliation not only clears away old dead skin cells, it also removes dirt, oil and debris that may have collected deep within the pores despite daily cleansing efforts. In addition, exfoliation helps control the excess production of oil, which is the main cause of acne breakouts and blemishes. With the reduction of excess oil production, exfoliation can actually help reduce the occurrence of acne breakouts and blemishes. Be careful not to exfoliate too often because over exfoliation can sometimes cause skin irritation, and increased redness and sensitivity and even reverse the desirable results. So have a regular weekly exfoliation routine and be consistent, but don't over do it.

### **3: Don't Forget to Tone**

Another important skin care step you shouldn't forget is to gently tone and freshen your skin after each time you cleanse or exfoliate. It is very important to

use a toner because even the best cleansers and exfoliators leave behind some remaining dirt, oil or debris. But with a gentle, oil-free, toner, and a small cotton ball or pad, you can wipe away any and all remaining dirt, oil and debris, leaving the skin looking and feeling clean, fresh, and oil free. Another benefit of toning is that it improves the skin's overall tone and texture by providing hydration, helping the skin to maintain its own moisture pH balance and also conditioning because many toners contain natural vitamins and antioxidants that result in the skin looking and feeling smoother, softer, renewed and revitalized.

#### **4: Use Oil Free, Water Based Products:**

During the summer, it's vitally important to protect your skin from the harmful UV rays of the sun by using a good SPF topical crème. However, many of the sun protection products on the market are thick and heavy crèmes which cause excess oil and acne blemishes and breakouts. So make sure you read your labels and try to look for oil-free, water-based products whenever possible which say they are "non-comedogenic", meaning they won't clog the skin's pores with additional oil to the skin and contribute to blemishes and breakouts. Water-based products are also hydrating and help the skin to maintain its own natural moisture pH balance which is very important when treating oily, acne prone skin.

#### **5: Look For Only Natural Products:**

Be sure to look for only natural products when choosing your skin care products. Natural skin care products which contain all natural herbs with vitamins and antioxidants such as those containing pure aloe vera, are proven to be very beneficial for oily, acne prone skin. Aloe vera has been widely known for thousands of years as a skin healer providing skin soothing and anti-inflammatory properties which are particularly effective for treating aggravated and inflamed acne skin. Aloe vera also acts as a natural moisturizer and skin conditioner leaving the skin looking and feeling soft, smooth and healthy.

#### **6: Eat a Healthier Diet:**

If your diet is high in sugar, fat, processed foods or chemical additives, then your body will have excess toxins that it may not be able to clean and flush out effectively or normally. Excess toxins in the body have been attributed to many health problems and conditions including acne. By eating a healthier diet with lot's fresh fruits and vegetables, and whole grains and fiber, which contain many vitamins, minerals and antioxidants, it actually helps the body to effectively detoxify and cleanse itself. Fiber is also important because it facilitates the removal of wastes and cleanses the intestinal tract. Regular elimination of waste from the body is essential to overall good health for your body as well as for your skin. If you choose a healthier diet, you will not only improve the health of your body, you will also improve the health and condition of your skin. Because the cleaner and healthier your body is, its organs and blood, the healthier the skin will look and feel.

#### **7: Stay Well Hydrated:**

Lastly, with hotter weather and increased outdoor activities, be sure to drink plenty of water. Experts advise drinking at least 8 glasses of water a day or more

with high levels of physical activity. Drinking plenty of water and staying well hydrated is vitally important to the overall health of the body and the skin. The reason is water is a natural diuretic and helps the kidneys filter out the toxins from the body, when there is sufficient enough water or fluid to do so. Fluids are essential to all the body's organs, including the skin, and staying well hydrated will actually improve their health and functioning. Experts also advise drinking only natural pure water in order to limit or decrease your intake of any toxins or chemicals which can add to the toxin level already in the body.