



*The Glow* HOW TO'S SCIENCE LIFESTYLE

LOVE THE GLOW?



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## 6 Tips for Your Best Skin During Festival Season

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The time has arrived. Music festival season is in full swing! With an early arrival of spring, there's a lot to celebrate. From the Desert X exhibit sprawling across Coachella Valley to the newly-released Pitchfork headliners, 2019 looks to be a stellar year.

It's been a long winter. No doubt you're ready to break out your favorite crochet kimono, short-shorts, braids and glitter. But have you thought about your skincare? A weekend away can quickly sideline your beauty routine. We're here to change all that with a cheat sheet to flawless festival skin.

From SXSW to Burning Man and every epic music performance in between, our list has got you covered. Put your best face forward this festival season with these essential skincare survival tips. Ready? Let's get it.

### **Burn, Baby, Burn**

Or rather, don't. Sun protection is a must during festival season. It's at the very top of our priority list, and it should be on yours, too. Research shows nearly 80 percent of skin damage is caused by sun exposure.<sup>1</sup> Those summer days spent swaying in the sun to the likes of Billie Eilish and Solange can take a toll. Sorry for the buzzkill.

Let's face it — You're probably not using enough sunscreen. While SPF 30 is ideal for most, it makes little difference if you skimp on application. Experts agree that the average person needs a shot glass of sunscreen to get the SPF rating on the bottle.<sup>4</sup> That's about three tablespoons' worth. You'll need a nickel-size dollop for your face alone.

Forgetting to reapply every few hours is likely to net you a sunburn in the desert heat. That goes double if you're sweating. Chemical sunscreens seem to dissipate faster than thick mineral formulas. It's best to re-up every two hours at minimum.

The choice between chemical vs. mineral sun protection is a personal one. I'm going to tell you right now that you ought to be using mineral sunblock. It may leave a white cast, but it's far better for the environment. Chemical sunscreens can leach toxins into the water that are harmful to marine life. Meanwhile, mineral formulas are harder to wash off in the shower. The thick, goopy formula makes them more difficult to spread, and you're less likely to re-apply a product you don't like using.

There are pros and cons to each, so it's up to you to decide. In terms of effectiveness, they're basically equal. Same SPF, same level of protection. You get it. Spring Break™ with SPF 30 is our top pick for formulation. Zinc oxide, a mineral sunblock, is blended with traditional sunscreens to achieve a sheer, workable consistency that's a joy to use. It's the perfect middle ground for those who are torn between the two types.

Personally, I'm a big fan of the sun. (Heliophilia is real.) Vitamin D, too. I'm just not a fan of sunburn, wrinkles, melasma and skin cancer. Be sun smart and pack plenty of sunscreen.



## **Stay Hydrated**

This tip is simple and not to be ignored. Your body needs water to refuel all day long. Dancing, sweating and all those trips to the beer tent make drinking H<sub>2</sub>O essential.

Your skin needs hydration, too. Keep it replenished from the inside out by downing plenty of water. Hydrated skin has a stronger protective barrier to shield against the elements.<sup>3</sup> This is vital for concerts in places like Black Rock, where you'll likely face intense heat, whipping winds, strong sun and the occasional dust storm. Lack of water leaves skin dry, dull and prone to irritation, so treat your body kindly by bringing along more water than you think you'll need.

Pro tip: Don't forget to map out the nearest porto-potties. It's good to plan ahead.

## **Fighting Rosacea in the Heat**

If you have reactive skin, this one is for you. Rosacea flare ups from heat exposure are well documented. Rosacea sufferers register higher nerve, blood vessel and sweating responses than normal skin types.<sup>2</sup> Pair this with the intense heat you'll face as you fight your way to the front row with the summer sun beating down on you, and you're in for trouble.

Sensitive skin reacts to heat by dialing up the redness. It can even cause inflammation and tiny bumps to show up on your face, back and chest. No bueno.

While an overactive sympathetic nervous system may be to blame<sup>2</sup>, there are steps you can take to keep rosacea at bay. The trick is to stay cool. Stake your claim under the nearest tree, or take a breather in the shade of the beer tent at regular intervals. A mini spray bottle of thermal water is great for refreshing your skin when shade can't be found.

A handheld travel fan can also help you stay cool. Your friends will have major fan envy, so bring extra batteries. For those of you who prefer packing light, a folding paper fan is effective and takes up practically zero room in your bag.

## **Makeup Removal Made Easy**

The no-makeup movement is all the rage in 2019. But let's face it — We can't all have supermodel skin. For us mere mortals with three-day passes and a penchant for Fenty lip gloss, makeup wipes are essential.

Cheat Sheet™ Makeup Remover Cleansing Wipes are made for multi-day events. They do a great job of cutting through foundation, stubborn mascara and more. These wipes are a smart addition to your toiletry case on festival day. Face paint and glitter are no match for these babies.

## **Say Goodbye to Shine**

Music festivals guarantee two things: A boatload of new friends, and skin that's a little *too* dewy. What, you don't want to talk about skin oil? Yeah, me either. But it's a fact of life on a hot summer day.

If you suffer from shiny skin, you can't fight it with panic and makeup alone. Let's talk science, shall we?

Your skin produces oil. It is made up of triglycerides, fatty acids, esters, squalene and cholesterol. Contrary to popular belief, oil does not directly cause inflammatory acne. However, it can clog pores and leave your skin looking like a disco ball. Not cute. Part of the reason is biological, and part of it has to do with environmental triggers. Those are big topics to tackle when you're busy packing for Burning Man, so we'll cut right to the chase.

The quick advice for battling shine on the dance floor is to make a simple adjustment to your morning and nightly routine. The weather and products you use can make your skin appear more or less shiny throughout the day.

If you have excess oil AND it's super humid, here's a bit of advice. In the morning, stick with a humectant-free moisturizer. Humectants are ingredients that attract water to your skin throughout the day. They are great at hydrating, but when you have your own natural, dewy glow going on, it can be overkill. Ingredients like glycerin, hyaluronic acid and propylene glycol can bind so much water to the skin on a humid day that it can leave you looking wet and shiny. Lightweight lotions are ideal for smoothing, protecting and balancing oily skin on humid days.

However, oily skin can still benefit from humectants. Just switch to a humectant moisturizer at bedtime. [Double Major™ Moisture Relief Gel](#) is one of our favorites. Before hitting the sheets, dab on a smooth, even layer to replenish skin overnight with an extra boost of hydration. Silky smooth and highly absorbent, your skin will gladly drink it up after a long day in the sun.

Touching up your skin throughout the day is essential. Luckily, it's pretty easy. Just toss a pack of blotting paper or a translucent powder compact in your bag, and you're golden. Short on blotting paper? A clean paper napkin works in a pinch. Hint: Those cheap brown recycled paper napkins are tops for absorbing oil. Plus, they're friendlier to the environment than ordinary white napkins.

### **Thou Shalt Practice Good Hygiene**

Facial skin has special needs, but let's not forget about the skin on your body. Music festivals can get quite sweaty. And multi-day events with next-to-no running water can leave you feeling grungier than the lead singer of Tame Impala.

If you'd rather look more Yoke Lore than Kevin Richard Parker, there's an easy way to do it. Two words: Baby. Wipes. They'll keep you fresh as a daisy all day long.

Spring for the mini pack to stick in your purse. They might not make much economical sense (you often pay more per wipe this way), but it beats lugging around a full-size container. Oh, and it's 2019. So use your good judgment here and opt for the natural, hypoallergenic kind. Your skin will thank you.

### **Keep Skin Clear All Day Long**

Instagram sometimes (okay, always) glamorizes concert series like Coachella way too much. You're likely to get dusty, sweaty and muddy while dancing the day away with your crew. That's all part of the fun, but your skin might not like it too much. Long days turn into late nights, and next thing you know, your skincare routine gets totally forgotten.

A little dirt never hurt anyone. But acne bacteria can. Skin that's prone to breakouts can't afford to go the lazy route on a weekend away. [Rush™ Clear Complexion Wipes](#) are perfect for keeping blackheads at bay. Sweep the gentle pad over your skin after you close out the last set for instant pore-unclogging action. The travel-friendly container won't leak — perfect for tossing in your Eastpak.

Feeling ready to face your next concert series head on? We predict your most fresh-faced music festival season ever.

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