

6 Adjustments To Make To Your Skincare Routine For Glowing Skin This Summer

It's summer! We're all hyped up for more sunshine and enjoying the outdoors. It's also time to switch up your skincare routine.



That's right! You need a summer skincare routine to keep your skin healthy, hydrated, and protected. Don't worry, it's just a few tweaks here and there. Here are 6 adjustments to make to your skincare routine for glowing skin this summer.

Switch to a Lighter Moisturizer

During summer, the heavy creams and moisturizers are uncomfortable on the skin and to be honest, are completely unnecessary. That's why you should switch to a lightweight moisturizer instead.

These types of moisturizers are water-based or gel formulations that moisturize the skin without leaving it greasy. A good option would be to use our **SummerBreeze Hydrating**

Gel. It contains hyaluronic acid, which keeps the skin hydrated and refreshed throughout the day.

Don't Forget Your Sunscreen

Sunscreen remains an essential part of your skincare routine especially during summer. Ensure that you use a sunscreen with an SPF of 30 or higher.

For summer, pick sunscreens labelled as "non-comedogenic" or "oil-free" to avoid clogging the pores. You should apply sunscreen 15 minutes before going out into the sun on all parts that aren't covered by clothing. Don't forget lips, apply a lip balm or lipstick with SPF 30+.

Stay Hydrated Both Inside and Out

It goes without saying, but you need to drink your water during summer. Staying hydrated will keep your skin looking youthful and radiant. Make sure that you drink at least half a gallon of water per day.

In addition, keep your skin externally hydrated by incorporating hydration serums or facial mists to your skincare routine. A few spritz throughout the day will keep your skin refreshed without disrupting your makeup or sunscreen.

Use Gentle Chemical Exfoliators

Exfoliating is an important step in a good skincare routine. It removes dead skin cells that tend to accumulate more quickly in hot weather. During summer, you should pick a gentle chemical exfoliant to remove dullness and clogged pores.

For example, our **PureGlo Renewing Exfoliant** contains AHAs (alpha hydroxy acids) to gently remove dead skin cells, revealing a smoother, brighter complexion.

Don't Forget Your Body

Most of us tend to focus on skincare for the face and neglect our bodies. In summer, you need to pay special attention to your skincare routine. Use a lightweight, hydrating

moisturizer immediately after showering to lock in moisture and prevent dryness. Also, don't forget your sunscreen!

Look out for products containing moisturizing ingredients such as shea butter or coconut oil that leave the skin feeling light and hydrated. For this, try our **SunGlow Shea Moisture Lotion**.

Have Cooling and Soothing Treatments in Hand

Despite your best efforts, you might find that parts of your skin have been irritated by sun exposure. For this you need cooling products like aloe vera gel or facial masks containing cucumber extract.

These ingredients have anti-inflammatory properties that help to calm redness and irritation. They provide instant relief to the skin after prolonged sun exposure and make the healing process more bearable.

In Conclusion

As we've seen, the key to radiant summer skin lies in a few essential changes: lighter moisturizers, effective sunscreens, ample hydration, and soothing treatments. Make the 6 adjustments we've mentioned to your skincare routine and you'll undoubtedly have beautiful glowing skin all summer long.