Glowing All Summer

How to protect your hair and skin in the summer months

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Although it's an exciting time where we can say goodbye to winter and hello to the hot summer months, it's important to keep in mind how this upcoming extreme heat can have an effect specifically on your hair and your skin. Watching out for your hair and skin in hot temperatures can help you avoid harsh damage to your hair and skin and still look fresh during the summer.

Hair vs. Heat

With more heat and direct exposure to the sun, one of the first things that you will notice during the summer is dryness. This occurs due to UV radiation damage. What this does it weaken the cuticles of your hair, eventually leading to things such as frizz, dryness, and spilt ends. Since sweating is also common during the hotter months, this also can cause your hair to be dry since sweat contains salt, therefore drying out your hair and scalp. Being in direct sunlight constantly can also have an effect on your hair if it is colored. Lots of exposure to the sun can cause your colored hair to fade a lot quicker. This happens when UV rays from the sun are exposed to your hair shaft, effecting the color molecules, breaking them down which eventually leads to fading of the color as well as discoloration.

Protecting your hair against the heat

Wearing sunscreen in your hair: This helps protect your hair against heat damage from the UV rays that are directly exposed to your hair.

Giving your hair a break from heat tools: Since your hair is already recieivng a lot of heat from the UV rays during the summer, factoring in using hot tools such as a blow dryer or curler can add furthermore damage. Letting your hair airdry allows it to have a break and not experience so much heat damage.

Moisturizing your hair: Due to your hair experiencing way more heat in the summer compared to the winter months, it's important to use products that are going to hydrate your hair to help protect it from drying out from the intense heat.

Heat vs. Skin

Luckily during the summer months, a majority know how important it is to protect your skin against the harsh UV rays. One of the main things that all of us experience during the summer is a sunburn. This happens when the UV rays have been exposed to your skin for a generous period of time, depending on how high the UV is for the day, causing your skin to turn red, peel, and even experience pain. If you are not careful when it comes to trying to either avoid a bad sunburn or take care of it, this can lead to increasing your chances of having skin cancer. As mentioned with how heat affects your hair, sweating also has an effect on your skin as well. Consistent sweating can lead to having your pores clogged. If you do not do a good job of washing your skin during the summer, especially on days where you sweat more, you possibly will experience more acne, breakouts, and blackheads.

It is good to keep in mind the type of skin type you have during hotter months and how to approach how to take care of it as the weather shifts. Those with oily or acne-prone skin should pay more attention to their skin during the hotter months. One last thing to look out for during hotter months is hyperpigmentation. When your skin is exposed to UV rays, this stimulates melanin production. This can lead to dark spots, uneven skin tone, and melasma. Melasma is a skin condition where brown patches can be found on the face due to sun exposure as well as hormonal changes.

Protecting your skin against the heat

Sunscreen: Since the UV rays tend to be stronger during the summer, even on cloudy days, it's important to wear sunscreen to protect your skin. Using a broad-spectrum sunscreen, either being SPF 30 or higher every day is vital for your skin's health.

Hydrate: Drinking water as well as using lightweight moisturizers can help keep your skin's elasticity and help against the extreme heat.

Cleaning regularly: Making sure to wash your face and body regularly is important to remove sweat, dirt, and excess oil that you could have built up from sweating or being outside.

Protective clothing: Wearing items of clothing that protect your skin can be vital during extremely hot days. Especially an article of clothing that covers your face since the skin on your face is considered to be the most sensitive compared to other parts of your body.