

Skin care and summer

Skin expert Dr Geeta Oberoi dispenses simple tips



Dr Geeta Oberoi

containing calamine.

B) Sun Light Eruptions

A rash appears with itchy, small red slightly raised bumps on sun-exposed areas. Avoid sun-exposure and add a beta carotene containing supplement to your diet. Treatment includes cold compresses, calamine lotion, oral anti-itch medications. Steroids may be required.

C) Fungal infections

Excessive sweating leads to

fungal infections. Symptoms include small, scaly discoloured patches or itchy red rash areas. Bathe twice a day, keep the area cool and dry, wear loose under clothing, don't share towels, apply clotrimazole containing powder twice daily. If required, topical anti-fungal creams may be used after consulting your doctor.

SIMPLIFY YOUR SUMMER ROUTINE

Cleanse skin regularly depending on the skin type.

- Dry skin- Use a face wash containing glycerine, and moisturising creams containing lactic acid or urea.

- Oily skin- It often tends to get clogged causing acne. A face wash containing salicylic acid, glycolic acid, benzoyl peroxide reduces oiliness.

- Use moisturisers in summer since your skin still

needs hydration. Avoid astringents for oily skins.

- Thermal water sprays contain trace elements and mineral salts that soothe redness, irritation, and soften and refresh the skin. They also add radiance and vitality to the skin.

HYDRATION IN SUMMER

- Drink two litres of water daily to maintain moisture balance of the skin.

- Have coloured fruits —

they are good sources of vitamin C and contain powerful anti-oxidants that remove the free radicals caused by sun damage.

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Applying sunscreen should be an integral part of your beauty regime

Though summer is a time for vacations, don't ignore your skin care routine. For healthy summer skin, follow these skin care tips...

BE SUN SAFE:

Sun damage can lead to premature aging, wrinkles, pigmentation marks, dry skin and even skin cancer. A sunscreen protects against both UVA and UVB rays from the sun, should have a SPF of 30+ and be waterproof. Sunscreen is not a foolproof method of sun protection — sun avoidance is. Ideally, stay away from the sun between 10 am to 4 pm.

- Sunscreen should be a combination of chemical blockers such as salicylates, cinnamates along with physical

blockers like Titanium Dioxide and Zinc Oxide.

- The SPF (Sun Protection Factor) denotes the length of time you can safely stay in the sun without getting redness or sunburnt. Apply sunscreen at least 15 to 20 minutes before exposure and re-apply every two-three hours.

- For oily skin, use a light weight waterproof, sweat proof or comedogenic, oil free and paraben free sunscreen. For dry skin, use a melting texture, colourless sunscreen, which leaves no oily film or white.

- Wear light coloured cottons with long sleeves, broad brimmed hats, sunglasses and use an umbrella.

- Avoid perfumes as the psoralens in them can react with

the sun causing pigmentation. Spray on clothes instead.

- It is a myth that you don't need sun protection on a cloudy day. There is only 20 per cent less UV radiation on a cloudy day. Severe sunburn can occur on beaches — switch to a higher SPF sunscreen.

COMMON SUMMER RASHES:

A) Heat or prickly rash

Hot, humid climate causes sweat ducts to get clogged resulting in a rash with small red bumps or spots that are itchy or prickly. Shower twice daily with triclosan containing soaps and apply preparations