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Get Supple
Summer Skin

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Some of us only get to enjoy the summer sun for a couple of months, and then it's off to colder days again. During the short warm-weather time we have, we want to look and feel our best. We all want that perfect bikini body, the short shorts, and fantastic skin - but our skin can be tricky to take care of during the hot months, especially when showing off more skin, which increases exposure to sun.

Choosing and applying makeup can be just as difficult. In fact, our skin should be treated differently according to the seasons. There are precautions that should be taken into consideration in order to have your skin looking its best, while protecting it from possible medical issues that can arise from extreme exposure to the sun.

Dr. Peter M. Vignjevic, a dermatologist in Hamilton, Ontario, recommends that when you're at the beach, make sure to wear waterproof sunscreen with a sun protection factor (SPF) of at least 15. The SPF represents the amount of UVB rays that your skin can take, compared to the amount your skin can take without sunscreen. Therefore, the higher the SPF, the longer you can have fun in the sun, as opposed to unprotected skin. Make sure to reapply every so often, particularly if you sweat a lot. Going without sunscreen can become very harmful to your skin. "Sunburns can lead to skin cancer in the long term," says Dr. Vignjevic. "So when you're out in the sun, wear your sunblock and avoid being in the sun between 10 a.m. and 2 p.m." During those times of the day, the sun's strength is at its peak.

When looking for treatment for skin issues, Dr. Vignjevic suggests that you stay away from Vitamin A acid creams. Dionne Lafond, a makeup artist at M.A.C for 14 years, mentions that while wearing your sunscreen, it's also a great idea to wear a moisturizer that has an SPF as well. "I enjoy Studio Moisture Fix with SPF 15 by M.A.C, but if you use a different brand, check to see if their moisturizer has an SPF in it," says Lafond. For sun protection to wear under your makeup, she suggests M.A.C's Prep + Prime with SPF 50. It's a cream that provides high-level broad spectrum sun protection, doesn't affect the look of your makeup, is oil-free, and suitable for all skin types. "This product is fantastic for vacations and can be mixed in with moisturizer," Lafond says.

Makeup is extra fun in the summer because you can wear almost any colour. Lafond says to have fun with your makeup and that all skin tones can wear the same colours - the trick is to tweak it to suit your personal taste. Summertime always calls for sun kissed, glowing skin, and to achieve this look, grab a gold- or bronze-coloured cream base and apply it along your cheekbone for shimmer. Ultimately, assess what your needs are. If your skin is drier during the season, always keep it hydrated by drinking plenty of water, using a hydrating spray before or after your moisturizer, and use a sheer foundation. For oily skin, stay away from heavy foundations and use oil-free products.

Let your sunblock be your best friend, use an umbrella, or wear a hat with a brim when outdoors for shade, and again, stay indoors from 10 a.m. and 2 p.m. Following these instructions will keep your skin looking healthy and beautiful during the summer and allow you to enjoy some Vitamin D.



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