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Six Easy Tips for Sexy Summer Skin

From: India-Jewel Jackson 7 days 0 hours 52 minutes ago

With summer just around the corner, we're always looking for ways to keep our skin fresh and fabulous!



Joyce Carboni, founder and CEO of Skinsational Skin and Body Spa in downtown Carlsbad, California, an expert esthetician with over 25 years of experience, has come up with 6 simple tips for sexy summer skin. Start following these great tips and you'll be ready for summer in no time! Can't remember all 6? Just spell it out, **S-U-M-M-E-R!**

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Sunny side up! It's true; some sun exposure is good for your skin and overall health. The body absorbs Vitamin D, an important nutrient for fighting many internal cancers such as breast, lung and prostate cancer. Vitamin D can also boost your immune system and help build strong, healthy bones. Still, when it comes to sun exposure, make sure to always use a SPF30 or higher – in this case, less is not more! If you start to "feel the burn," freeze aloe vera in an ice cube tray and apply to skin for soothing, cooling comfort.

Under pressure. Feeling stressed? Relax! When you stress out, your skin takes the heat! Like hormones and environmental factors, stress can contribute to breakouts. When you are tense, your skin produces excess oil, while your body releases stress hormones like cortisol. As a direct result of stress, many people develop skin irritations and persistent rashes. For a quick fix, soak a washcloth in Apple Cider Vinegar. Apple Cider Vinegar can help you restore your skin's natural PH balance and remove impurities from oily skin without stripping your skin of beneficial oils.


Make sure to exfoliate: Trying to get that perfect bikini line? Be sure to exfoliate regularly between treatments while your hair is growing out. However, do not exfoliate right before and definitely not right after your treatment. In fact, Carboni recommends waiting approximately one week after your treatment before using any exfoliating treatments. This will help prevent any burning, scabbing or pain in general! Additionally, because skin is thinner and more sensitive after waxing, you should also avoid hot baths and hot tubs for 24 hours after your wax; the hot water can further irritate sensitive skin.

May is National Skin Cancer Awareness Month. The most common places skin cancer appears on your body is your nose, neck and hands so make sure to protect yourself from the sun with a strong sunscreen. Sunscreen is THE most important step in your daily routine in keeping your skin healthy. Find a moisturizer with SPF30+ to hydrate, while protecting skin. Sun exposure can cause short and long-term damage such as dark spots, wrinkles and possibly skin cancer. Make sure to apply 30 minutes before you go out into the sun and if you can, avoid the sun between 10AM and 4PM (when the sun's rays are the strongest). Even if you are indoors all day, your skin is still exposed to the sun during the time that you spend driving to and from work. Apply and reapply throughout your daily activities as sweat, water and other environmental factors can limit your sunscreen's effectiveness.

Essential vitamins enrich your complexion. You are what you eat! By incorporating certain foods into your diet, you can vastly improve the condition of your skin. Low-fat dairy products provide the body with Vitamin A, necessary for skin strength and repair. Berries and plums help to keep skin looking younger longer with a high antioxidant content, which helps prevent skin cells from damage. Citrus fruits full of Vitamin C can eliminate uneven skin tone and protect against sun damage revealing brilliant, radiant skin. The anti-inflammatory properties of green tea are yet another benefit to your skin's health, and can also reduce the risk of UV damage. So let's eat!

Revitalize and rejuvenate. Need a fresh start? Try a hydrotherapy bath treatment that will do the double duty of energizing and recharging your body while leaving you feeling more relaxed and tranquil. Soaks offer multitude of benefits, including helping to strengthen the immune system and improve metabolism. If time and money are keeping you from visiting the spa, create your own treatment by mixing 1 cup of sea salts (to exfoliate, revitalize the skin and help draw out toxins) and ½ cup of honey (for moisture-retention). Add several drops of eucalyptus essential oil for its antiseptic and disinfectant properties as well as its energizing effect. Try lavender to calm and relax.

~Erin Thomas

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