



Get ready to glow this summer!

morning! Use at least a teaspoonful on your face, more on shoulders, arms, legs and exposed skin. Reapply on your face every 3-4 hours. Do not leave home without a hat, umbrella or your trendy sunglasses.

Cleanse your skin daily. Get a face wash which helps to control oil. Toning is very important in summers as skin goes less on the hydration. Make sure you use a face toner at regular intervals after washing your face.

By Ritwika Gupta

The onset of summer is probably the time everyone looks forward to. This is the time to embrace sunshine, get into your favourite swimming gear and spend time drinking a chilled lychee martini by the beach. But hey, do not be surprised if your skin does not share your fervour. Summer brings with it an increase in heat, humidity, scorching beams and pollution which has the capacity to play havoc with our skin. To fight all the skin woes, one is required to follow a simple but effective skin care regime. Keep your skin fresh and glowing by following these top 5 useful skin care tips for the summer.



3) Moisturize your skin.

Although the humidity level increases during the summer season, do not take this as an excuse to avoid moisturising the face. Instead, go for light moisturisers as they will help control oil and at the same time, keep the face shine-free. It is important to keep your skin supple and hydrated at all times. Alternatively, you can also try using a face spray which is also a good way to perk up your skin in intervals. Don't forget to extend your moisturiser onto your neck areas too.

End your facial routine by applying a moisturiser to trap in the hydration.

5) Diet

Ripe summer fruits such as pears, plums, nectarines and peaches, apart from being rich sources of moisture, also help in skin purification. Take pomegranates as they also carry lots of antioxidants, regulate skin's blood flow and give it a rosy glow. Alternatively you could also drink a glass of pomegranate juice daily for the same affect. Top up your lunch and dinner with lots of leafy green vegetables. Not only they are low in calories but they also contain good amounts of vitamins. Fruits and vegetables are sources of antioxidants and the body to boost immunity this summer.

4) Daily Routine

If you apply makeup regularly, make sure you use a cleansing milk to remove your makeup properly.

1) Drink at least eight glasses of water daily

The summer heat is sure to make you dehydrated! So plump up dry skin with at least 8 glasses of water daily. Avoiding taking in too much caffeine and alcohol as they cause fluid retention. Flush these toxins away by drinking plenty of water.

2) Sunscreen at all times!

Your skin needs maximum sun protection during summer. So, slather on an SPF of at least 15 every

