

# SHAPE

## 11 Ways to Summer-Proof Your Beauty Routine

Fight frizz, breakouts, makeup meltdowns, and more

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### Slow Your Sloughing



Cosmetic dermatologist Paul Jarrod Frank suggests exfoliating less during the sunny season. Why? Regular exfoliation can make your skin more susceptible to sunburn. Do the deed just twice a week using a gentle tool like the [Clarisonic Facial Sonic Cleansing Brush](#) (\$149).

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### Ditch Your Face Cream



When the humidity soars, moisturizing creams and lotions can mix with the oils in your skin, leaving you looking greasy. Frank suggests swapping out your regular [moisturizer](#) for a lightweight, gel-based formula. Try: [Olay Dew Over Hydrating Gel Moisturizer](#) (\$14).