

## How to Avoid Dry, Dull and Sunburned Skin in the Summer



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Summer is all about relaxing, catching some rays and escaping for weekend getaways. While we're all after that perfect summertime glow, it's important to treat our skin to some *extra* TLC when traveling and exposing it to the sun.

We caught up with **Dr. Paul Jarrod Frank**, Cosmetic Dermatologist, to get his vital tips and tricks to help keeping our skin refreshed and healthy all season long.

**Stay hydrated:** If traveling by plane, a one-liter bottle of water is enough to drink in-flight, but get a head start and begin hydrating the night before. Flying takes a toll on the skin due to the recycled oxygen in planes, which dehydrates your outer layer. The altitude also affects the skin's barrier function so drink up ahead of time! (And no, alcohol doesn't count — it'll actually wreak *more* havoc on your skin.)

**READ:** [Beauty Maven's Must-Have Travel Beauty Products](#)

**Wear SPF:** Look for SPF that say "broad spectrum" — this means both UVA and UVB coverage. SPF 30 and above is suggested and it should be applied every one to two hours. In addition to using sunscreen, you should also wear sun-safe clothing. For more on how to protect your skin from the sun, [click here](#).

**Cover up:** Your peepers need protection, too! Consider purchasing a large sun hat or a pair of UV-blocking sunglasses when buying your new bikinis. For 2013's hottest trends, [click here](#).

**READ:** [How to Find the Most Flattering Sunglasses for Your Face](#)

**Get your rest:** Make sure you sleep the night before traveling. A great night of slumber allows the body to repair itself from the inside out. Nighttime is extremely restorative for your skin because the body is free of environmental factors, such as sun, wind, and heat, which are all detrimental to complexions. Make an extra effort to slab on a night cream before bed to stock up moisture in your skin.

**Watch what you eat:** Maintain a healthy diet. When we are tired and overexerted from traveling, it is easy to make poor nutrition choices, which will affect the skin and cause breakouts in particular.

**READ:** [Eat Your Way to a Better Smile](#)

**Keep up your daily routine:** Don't let your travel schedule affect your skincare routine. Furthermore, it is important to adapt your skincare routine to the climate you're traveling to (ie. using a gel rather than a moisturizer when traveling to a warm, humid climate). Also, everyone should incorporate sunscreen into their daily regimen, whether in the summer or winter!