

SKIN

MARVEL

SUMMER 2024





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His relentless pursuit of knowledge led him to achieve an MD in Dermatology from Kasturba Medical College, Manipal, in 1998. With his vast experience, Dr. Parashar combines his extensive education with a passion for dermatology to provide top-notch care to his patients.

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SUMMER SKIN CARE: PREFACE



It's that time of year in India again - the season of endless sunshine, scorching temperatures and lazy beach days. Ah, summer - the season of sunny days, cool pool moments, and endless cold treats.

But with the joys of summer come some not-so-fun side effects that can demand certain changes in your skincare routine. Indian summers are notorious for their heat waves and high humidity levels, which can cause a range of skin problems, from sunburns to acne breakouts.

But fear not! In this magazine, we'll be exploring exactly how the summer impacts our skin, as well as some tips and tricks for protecting your precious epidermis against the harsh summer elements. So grab an iced drink and let's dive in!

IMPACT OF HOT SUMMER ON SKIN



Hot weather can be a beauty killer for all skincare aficionados. The temperature and humidity levels cause our skin to become oily and sticky, which can lead to acne breakouts, blocked pores, and uneven texture.

On dry skin, this type of weather can sap the moisture from even the most hydrated skin, leaving behind tightness, dryness, and deep crevices.

On top of that, hot weather causes dilated pores, which means that more grime and pollution enter them and stay there. And let's not forget about sunburns! Yes, we all love a beautiful day outside, but, during summer and spring, the sun's rays are stronger and the days are longer, meaning that you're more exposed to the damaging effects of the sun, like sunburns, which can cause premature aging and even skin cancer.

A) Summer sun and acne

Though some people report improvement after exposing their pimples to the sun, there are several reasons why you should avoid it as much as you can.

Moderate sun exposure can have anti-inflammatory effects that can make your whiteheads dry a little at first, but the negative effects of sun rays on your skin largely outweigh its benefits. Moreover, though your acne marks may look less obvious when your skin is tanned, it neither means they have disappeared nor improved.

Sun dries the skin at first (which is not good for any skin, not even oily and acne-prone skin) but as a

response it makes your sebaceous glands produce more sebum, triggering pore-clogging in the end.

More importantly, sun exposure is the leading cause of hyperpigmentation. Inflamed skin like the one suffering from acne is highly susceptible to becoming dark or red – it is technically known as post-inflammatory pigmentation and can be permanent. But there is more: as you should know, UV rays damage your skin cells by promoting the formation of free radicals which hinder wound healing and skin regeneration.

Therefore, exposing your acne-prone skin to the sun without protection worsens your acne scars and poses the risk of making them irreversible. For all these reasons, when acne is active, it is crucial to protect your skin with a broad-spectrum sunscreen.

B) Sweating and summer

While sweating is a natural process that functions as the body's cooling system, excessive underarm sweating (called axillary hyperhidrosis) can often be an embarrassing, uncomfortable and socially awkward issue. Whether it's the result of heavy exercise, stress, hot temperatures, hormonal changes or heredity, profuse sweat can have a negative impact on your everyday life and self-confidence.

Sweating can also be beneficial as it opens up the pores to release the dirt trapped inside but if left on too

long the sodium and urea in sweat can irritate the skin leading to eczema flare ups and breakouts.



C) Skin tanning and summer

Tanning is a common and recurring phenomena that most of us face, more so during the summer heat. It is a natural defense mechanism of the body to protect the skin from the harmful effect of the sun's UV rays. It happens due to increase in skin pigment (melanin) owing to sun exposure. Long exposure to sun rays triggers the production of melanin in the body. Melanin is a pigment that gives color to the skin; excessive production of melanin pigment can make the skin look darker. Indian skintone is susceptible to a deeper tan, due to excess melanin produced in our cells.

Also, chronic exposure to ultraviolet (UV) radiations cause deleterious effects in the skin cells. UVA and UVB radiation are not only associated with premature skin photo-aging but also various inflammatory reactions and skin cancer.

COMMON SKIN CONDITION IN SUMMERS



We all love a bit of summer fun in the sun. But what do you do when all of that summer fun starts taking its toll on your skin? It's just a simple fact that the sun can have a damaging effect on our skin and cause various skin problems.

Here are the most common summer skin problems.

1. Prickly heat or heat rash or Miliaria Rubra

Due to excess heat, the over-worked sweat glands get blocked. Since the sweat cannot get out, it builds up under your skin, causing a rash and tiny, itchy bumps. When the bumps burst and release sweat, many people feel a prickly sensation on their skin.

2. Acne breakouts

The sweat makes our skin a magnet for dust, grime and pollution, particularly if we spend some time outdoors. This combination of heat and dirt is a perfect recipe for acne and pimples to thrive. The dust clogs the skin's pores while the heat gives bacteria a perfect environment to grow.

3. Folliculitis

Every hair on your body grows out of an opening called a follicle. When follicles get infected, you develop folliculitis. Infected hair follicles look like pimples, but they tend to be itchy and tender.

Folliculitis can occur anywhere on the body where there is hair, but it is most common on the face, scalp, armpits, back, chest, neck, thighs, and buttocks. The infection could affect just one hair follicle or multiple follicles.

4. Uneven skin tone

UV sun exposure and heat are major culprits in hyperpigmentation, and most people are exposed to both of them more during the summer than other times of the year.

For anyone prone to pigmentation, expect more flare-ups in the summer months because the sun triggers production of melanin cells.

5. Sun allergy

You can develop hives or even itchy skin rashes when you're in the sun.

Sun allergy can be triggered by intake of medications like doxycycline, ketoprofen.

If you have an allergic reaction to the sun, you'll see red, scaly, and extremely itchy bumps on some (or all) bare skin. Some people also get blisters.

6. Fungal skin infections

During the summer season, fungal infections are really prevalent. The fungus grows in the top layer of the skin especially in a dark, moist, and warm environment like on the feet or the groin. The fungus flourishes in the sweltering heat spread quickly and could worsen if not treated properly.

7. Eczema

Eczema (also called atopic dermatitis or AD) is a chronic condition common in children that causes patches of dry, scaly red skin and tends to flare up during colder months when there's less moisture in the air. But dryness caused by air conditioning and pressurized planes during summer travel can cause problems, too. Overheating, sweating and chlorine in swimming pools also can trigger eczema.

SUMMER



SKIN CARE TIPS

Every season of the year comes with different environmental conditions that can affect your skin one way or another. Therefore, if you want to take the best possible care of your skin, you need to tweak your routine a little according to the season.

While in winter, skin dryness and flushing can be your worst enemies, in summer, you should fear dark patches, oily or dry skin, and rashes.

Here, we will give you some summer skincare tips that will help your skin cope better with the hottest months of the year.

Wash your face twice a day

The most effective way to feel refreshed in summer is by washing your face twice a day. This can help remove dirt and prevent skin from breakouts. Use gentle cleansers with hydrating benefits to wash your face. If you have oily or acne pocked skin, use a water-based variety infused with salicylic acid. Alternatively, go for a gel-

based cleanser if you face episodes of dry skin.

Moisturising works as a magical potion

You might skip moisturizer thinking that your skin is hydrated. Excess oily skin due to heat does not mean that your skin has moisture. Applying moisturizer in the summer season is necessary and in winter too. Instead of a deep moisturizer, prefer using a lighter one. So, gel and puree based lotions are a good source of the same as they're fast absorbing and do not clog skin pores.

So this summer, don't forget to apply moisturizers and beat the heat with a glass of lime soda!

Never say no to sunscreen

Inarguably the most crucial step in your summer skincare routine, SPF shields your skin against harmful UV radiation, inflammation and sunburn. Apply a generous amount of sunblock on your face, limbs and neck (anything exposed directly to the sun). We recommend sunscreen with broad-spectrum sunblock which protects the skin against UVA and UVB rays. Applying sunscreen into your skin once every day doesn't suffice. Make sure to reapply every two hours or so. If your pores are prone to get clogged, opt for a silky-smooth formulation that won't weigh your skin down

Exfoliating twice a week

Season of summer does not only come with scorching heat but also humidity causing sweat. It can cause dirt to stick to your skin and clog the pores. Exfoliation can help remove dirt and sebum from the pores that cause skin breakouts. Exfoliating more than once can damage your skin but summer does not fall under this category, so to maintain healthy summer skin you can exfoliate twice a week.

Your body also gets more sweaty as compared to your face and can cause dirt settlement. So not only on your face but it is necessary to exfoliate your body too.

Vitamin C Serum as an loading antioxidants

To further level up your summer skincare routine we suggest integrating an antioxidant, preferably in serum form. Antioxidants are primarily known to slacken ageing but also play a pivotal role in combating oxidative damage by free radicals. Moreover, antioxidants shield the skin against pollution and detrimental UV rays.

High in antioxidants vitamin C serums work well to protect the skin from the effect of photodamage. It works as a skin armor that evens and brightens the skin tone. Vitamin C really suits all weather conditions, so don't miss applying it post-cleansing!

Lighter makeup for a fresh look

Sweat can cause a big time messy makeup. This is the major problem in summer and ladies hate it. Another problem is that heavy makeup blocks the pores and the skin is unable to breathe. One of the best summer beauty tips is to opt for SPF-based makeup products as they feel extremely light on the face



protecting it from harmful UV rays. Avoid using heavy makeup and try tinted products for a glowy summer look.

Avoid using comedogenic products

Comedogenic products refer to the products that can cause blackheads and blocking of pores. Adding non-comedogenic products to your skincare vanity can do magic to your skin during summer. Do check out the products before blindly adding them to your daily skincare routine.

Shorter showers have more power

Scorching heat leads to an unquenchable craving for long cold showers! After a hustling day, your body needs a refreshing bath but avoid longer bath and go for one to two-minute showers. You should take a bath twice a day to maintain the hygiene of your skin and wash off the dirt and sweat.

Friendship with fluids

During summer, the body gets dehydrated because of the high temperature outside. In order to maintain the level of liquid in your body, add fluids like water, and juice to your diet to get healthy summer skin. Fluids do

not just hydrate our body but also help remove toxicants and impurities.

Using fewer retinoids

Retinoids are good for skin softening but in summer they can make your skin sensitive. They can get unbalanced when in contact with the sun. Use retinoids moderately in summer to prevent skin irritation. This will turn out to be one of the best summer skincare tips.

Sun Protective Clothes / Accessories

If you are going to work or a vacation in summer, you should wear clothes and accessories that are breathable. Avoid wearing heavy clothes and opt for cotton ones that will not irritate your skin as they're lighter and comfy. Loose fitting dresses, goggles/shades, scarfs, and hat will work as a shield to your skin and body.



Importance of sunscreen in SUMMERS



Before you head outside for the summer fun, it is essential to put on some sunscreen at least 15 minutes before you leave your house. One might also pack sunscreen in their bag so that it is handy if you want to re-apply. Sunscreens have many benefits, here are a few listed as why you should always use a sunscreen:

1. Protects your skin from UV rays

The risk of sun damage on our skin from harmful UV rays is increasing everyday due to the depletion of ozone layer. Application of a sunscreen will block these rays, reducing the likeliness of sunburns, too.

2. Lowers the skin cancer risk

Skin cancer is the most common form of cancer in the recent time. By applying a sunscreen each day both

indoors and outdoors, one may cut their risk of contracting skin cancers by almost half.

3. Helps maintain an even skin tone

Sunscreen helps in preventing the discoloration and dark spots caused from sun damage, helping in maintaining a smoother and more even skin tone. In case you are someone who feels your skin to be oily after a sunscreen, change the product from the core basic properties of it.

4. Prevents premature aging of the skin

Sun damage from the harmful UV rays causes photoaging of the skin, that in turn causes the skin to discolor by breaking down the collagen, which contributes to lines, sagging and wrinkles. Those

below age 55 who apply sunscreen regularly have 24 percent less chance of developing these signs of aging.

5. Reduces inflammation

Too much exposure to the sun and UV rays can cause severe redness on the skin and inflammation. Wearing sunscreen everyday reduces the chances of inflammation and redness of the skin. However, it is also important to choose a sunscreen that is also sensitive for your skin. Therefore, it is extremely stringent to use a sunscreen in summers which will be helpful in a number of ways. If you experience any skin related issue like redness or itching, consult a dermatologist and work on with a sunscreen that suits your skin type.

Drink these **5 refreshing** coolers this summer for **radiant** and **glowing skin**

Dehydration can wreak havoc on your skin, and cause a lot of skin problems. But you don't need to stick to just water for good skin, there are also some refreshing summer drinks for glowing skin!

Nimbu paani

There is no doubt that lemon water can refresh your senses – don't we all love its tangy taste? A rich source of vitamin C and antioxidants that fight against free radicals, lemons help to purify your blood and encourage the growth of new blood cells, which helps to make your skin glow and shine. Moreover, it removes unwanted oil from the face and avoids premature signs of ageing, such as wrinkles and fine lines.

Aam panna

Aam panna is one of the most fantastic summer drinks that offers a host of benefits not just for the body, but also your skin. It instantly rehydrates you, and protects you from the heat during the summer season. Additionally, it is rich in nutrients such as vitamin A and C, iron, folates, and many healthy nutrients that support your overall skin health. Aam panna is great to improve your skin from the inside out.



Chaas

Chaas, also known as buttermilk, is one of the most-loved summer drinks. It is a soothing drink that helps to keep your skin healthy. Besides, it's rich in lactic acid and a natural probiotic too. What's more, it moisturizes and brightens your skin, thus delaying the ageing process. A chilled glass of chaas with a jeera tadka and curry leaves makes it a perfect drink to resolve your skin troubles.

Lassi

This drink too has curd as its primary ingredient! Lassi contains essential vitamins and minerals that help nourish your skin and keep it healthy. It is a rich source of lactic acid, which helps to remove blemishes from the skin, and makes it soft and

supple. Packed with protein, calcium, and vitamin D, a glass of lassi can improve your complexion and reduce acne.

Sattu sharbat

Consuming sattu sharbat daily on an empty stomach can improve the digestive tract and protect you against several health ailments. It helps you stay energetic throughout the day and can restore your natural glow. That's not all – it prevents the wear and tear of skin cells. Plus, its cooling properties provide relief from the scorching heat.



Ayurvedic remedies for summer skin issues

Ayurvedic summer tips for skin health

Changing seasons and harsh temperatures can really take a toll on our skin. The summer can bring with it a range of Pitta skin issues like acne, greasiness or dryness, rashes, and sun burn. But thanks to Ayurveda, there is a solution for every seasonal problem you face. Try these summer skin care tips and your skin will be trouble-free all through the sunny months!

1. Hydrate

One of the first Ayurvedic summer skin care tips is hydrating the body from within. The skin has natural means to moisturize and cool itself. But it sometimes needs some extra support during those hot days. Drinking water, coconut water, buttermilk, and fruit juices helps keep the skin hydrated from the inside.



2. Eat a pitta pacifying diet

Next on the Ayurvedic summer skin care tips list is to change over to a Pitta-pacifying diet. Eat:

Water-rich foods: lettuce, cucumber, bell peppers, watermelons, and plums

Cooling foods: tomatoes, milk products like yogurt, mint, coriander, and coconut

Astringent foods: avocado, cabbage, and raw salads

Bitter foods: cinnamon, turmeric, and kale

Sweet foods: milk, basmati rice, and honey (avoid sugar)

During summer try to avoid consuming foods like ice-creams, sweets, junk foods, spicy foods, oily foods, etc as they cause increases in Pitta dosha.

3. Watch your digestion

Pitta dosha controls metabolism. Any impairment in the digestive system due to excess heat outside results in skin eruptions like pimples and boils. So one of the ways you can take proper face care in summer is by ensuring your digestion runs smooth. Eat natural, fresh, and Pitta-reducing foods. Cooling foods and plenty of water will prevent overheating of the digestive system.

4. Exfoliate and massage

Massaging and exfoliating are important for summer skin care. Exfoliate with sugar as it is cooling, retains moisture, and boosts cell repair. Scrubs prepared with red lentils or orange peels too are effective. Coconut oil is the best massage oil for summer as it is light, calming, soothing and cooling for the skin.



5. Try summer face masks.

Next on the summer tips for skin list comes the face mask. Choose any of these and apply onto your face for 10-15 minutes. These are excellent for face care in summer months.

Multani mitti
Milk and honey
Avocado pulp
Plain yogurt
Mashed cucumber
Fresh aloe vera juice

6. Keep calm for beautiful skin.

Anger is heat, and heated emotions cause heat-induced skin troubles. To keep the skin healthy during the summer,

you need to keep your mind cool. If you've been stressed and it's showing on your skin, just splash some mildly-cool water on your face. Then, lay down with rose petals or cucumber slices on your eyes. It will bust stress and your skin will look better.

7. Perform Yoga

Yoga practices are another way to keep your skin glowing. Regular practice of Yoga helps to tone the muscles, circulate the lymph and blood, and helps to connect you with breathing. All these together make your skin glowing and ensure good health.

TREATMENTS

Acne
Melasma
Stretch Marks
Freckles
Rosacea
Urticaria
Psoriasis
Fungal
Infection
Keloid
Alopecia
Areata
Hyperhidrosis
Hirsutism
Nail Problems



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