

All
As low

Look out for a sunscreen, containing micronised zinc oxide, and or titanium oxide that will give you 100 per cent coverage against the harmful UVA and UVB rays of the sun,"

says Dr Thomas

sunlight even more, thus causing more damage. Experts advise to wear sunscreen even when you are indoors at home. Sunscreen should be religiously used, especially post treatments like micro-dermabrasion, peels, fraxel, hair removal lasers etc.

Cover up: In your battle against the ruthless sun rays, it's best to arm yourself in full-length cotton/linen garments in comfortable fits. "Most of the summer clothes have UPF of 10," states Dr Thomas and explains, "Ultraviolet Protection Factor of 10 or more is believed to offer protection from the UV radiation equivalent to a sunscreen with SPF 30 or more." In case, going full-sleeved violates your fashion sense, keep a classic, white shirt handy in your bag, which can be slipped over your trendy tops whenever you're stepping out in the sun. UV protected sunglasses, a wide-brimmed hat and a chic umbrella are the best summer accessories.

Undoubtedly, a sunscreen is the most potent ingredient in the face of sun exposure. However, weekly exfoliation helps in removing dead skin cells and the subsequent tan, resulting in soft and radiant skin. Regular application of brightening masks and soothing mists at home can help nip the sun damage in the bud. Long hours in air conditioned environments can dehydrate your skin, so remember to keep your moisturiser handy!



SUN-PROTECT YOUR SKIN:

● For Indian skin, use a broad spectrum sunscreen with both UVA and UVB protection with at least SPF 15.

- If on vacation or outdoors, usage of sunscreen with SPF 30 is highly recommended.
- SPF only measures UVB protection and not UVA; hence one should look for a sunscreen that also provides UVA protection.
- It takes about 15-20 minutes for any sunscreen to give out complete protection, so apply it at least 20 minutes before stepping out in the sun.
- The product should be reapplied every three-four hours if one is outdoors for a long period of time.
- The sun's rays are the strongest between 10:00 a.m. and 4:00 p.m., so it is advisable to limit exposure to the sun as much as possible, during these hours.
- Use sunglasses to protect your eyes. Try using an umbrella when you go out in the sun. This will protect your skin and hair.
- Indian skin, especially the lips, are prone to darkening and pigmentation. Use a lip balm with sunscreen to prevent darkening.

Dr Sangeeta Amladi, Head-Medical Services, Kaya Skin Clinic



PICTURE COURTESY: MAX.



Experts at work:



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SUMMER MAKE-UP

- For a fresher, lighter look, try a tinted moisturiser. Apply with a damp sponge and you'll be sure to get an even look.
- A little concealer under the eye will give added radiance.
- Stash your tinted moisturiser/foundation in the refrigerator. When you smooth it on, the heat from your face will melt it in—you'll look like you have a naturally perfect skin.
- Eye shadows in lighter, neutral shades are perfect for the summer. A touch of mascara and a little eye liner will open up the eye and bring life to your face.
- For a lighter, more summery appearance, swap your black mascara for one that is either brown or blue.