

# Happy Skin

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Healthy, radiant skin is totally in this summer. Be a natural glamazon with shimmering, sun-kissed skin that is protected against the sun's harmful ultraviolet rays. Protecting your most delicate features is not only smart but beautiful. Be sun-savvy chic this summer and get in the know. Begin protecting, maintaining, and reaping the benefits of radiant skin. Remember that healthy is beautiful.

Begin protecting your skin this summer by starting a basic daily routine of applying a facial moisturizer that contains at least an SPF of 15 and contains vitamins C and D. Vitamins protect against free radicals, pollution, and other harmful elements found in nature and help to repair past sun damage. Try Olay SPF 30 Complete Defense Daily UV Moisturizer (\$12) at drugstores. Using a SPF moisturizer daily will help to maintain a glowing complexion that is smart and healthy. Applying an SPF moisturizer daily makes skin supple and provides protection against the sun's dangerous UV rays continuously throughout the day. Be sure to apply moisturizer to the nose, ears, and back of the neck as these are often commonly ignored areas.

A daily facial moisturizer along with SPF make-up is a glorious little trick to get that even, sun-kissed skin without the ultraviolet rays. A foundation containing an SPF can be applied over facial moisturizer to create an eye-catching elegant look. A bronzer blush is used to highlight the cheekbones, forehead, and t-zone, the areas where sun naturally graces the skin, to enhance your natural glow without the risks of unhealthy sun exposure. Try Neutrogena Healthy Skin Sunkissed Bronzer (\$11) at drugstores. Go bare lips this summer for an all-natural look, using a lip balm or gloss that contains an SPF. Be sure that the lip balm or gloss provides protective coverage and contains an SPF with a minimum of 15. Try Banana Boat's Aloe Vera with Vitamin E SPF 24 Sunscreen Lip Balm (\$5) at drugstores.

Apply a sunscreen daily, even on cloudy days, to your exposed areas using an SPF 30, which is recommended by many dermatologists to protect against sun damage. Apply sunscreen thirty minutes prior to sun exposure and reapply every ninety minutes for optimal coverage from the sun. Covering up before sun exposure is crucial to maintaining and protecting your skin. On bright days, wear a hat to cover your skin and scalp. Wear lightweight protective clothing and sunglasses with a protective UV coating to protect your eyes. For those sun goddesses who want that tanned glow without the damaging effects of the sun, use self-tanner as a substitute. You can avoid the sun's dangerous

ultraviolet rays and still get that tawny summer look. Try Jergens Body Moisturizer Natural Glow Express (\$8) to create a natural-looking tan in three days.

Exfoliate skin once weekly to get and keep your skin soft and stunning. It is especially important to exfoliate after extended sun exposure as your skin tends to become dry. Use a loofah and a cleansing body wash to scrub away dead skin cells that often leave your skin dehydrated and dull. Apply an oil-free moisturizer to your body to buff rough and dry areas of the skin. Be sure to exfoliate before applying a self-tanner to get a smooth and even application.

Develop a nightly routine to unclog and purify pores as it is necessary to maintain healthy, glowing skin. After a long day at the beach and being active, it is important to clean skin with a gentle face wash. Try Olay with Vitamin E Moisture Balancing face wash (\$5) at drugstores. Be sure to moisturize with a night cream to relax and soften skin. Pampering your skin at night can lead to clean, gorgeous, glowing skin tomorrow.

Drink plenty of fluids this summer to sustain healthy skin. Eight glasses of water daily is recommended by nutritionists, but this summer boost your intake and reap the benefits of supple, hydrated skin. Get your recommended amount through water, natural juices, organic teas, and sports drinks, if you are active. Eating right is also an essential part of getting great summertime skin. Eat in-season fresh fruits and vegetables, such as berries, melons, spinach, and leafy greens. Rich foods provide the necessary

minerals and vitamins needed to repair and support glowing skin. Eat healthy antioxidant-rich foods and receive healthy skin benefits.

Healthy radiant skin is easily obtained this summer with these easy tips and tricks. Take care of your skin and body this summer and be a natural beau while enjoying the sun. Remember to protect, maintain, and reap the benefits of having naturally glowing skin. Safely have fun this summer, and keep in mind that healthy skin is always beautiful skin.

## Tips & Tricks

- 1} Use a daily facial moisturizer with an SPF of 30 plus vitamins.
- 2} Apply sunscreen 30 minutes prior to sun exposure.
- 3} Exfoliate once weekly to maintain smooth and silky skin.
- 4} Boost your intake of water, fluids to hydrate skin.
- 5} Eat antioxidant-rich foods such as berries, melons and leafy greens to support glowing skin.