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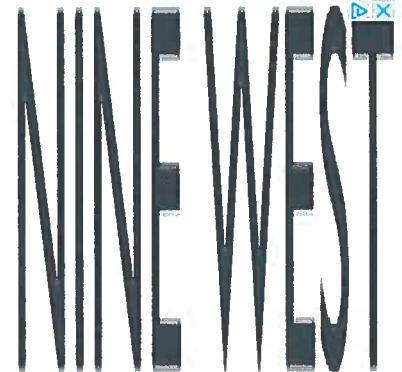
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What To Change In Your Summer Beauty Routine



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Summer is here so what does that mean for your beauty routine? Battling the heat, humidity and the sun can become a challenge, but the right makeup routine will leave you flawless whether you're soaking in the sun or taking a dip in the pool. Here are some simple changes to keep you looking fresh and gorgeous for the new season.

The Importance of Exfoliating

Especially in the summertime, oils on your face tend to build up and cause unnecessary breakouts and blackheads. In the morning make sure you softly cleanse your face with lukewarm water and at the end of the day lightly scrub your skin with exfoliating beads such as **Vitamin C Microdermabrasion**. Also, using a mask or lactic peel at night once a week will get rid of any dead skin and will also nourish the face.

Moisturizers

Skin is very sensitive to the sun so moisturizing is vital when you're outside. Use light moisturizers that will protect and hydrate your face. The **Lancôme Aqua Fusion** is a great lotion with SPF 15.

Makeup

Alter your beauty regime and products to fit in with each seasonal change. For the summer it's best to lighten up makeup and use a lighter texture of tinted moisturizer that has SPF like [Maybelline New York Dream Fresh BB Cream](#). To combat the oily shine on your T-zone, use an oil-free lotion and for touch-ups carry a compact for a light powder. [Clean & Clear Oil Absorbing Sheets](#) are handy to use to soak up excess oil.

For the eyes, waterproof eyeliner, mascara and eye shadows are not only great for the pool or beach, but they're perfect for sweltering days. [Maybelline Great Lash](#) and [L'Oreal Paris Infallible Eye Shadow](#) are great products to use.

For the lips, choose tinted lip balm or ChapStick instead of lip glosses that can reflect the sunlight and cause sunburn. SPF balms are perfect for the summer. We recommend [Maybelline Baby Lips Moisturizing Lip Balms SPF 20](#).

Hair Protection

We put our hair through a lot when styling it. Adding UV rays, chlorine and salt water to the mix doesn't help either. To reduce damage, avoid blow dryers, straighteners and curling irons as much as you can. If you need to use these tools, prep your hair with leave-in conditioner and a heat protectant like [Redken Real Control Thermal Resist Inner Hair Repair](#). Shampoo your hair every other day to keep the moisture locked in and use dry shampoo on the other days if you find your hair gets greasy.

Perfume

Instead of spritzing on your usual fragrance, opt for a body splash spray. [Bath and Body Works Fragrance Mists](#) are light and refreshing. They aren't too overbearing with the heat and sun and will keep you smelling fresh all day long.

Nail Care

In the summer everyone loves to show a pop of color on their manicured nails. However, painting and drying your fingernails can be damaging, especially if they're in sun and water constantly. Take breaks from the polish and buff your nails instead for a natural looking shine.

Feet

One of the best parts of summer is the chance to break out your favorite sandals, heels and flip-flops. While summer shoes will keep you cool in the heat, you need to be mindful of sun and sand exposure. These elements are harsh to your feet and will dry them out easily. Summer shoes can cause calluses and cracked skin as well. To smooth the bottoms of your feet try a gentle foot file like [Amope PEDI Perfect Electronic Pedicure Foot File](#).

Feature Photo via [We Heart It](#)

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