## Guest Editorial

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### Keeping the skin healthy and glowing

#### 1. Wear broad-spectrum sunscreen every day
Summer is equal to intense heat and a hardworking sunscreen offers protection from the harmful UVA and UVB rays.

#### 2. Wash your face regularly, but don't overdo it
It is only natural to want to wash your face constantly. However, if you wash your face too often, you may end up dehydrating it. Instead, stick to a gentle cleanser and lukewarm water wash once in the morning and once at night.

#### 3. Add fruits and vegetables to your diet
Include lots of fresh fruits and vegetables in your diet. These are full of natural antioxidants and hydrating.

#### 4. Go light on makeup
Your skin's pores tend to get clogged with impurities due to excessive sweating. To allow your skin to breathe use minimal makeup.

#### 5. Change your moisturiser
Swap your heavy winter moisturiser to light, non-greasy formula that's perfect for summer.

#### 6. Drink lots of water
Up your hydration goal as you tend to sweat more during summer.

#### 7. Stay covered
Carry an umbrella, a hat, or a cap to protect yourself in the sun between 10 am to 5 pm when the sun is at its harshest.

#### 8. Don't forget to exfoliate
If you have oily skin, you must add some exfoliation to your skincare routine.

#### 9. Wear light layers
It might be tempting to go short when it comes to your clothing choices, but always ensure to wear light layers like a jacket or a shrug to help save your skin from the harsh sun rays.

#### 10. Don't spend too much time in the shower
Long showers can strip your skin of its natural moisture and oils. Keep shower time to a minimum and avoid using extremely hot water.