

Summer Skin Care Must-Haves

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As the temperatures rise and the sun shines brighter, it's crucial to keep your skin protected and glowing during this season. In our very first newsletter, we bring you a handpicked selection of top-notch summer skincare essentials.

Sunscreen with SPF 30+



If you don't already use a sunscreen daily, it isn't too late to start. It is crucial to use a sunscreen to protect your skin from cancer, and also to promote anti-aging. Even if you plan to be inside all day, UV rays through windows can still be harmful to our skin, so be sure to apply daily to your face and neck.

Which sunscreen you use is up to you. What matters is that it's a product you are motivated to put on everyday, and that it has an SPF of at least 30+.

However, I personally advise against an aerosolized spray due to excess toxins.

My personal favorite is Supergoop! Unseen Sunscreen, or pretty much any supergoop sunscreen.

Unseen Sunscreen

Itch Cream

With the sun coming out, the mosquitoes and critters come out too. It is hard to avoid being bit. However, it is important to refrain from scratching our skin after getting bit which can cause scars if over scratched. This drugstore itch cream is the best I have found. It works wonders to control the itchy sensation from a bug bite.



Anti-Itch Lotion



Chapstick with SPF

It is common for warmer weather to cause dry and chapped lips. Make sure to keep your lips moisturized with a hydrating chapstick. If it contains some SPF, even better.

Supergoop Lip Shield

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