

Skincare Tips for the Gym

Written by Chloe McAllaster
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Everyone agrees that a consistent workout routine provides immense benefits for the body and mind—from reducing stress to boosting the immune system, hitting the gym can do wonders for your overall health. However, regular sweat sessions can wreak havoc on the skin, causing acne, dry skin, chafing, and sun damage. The Valley's Dr. Pablo Prichard provides some tips and tricks for keeping your post-workout skin fresh and clear.



Essential Steps for On-the-Go Gym Skincare:

1. Never touch your face during your workout.

Bacteria will immediately transfer from the equipment and machines during your workout, so refrain from wiping your face with your hands. Instead, carry a clean towel to wipe off excess sweat.

2. Generously apply sunscreen, especially if you plan to work out under the hot Arizona sun.

A daily sunscreen with physical agents will provide the best protection, and Dr. Prichard looks for main active ingredients like zinc oxide and titanium dioxide.

3. Don't skip the shower.

A post-workout shower is imperative for removing sweat and bacteria. If you don't have time for a full body shower, wash your face at the very least.

4. Finish by restoring, protecting, and moisturizing.

Use salicylic acid wipes or toner spray to cleanse your face, neck, and décolletage to prevent breakouts and restore the protective barrier that keeps skin supple and glowing. After a thorough wash, gently massage a fragrance-free moisturizer that has hydrating ingredients like ceramides, glycerin or hyaluronic acid.



Dr. Prichard's Product Recommendations:

Allow your hard work at the gym to shine with the highest quality ingredients that keep your skin youthful, glowing, and hydrated.

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- Sunscreen: [PCA Skin Hydrator Plus Broad Spectrum SPF 30](#)
- Salicylic acid wipes: [CliniqueFIT Post-Workout Face + Body Cleansing Wipes](#) or [YUNI Shower Sheets](#)
- Facial moisturizer: [PCA Skin C&E Advanced with Hexylresorcinol and Silymarin](#) (This corrective cream strengthens, smooths, and protects while reducing discoloration.)
- Body moisturizer: [Neora FIRM Body Contour Cream](#) (This formula helps firm the appearance of problem areas, stretch marks, and loose skin.)