

## Beauty Habits to Break this Summer

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The Valley is really heating up and with temps in the 100s, so being poolside becomes a popular activity throughout the summer. Could some of your summer habits be hurting your skin long term? Experts from SebamedUSA.com and Lead Esthetician Michele Fletcher from Hotel Valley Ho Spa (Best of Our Valley 2014 winner) have a few reminders to keep your skin beautiful and healthy all summer long.



### Mistake #1: Forgetting Sunscreen.

SM: We know, we know – you hear this a million times but 90 percent of premature skin aging and discoloration is caused by exposure to sunlight. Applying sunscreen daily is the easiest way to prevent sun damage, protect your skin, and not to mention look younger. Try using products that offer Broad-Spectrum (UVA and UVB) protection, and an SPF of 30 or greater like [Amarte Ultra Veil](#). (\$45, [amarteskinicare.com](#))

MF: Many women avoid using SPF on their face because they think it will create breakouts or wrinkles, etc. You really need to stop avoiding it and find products that already have SPF in them. Your face needs to be protected from UV rays just as much as the rest of your body. Facial SPF's are great alternatives to sunscreen.

### Mistake #2: Skimping on Sleep

SM: Your skin and body go into repair mode when asleep. This is why sticking to a regular sleeping routine will not only keep you well rested, but will help to renew and regenerate new skin cells. Try incorporating just a glass a day of soy milk into your daily routine as this can help improve the structure and firmness of your skin, as well as soften those crow's feet. And for a quick fix, try [Repêchage's Eye Rescue Pads!](#) These natural infusions combined with moisture replenishing, anti-aging powers of seaweed are the ultimate "10-minute vacation" for eyes. (\$9.00, [www.Repêchage.com](#)).

### Mistake #3: Baby Oil

MF: For some reason tanners believe that baby oil is one of the best and most inexpensive oils to use for tanning. Although it may be inexpensive, that doesn't necessarily mean that it's good for your skin. You should never use baby oil on your skin to tan. There's nothing in it that protects from the sun. Educating yourself on tanning lotions and oils is the best way to go. Especially look for ones that already contain SPF.

### Mistake #4: Pigmentation Products

MF: You need to be wary of products that are used for skin pigmentation because they contain Retinol. When you're in the sun, the best thing to use is an SPF lotion. I know it sounds repetitive, but in this heat, SPF is necessary. Products with exfoliating agents when used in the daytime can do more damage to your skin. Those are best to use at night when you go to bed.

### Mistake #5: Waiting To Moisturize

SM: Most creams and lotions have key ingredients that create a protective barrier on the surface of the skin to lock in moisture to maintain a healthy pH balance of 5.5. For optimum moisture, slather on [Sebamed Moisturizing Face Cream](#) immediately after cleansing or a hot shower, before the skin cools and your pores begin to close (\$19.95, [www.SebamedUSA.com](#)).