

Top Skin Care Tips for Warm Climates

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Living in a warm or tropical climate can be a double-edged sword. On the one hand, you live in a warm place that can make you feel like you're on vacation for most of the year. On the other hand, you live in a warm place that can make it hard to get through the day without a soaked shirt.



Also, on the one hand, the sweating can open up your skin pores, and the humidity can moisturize your skin. On the other hand, profuse sweating can cause dirt, salt and other debris to run into your pores, causing breakouts, and sun burn can damage your skin.

It is important that you develop a beauty regimen designed to combat the effects of such a warm climate. Here are a few of the best things you can do for your skin when you live in a place that's hot much of the year:

Use a Mild Cleanser Daily

You need to clean your skin every day to keep the sweat and debris from clogging up your pores, but you don't want to irritate your skin with harsh cleansers. Use a cleanser designed for sensitive skin even if you have normal or oily skin. The cleanser will be milder, so it will not irritate your skin even if you are using it twice a day on especially hot or humid days.

It is also important to clean your skin every day if you are swimming a lot. The salt from the beach or chlorine from the pool will irritate the skin long after you get out of the water. You need to remove these elements from your skin entirely.

Exfoliate Regularly

Exfoliating will keep dead skin cells and debris off your face, reducing the risk of breakouts. You can exfoliate weekly with a skin mask, or you can get a mild scrub for daily use. You can also follow up your regular cleansing routine with an astringent, which will lightly exfoliate the skin and tone it.

Wear Sunscreen

The sun is one of the most damaging elements for your skin. UV rays will prematurely age your skin by dehydrating it and pigmenting it. Your skin will start to dry out, and fine lines and wrinkles will appear much earlier. You can also get sun spots, and your skin will start to lose its elasticity.

Use a strong [sunscreen](#) every day under your makeup or on your bare skin. Use the highest SPF protection you can afford.

Use the Right Ointments

Some skin problems go beyond a matter of moisturizing or exfoliating. For example, you may have pigmented areas on your face, moles, scars, or even skin tags. Some of these issues can be corrected with surgery or intense facials, but some can be solved with the right medications and ointments. For example, you can buy an over-the-counter [mole remover](#) that will help get rid of the unsightly growths without having to get surgery.

Drink Plenty of Water

Water doesn't just nourish your body; it also nourishes your skin. Water keeps your skin buoyant and hydrated. That means that your skin will appear smoother, it will be more elastic (no early wrinkles), and it will give you that "glow." Whatever else you do to protect your skin, just remember to [drink up](#). You don't have to visit the spa every week to get great skin. Just practice these simple tips to keep your skin looking young and beautiful.