

Summer Skincare Tips

Written by Written by Ashley Pearlstein

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Dr. Suneil Jain of Scottsdale's Rejuvena Health and Aesthetics gives tips on taking care of your skin during Arizona's summer months.



Dr. Jain stresses the importance of **sunscreen** and keeping yourself protected during Arizona's scorching summers. He recommends sunscreen that is chemical free and contains Vitamin D, a vitamin that is crucial but that many people are lacking. He recommends putting sunscreen on every morning, because even just driving can expose you to the sun's harmful UV rays. If you are out in the sun all day, it is best to reapply every four to six hours.



Another important thing to remember is to **stay hydrated**. Drinking good, quality water and indulging in foods that are rich in antioxidants will help strengthen your body and skin. Low antioxidants, according to Dr. Jain, make your skin more susceptible to stress and sun damage. Fruits and vegetables are some recommended antioxidant rich foods.



Dr. Jain suggests Image Sunscreen products as well as the Eminence Organic Skin Care and Osmosis Skin Care lines to help protect your skin. Choosing the right sunscreen and **skincare products** are vital for strengthening your skin.



While preventing sun damage is important, it is also necessary to **know what to do when damage to the skin occurs**. Dr. Jain recommends covering the damaged area with aloe or calendula to heal the skin. Chemical peels, photo facials (both available at Rejuvena Health and Aesthetics), and home remedies can also be used for quicker healing.

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For more information on summer skincare visit www.werejuvenate.com.

