

Summer Skin Safety: How To Protect Your Skin In The Sun

 hauteliving.com/hautebeauty/671659/summer-skin-safety-how-to-protect-your-skin-in-the-sun

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May 20, 2025

One of the most common myths about skincare is that most damage occurs before we turn 18 years old. Taking proper care of our skin is an essential component of an anti-aging regimen, and is essential to prevent cellular damage, premature aging, and skin cancers. Sun exposure occurs every day, even when the sky is overcast and cloudy. It is for this reason that there is always potential skin damage, both on the surface and beneath. The most well-known risk, of course, is skin cancer, sunburn, and pre-mature wrinkles; however, beneath the surface, skin cells, collagen, and elastin are all affected by environmental damage as well as by stress, lifestyle, and poor nutrition.



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As the days get longer and the temperatures rise, it's tempting to spend more time outdoors soaking up the sunshine. While sunshine can boost your mood and vitamin D levels, too much exposure can take a serious toll on your skin. Here's how to enjoy the season while keeping your skin safe, healthy, and glowing.

1. Sunscreen Is Non-Negotiable

Choose a broad-spectrum sunscreen with SPF 30 or higher and apply it 15-30 minutes before heading outdoors. Reapply every two hours, or immediately after swimming or sweating. Don't forget easy-to-miss areas like your ears, the tops of your feet, and the back of your neck.

2. Seek Shade Between 10 a.m. and 4 p.m.

This is when UV rays are strongest. If you're outside during peak hours, try to stay under an umbrella, wear a wide-brimmed hat, or cover up with lightweight, long-sleeved clothing.

3. Hydrate Inside and Out

Hot weather and sun exposure can dehydrate your skin. Drink plenty of water throughout the day and use a hydrating moisturizer to help your skin stay soft and supple. Look for products with hyaluronic acid or aloe vera for extra soothing benefits.

4. Don't Skip Sunglasses

UV rays can damage the delicate skin around your eyes and even increase the risk of cataracts. Choose sunglasses that block 100% of UVA and UVB rays for full protection.

5. Be Smart About Tanning

There's no such thing as a safe tan from the sun or tanning beds. If you want a sun-kissed glow, opt for a high-quality self-tanner or a professional spray tan instead.

6. Check Your Skin Regularly

Keep an eye on any moles or spots that change in size, color, or shape. Early detection is key when it comes to skin cancer, so don't hesitate to see a dermatologist for a professional skin check, especially if you have a history of sunburn or fair skin.

7. Use Professional Grade Skincare Products

To decrease the damage caused by UVA & UVB rays, it is imperative to use professional-grade skin care products to enrich and protect the sensitive skin on the face. By protecting the face from environmental damage, the effects of sun damage will be minimized, and cell turnover and collagen production, the necessary components for youthful skin, will be increased. Combining these products with healthier habits, including a diet rich in vitamins and minerals, your skin will transform before your eyes.

Antioxidants such as Vitamin C and Green Tea are powerful sources of nutrition and protection for the skin. Vitamins A and E aid in cell rejuvenation. The FDA limits the amount of these necessary ingredients in over-the-counter products, thus limiting skin penetration and results. Only a pharmaceutical-grade product can provide the amount necessary to penetrate and stimulate cells in the deeper layers of the skin. Professional-grade skincare products are available at plastic surgery and dermatology offices and offer

the most advanced ingredients at the correct dose to allow skin to repair and renew at the cellular level. Notice a softer, smoother, and more vibrant skin tone, and in a few days, skin will also become healthier.

Protect your skin now so it stays radiant and healthy for years to come. A little prevention goes a long way—your future self will thank you!