

Sunburn

Here are the warning signs: Your skin feels abnormally warm or hot, has a reddish glow or appearance, feels painful to the touch, or begins to blister and peel.

TRY THIS:

- Cool and soothe irritation by covering the affected area with a cold compress to fend off swelling.
- Apply an after-sun gel that contains lidocaine. It will numb the area and relieve the itching, burning and pain.
- If you experience peeling later on, exfoliate. Gentle exfoliation can help dry skin hold on to moisture. Skin needs moisture more than ever after a sunburn.



Parrot Head
License to Chill Sunburn Relief Gel (\$9, margaritavilleskincare.com).

Remember to apply sunscreen to your face and body 30 minutes before heading outside.



Heat Bumps

Those tiny bumps that begin to form on your skin after sun exposure—aka heat bumps, heat rash, prickly heat or miliaria—are a fairly common condition when you get overheated.

TRY THIS:

Take a cool shower, dry off and then sprinkle a good amount of powder that contains cornstarch to the affected area, advises dermatologist Ariel Ostad, M.D. Another option: Apply a thin coat of hydrocortisone cream, says Fran Cook-Bolden, M.D., a New York City dermatologist. It helps soothe the skin and speeds up the disappearance of bumps.

Johnson's Pure Cornstarch Baby Powder (\$4, walmart.com).

Breakouts

During the summer months, our skin is prone to be more oily, according to Cook-Bolden. Another major summer skin problem for us: rosacea. "It's a reaction to certain 'triggers,' which can be different depending on the individual. The diagnosis may be

challenging because the redness is masked by the natural pigment and can resemble acne," she explains.

TRY THIS:

- Wash and moisturize with products specifically for oily skin (like the Cetaphil cleanser).



Cetaphil
Dermacontrol Foam Wash (\$12, drugstores).

- Use a retinoid, which unclogs pores and helps combat oil.

• Consult a dermatologist if over-the-counter brands aren't working. Cook-Bolden suggests products like **Avene** Thermal Spring Water (\$17, drugstore.com), which hydrates and removes unwanted oils. ▸