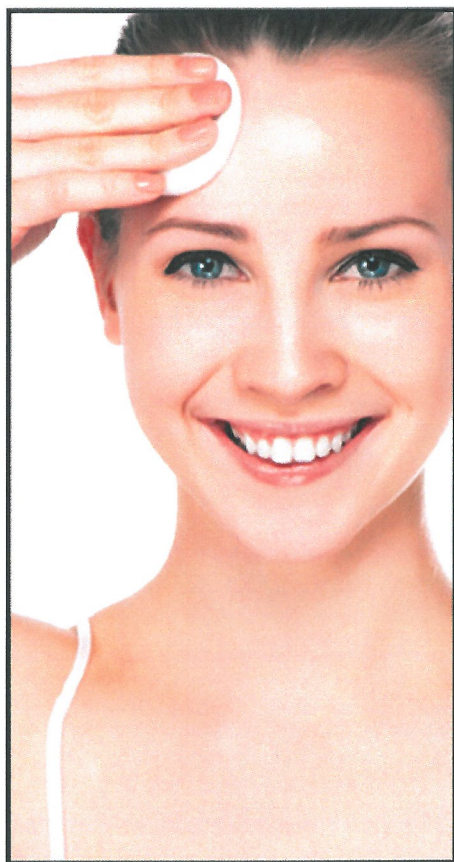


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WHAT DERMATOLOGISTS WANT YOU TO KNOW ABOUT SUMMER BREAKOUTS

Acne is a year-round concern for some, but did you know that you're more likely to develop blemishes in the summer months even if you don't have oily or acne-prone skin?

"Skin naturally thickens in the summer to protect itself from the sun," says board-certified dermatologist Dr. Rebecca Baxt. "And as the skin thickens, it becomes more prone to clogged pores, resulting in blackheads and whiteheads. The heat also makes people sweat, clogging the pores more and creating a better environment for bacterial growth."

But it's not just excessive sweating that you should be worried about in the summer. According to Dr. Ashley Magovern, one of the most common causes of acne is that one product that's supposed to protect your skin from damage—your sunscreen! "A potent sunscreen may protect you against premature aging and skin cancer, but some of them can cause acne in the process," she warns. "Anything that may trap oil and skin debris in the pores—including sunscreen that is not oil-free or not non-comedogenic—will contribute to acne."

So what steps can we take to prevent breakouts in the summer? We asked 6 of the country's top dermatologists to weigh in. Here's what we've learned from them.

SKIN HYGIENE IS PARAMOUNT

"At the end of the day, make sure to wash your face and remove any leftover sunscreen and makeup that can clog pores," says Dr. Grant Stevens. "Using a good cleanser with a Clarisonic brush is a great way to cleanse the skin and finish your day."

However, in cleansing your face, you also want to make sure that you don't strip your skin of its natural oils. "It is important to not over-dry the skin, as the sebaceous glands will go into overdrive and produce more oil," says Dr. Stafford Broumand, NYC-based Plastic Surgeon and Associate Clinical Professor of Plastic Surgery at the Mount Sinai Medical Center.

Sometimes, excessive washing exposes your skin to more chemicals in your cleanser, which can lead to dryness and more acne flare-ups. "Try to limit washing to twice a day," offers Dr. Magovern. "Or, if you have to wash multiple times, be sure to use a non-soap cleanser or even just plain water. If you are swimming a lot, take a quick rinse after you get out of the pool or ocean and keep your skin hydrated afterwards."



+more info



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