

## How to Get Great Skin In the Summer Heat

By Stephanie Nolasco, July 31, 2013



Thinkstock

Share This ... [Email](#) [Facebook](#) 6 [Twitter](#) 3 [Pinterest](#) 2 [+1](#) 0

Showing off flawless skin during the steamy summer season can be as difficult as finding the perfect bikini. With air conditioners on full blast and the sun beating down, it's important to both prevent and eliminate dull, dehydrated skin and damage from wrinkle-causing rays.

The good news? Experts say some sweat-inducing temperatures can actually help achieve a picture-perfect face.

“Summer heat can be problematic for the skin in a number of ways,” explains **Dr. Julia Tzu**, clinical assistant professor of dermatology at the New York University School of Medicine. “It can exacerbate acne, rosacea, hives, and fungal infections.”

“However, summer heat is also beneficial to the skin in many ways as well,” she adds. “It improves overall circulation, opens up pores, and because of the association with high humidity, can help with moisturization of the skin.”

There are some tricks you can master from the pros for looking youthful, glowing, and dare we say cool, even beyond summer. Find out to make the heat work for your skin:



*(Thinkstock)*

#### EMBRACE THE HEAT

Don't be afraid to hit the sauna during a relaxing spa date. That heat is good for you. “Steaming the skin or utilizing a wet or dry sauna will help release toxins, which in turn, detoxifies the skin,” says **Dr. Stafford R. Broumand**, associate clinical professor of plastic surgery at the Mount Sinai Medical Center. “It's also important to remember that not everyone is a candidate for this treatment. If a person has rosacea or similar skin sensitivities, the heat can aggregate those conditions, causing the skin to look worse.”