

Summer bummers

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Beat the heat and all the challenges that come with it with these foolproof tips for glowing skin and luscious hair from Beauty Editor Lisa Tristram.
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Summer bummer #1: Excess oil

Hot weather can make skin greasy and more prone to break-outs, especially if you are continually wearing sunscreen and make-up. A clarifying cleanser doesn't strip skin of natural sebum, but it will have a more astringent effect, and thus keep oil production in check. Swap to a lightweight gel moisturiser, and use oil-absorbing mineral make-up with ingredients that give skin a matte finish, such as bamboo and linseed. **Try: A'kin Oil Control Clarifying Cleansing Mousse (\$14.95, from Priceline).**



Summer bummer #2: Pigmentation

The sun's rays can cause uneven skin tone and hyperpigmentation. Always use face and skincare products that contain sunscreen, and choose natural sunscreen products for all-over body use that provide skin benefits in addition to UVA and UVB protection, such as Australian native plant extracts, which are powerful antioxidants, and essential fatty acids. A tinted moisturiser will even out pigmentation, giving a flawless yet natural look. **Try: Mukti Tinted Moisturiser with Sunscreen (\$59.95, www.muktiorganics.com)**



Summer bummer #3: Flushed skin

As the temperature rises, make-up runs and your face gets all red and hot and bothered. Fill a spray bottle with gentle floral hydrosol and a splash of aloe vera gel and perhaps a few drops of lavender oil, and spritz under moisturiser after cleansing, and then over make-up during the day to cool and refresh skin. **Try: Spaceuticals Hydra-C Mist (\$69.00, www.waterlilyskinbodyspa.com.au)**



Summer bummer #4: Heat rash

Uh oh, you've got that prickly, uncomfortable sensation and next thing you know, your skin is covered in unsightly red blotches. Take cool showers and avoid heavy body lotions, strong fragrances and sulphate-cleansers, which all increase irritation. The herb calendula is a time-honoured treatment for redness and inflammation. Make a cooling all-over spritz by steeping dried or fresh flower heads in boiling water for 30 minutes, then pouring into a spray bottle and refrigerating before applying liberally. **Try: Dr Hauschka After Sun** \$32.00, www.drhauschka.com.au)



Summer bummer # 5: Cracked lips

Sunburn, hot, dry winds, and salt water all conspire to cause dry, chapped lips. Use a lip balm containing an SPF (zinc is best) and soothing, buttery ingredients like coconut oil and shea nut butter to soothe, soften, and protect. **Try: Burt's Bees All-weather SPF Lip Balm** (\$7.95m from Priceline)



Summer bummer #7: Frizzy, flyaway hair

With increased humidity and excess washing from those lovely long days at the beach, hair can quickly become frizzy and out of control, dry on the ends, oily at the roots. If you can keep the shampooing down to every other day and avoid harsh sulphate-based shampoos, your hair will thank you for it. Instead, try just rinsing out the salt and using a light conditioner or oil just on the ends. Coconut oil is great for hair, helping to moisturise and repair it and sealing down the hair shaft, which gets rid of those flyaways; but take care not to use it on the roots as this can result in a greasy look. Another great conditioning oil is argan, used for centuries in Morocco to protect and nourish skin, nails and hair; argan is high in vitamin E which keeps hair from becoming brittle and breaking. **Try: The Coconut Tree Coconut and Argan Leave-in Spray Conditioner** (\$23.50, www.coconuttree.com.au)

Summer bummer #6: Dehydrated skin

Conventional summer skincare products don't always add up to dewy, smooth skin, because the chemical-derived UV ray absorbers they can contain also absorb and retain thermal radiation. Unless you are using products that contain essential fatty acids to renew skin cells from within, you may find that summer leaves your skin more parched than ever. Natural fruit-derived oils, such as raspberry seed, pomegranate, rosehip, and olive oils, have all been shown to deliver a little natural sun protection – admittedly much lower than their synthetic counterparts, but with the added benefit of healing and nourishing skin. **Try: Antipodes Immortal Face & Body Moisturiser SPF15** (\$45.00, www.adorebeauty.com.au)



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