

**Dr.Mohan Thomas - Cosmetic Surgeon**



Get great summer skin!

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By **Ismat Tahseen** | Place: Mumbai | Agency: DNA

It's getting hot, hot hot! And while you might want to drink lots of water and wear a floppy hat that looks chic this season, also make it a point to put on some suntan lotion to block some of the sun's damaging UVA and B rays.

Don't forget to use a light moisturiser, so your skin isn't parched. Here are more tips from Dr. Mohan Thomas, senior cosmetic surgeon at Breach Candy Hospital.

Dr Thomas says, "Some typical problems associated with skin in summer are prickly heat (miliaria), sunburns, skin spots (tanning or irregular pigmentation) and photodermatitis (eczema). During the summer when the climate is more humid, the oil glands develop more oil and this in turn increases the likeliness of an acne breakout."

### **What can one do to protect the skin in this season?**

#### **Skin Care**

Likewise as in all the other climates, application of sunscreen should be continued. It not only prevents you from the sunburn and prevents cancer but is also a must for those who don't want to look old before our time. The best sunscreen to use should have a rating of sun protection factor (SPF) of 15 or more.

One must choose the right sunscreen for one's skin type.

Use the product at least 15-30 minutes before stepping out. Dr Thomas recommends usage of sunscreen while at home also.

One must re-apply a sunscreen after swimming/sweating a lot. Reapplication after 3-4 hours is recommended in such conditions.

Use roughly about half a teaspoon for the face.

Wear a wide-brimmed hat and light-weight clothing with sunglasses.

If you do sunburn and have prickly heat, apply calamine lotion to soothen the area. Other home remedies can also be applied such as rose-water, curds and aloe water.

Consult the dermatologist if eczema or other skin irritation arises.

**The right diet:**

Eat foods that are beneficial in the heat. Dr Thomas says, "Consume a lot of fluids in any form. Have fruit juices (not bottled), coconut water, vegetable juices and water-based fruits like strawberries, melons, grapes and citrus fruits. Also have antioxidants like green leafy vegetables — asparagus, zucchini, lettuce and spinach.

**No-nos:**

Avoid caffeine and alcohol which dehydrate.

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