

SUNNY SIDE UP

MCT

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A little extra care needs to be taken of skin, hair and eyes during the harsh summer. And especially so in a city like Mumbai where pollution is a constant that adds to your skin troubles. "Much like oxidation occurs in a chopped apple and it turns brown if it's kept out for too long, skin suffers with constant exposure to UVA and UVB rays of the sun. If you can manage it, I would say don't be out in the sun between 10 and 5 in the summer months. But that's not possible for everyone, of course," says Dr Mohan Thomas, senior consultant dermatologist, Breach Candy Hospital.

Skin care

The easiest steps to healthy skin are frequent cleansing of your face and using an appropriate sunscreen lotion. "Using a face wash with a right pH level and a sunblock with the right SPF (sun protection factor) is important. A pH level indicates the acidity of a soap or face wash. A face wash with a 5-7.5 pH level is a good option," says Thomas.

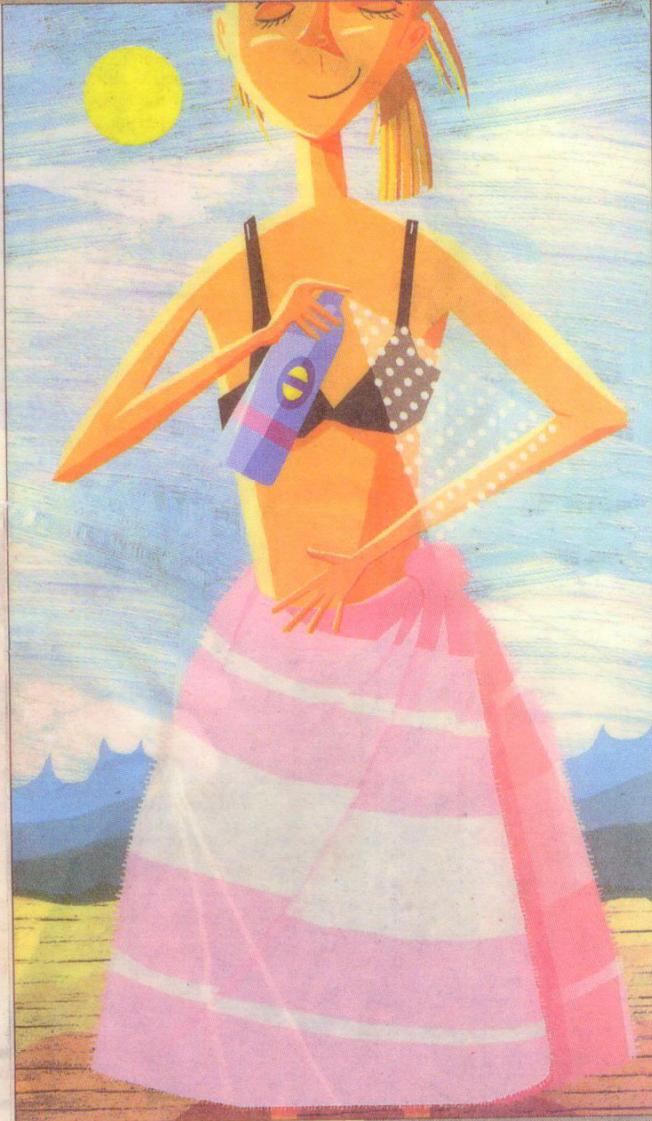
As for the SPF in your sun block, any sunblock that offers an SPF over 30 is good to use in a city like Mumbai. "People wrongly assume that you need to use sunblock creams with SPF-60 or 70 in harsh heat, but that is unnecessary," he adds.

Depending on whether your skin is too dry or oily, you may also need to use a moisturiser or an astringent after you wash it. "You can even use a lemon slice for an astringent and clean your face with it as a way to avoid clogged pores and whiteheads," says Thomas.

You also need to wear your make up with care during summer. "As far as possible, wear minimal makeup in hot weather. And if you do wear it, make sure you wash it off properly before you go to bed," says Agarwal.

Hair care

As the mercury rises, extremely dry hair as well as sticky, oily hair with dandruff can be problems you could



face. While Agarwal says washing your hair up to thrice a week with a mild shampoo and giving it an oil massage once a week is good care for your hair, Thomas suggests that washing your hair with plain water may be better for those with weak or sensitive tresses that suffer with too much shampoo use.

"Don't rub your hair dry or blow dry it right before you step out in the sun. Keeping it wet as you face the heat, keeps it moisturised for longer when you are out," says Thomas.

EYE PROTECTION

- Wear UVA or UVB ray proof sunglasses.
- If you wear contact lenses, carry an artificial tears solution or a lubricant to moisturise your eyes when they become too dry.

ALL ABOUT SPF

The level of SPF or sun protection factor in your sunscreen lotion indicates how long you can stay out in the sun. Check out the table below to see what SPF levels are suitable for different skin types.



Depending on your skin type, choose the SPF number of your sunblock

Skin type	1 hour	2 hour	3 hour	4 hour	5+ hour
Extremely sensitive	15 SPF	30 SPF	30 SPF	45 SPF	45 SPF
Fair / sensitive	15 SPF	15 SPF	30 SPF	30 SPF	45 SPF
Fair	15 SPF	15 SPF	15 SPF	30 SPF	30 SPF
Medium	8 SPF	8 SPF	15 SPF	15 SPF	30 SPF
Dark	4 SPF	8 SPF	8 SPF	15 SPF	15 SPF