

Summer Skincare Routine To Get Your Skin Ready for Hot Weather

GlowBay Shares Expert Advice for Skincare Enthusiasts

As the weather gets warmer and Brits start making summer plans, it's important to make sure your skincare routine protects and nourishes your skin on warmer, sunnier days. Skincare industry experts [GlowBay](#) share simple advice for those whose skin is a little more sensitive to the sunshine.



Switch to Lighter Formulas

Changing your skincare routine during the warmer and colder seasons is important to ensure the products you are using are not clogging your pores and causing breakouts. GlowBay carries a wide [range of professional products](#) to fit any skin types and needs, with proper skin analysis and expert advice.

"It's important to be sure you are getting the most out of your seasonal products. In summer, it's better to use lighter, gel-based products, meanwhile for winter we recommend thicker, more nourishing creams. At GlowBay, we pay special attention to pairing products to meet our clients'

needs and for that, we've created our virtual consultations," shares Annabelle Bourne, GlowBay Founder and certified skincare expert.

Applying Sun Protection

It may be a no-brainer, but you would be amazed at how many Brits still skip the SPF in their daily skincare routine. Recent [statistics](#) show that in 2019, just 22.2 million people in the UK used some type of sunscreen - only about a third of the population!

"I can't stress enough the importance of using SPF cream every day, even if you are not planning to leave your house, but especially if you are heading out on a hike or a beach day. Prolonged sun exposure elevates the risk of premature aging and skin pigmentation - conditions which then require a separate treatment," adds Annabelle.

Incorporate Antioxidants

Products containing such antioxidants as vitamin C or polyphenols are useful all year around, but the exposure to sunlight throughout summer can be especially aggressive towards your skin.

"In addition to protecting our skin from free radicals, antioxidants do a really good job at preventing the breakdown of collagen and elastin, which leads to sagging and wrinkles," says Annabelle.

Cleanse, Cleanse, Cleanse

Cleansing your skin properly is key to getting a healthy glow. While many people just use gels and scrubs, it is important to take advantage of the latest technology available on the market, such as skin devices like [EasyGlo' Ultrasonic Cleansing Brush](#) or [EasyExfoliator](#).

"By incorporating skin devices to our daily routine, we solve several problems at once: improving circulation, unclogging pores and accelerating skin cell metabolism which all lead to a fresh, younger-looking complexion," adds Annabelle.

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Notes to the Editors:

GlowBay was founded in 2020 by husband and wife duo, Chris and Annabelle Bourne. For their many clients at Eterno Skin Clinic in Wolverhampton, professional skincare advice is important. To deliver that, they created and launched a platform for clients to receive professional skincare advice remotely and gain access to professional skincare products, all from the comfort of their own homes.