



Natural Organic Skin Care



Summer Skin Care Tips

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We have some HOT tips for you about protecting your skin this summer. It's really important to examine your skin before heading out. Check this list off every time you head out into the sun!

Summer is about baring skin and showing off the beautiful (fake) summer tan you have. But in order to look good baring that skin, you need to take some time to ready your skin and reverse the signs of neglect you showed your skin during fall, winter and spring.

Knock off each step on my skin care tips for glowing skin and you'll be ready to pull out your favorite summer dress in no time flat.

- ✓ Hydrating from within is the FIRST thing on my mind. Drink plenty of water or electrolyte filled water, like Penta or Iceland to keep your skin cool & hydrated. While in the sun drink every ½ hr. Avoid drink alcohol which will dehydrate the body cause side effects. Eat salmon or cold water fish to supply your body with essential fatty acids. If you don't like fish, take Fish oil (flavored) or Flax Seed oil. Use as directed.
- ✓ It's so very important to exfoliate your skin. Your body sheds skin cells at an amazing rate every minute of every day. If you don't get rid of them, they'll just sitting on your skin making you look dull and dry. No matter how much lotion you use, you're never going to have glowing skin if you don't exfoliate. Grab a body scrub and hit the shower. Gently rub your exfoliator in circular movements on your entire body from the shoulders down (you'll want a facial exfoliator for your face and neck) and rinse clean. Continue to do this 2-3 times a week for year-round beautiful skin. Do not use before heading out into direct sun. See of [Bath & Body Care](#)
- ✓ Don't forget the Moisturizer: Our Pomegranate Green Tea facial line is for combination, oily, and normal, premature, and aging skin types. But the best thing about this product is it's exceptional ingredients which are Green Tea and Zinc. These two combined together help protect against UVA & UVB rays. We offer a complete line of [Pomegranate Green Tea products](#) including a foaming cleanser, exfoliant, toner, facial crème, & eye serum.
- ✓ Lather those Lips: Yes your lips are important too! Why, because they are a sensitive tissue needing extra protection and hydration when out in the sun. Our [Luscious Lip Balms](#) including our NEW "Acai Luscious Lips" has added ingredients to protect, nourish, calm, hydrate, and sooth your lips.

- ✓ What Make-Up are you using: Mineral make-up is the best in my opinion because it lets your skin breath properly and in the summer you don't want to add harmful oils to your skin such as mineral oil that can cause your skin to dry out and therefore burn. Mineral make-up is easy to use, available everywhere, and works well with our natural organic skin care products.
- ✓ Slather on the Sunscreen: There are several vegan and organic sunscreens on the market today. Choose one that is broad spectrum (they block both Ultraviolet A (UVA) and Ultraviolet B (UVB) rays with a minimum of a sun protection blocker of 15 SPF. Apply generously and reapply every 2 hours. If your swimming apply more frequent and don't forget to put protection on even on a cloudy day. Wear a brim hat or stay in a shaded area if you have sensitive skin.
- ✓ Sunburn or Redness: Our [Calendula Chamomile cream](#) is very effective in reducing redness, skin irritation, stops scaling, reduces swelling, cools the area. If the sunburn is severe use our "Herbal Skin Salve" daily to reduce swelling and redness, and to prevent thinning of the skin, discoloration, or hyper pigmentation. If you don't have these items on hand apply 100% Aloe Vera gel or plain Yogurt. Dark Spots on your skin? Use our Best Seller [Brown Spot Discoloration cream & Yogurt Oatmeal line](#) for hyper pigmentation brown, aging spots, sun damaged skin, or to lighten the skin.
- ✓ Don't forget about the Hair: Moisturizing your hair after being in a pool with chlorine or on the beach. The sun can damage your hair follicles. Remember to nourish your hair before and after with our "Moisturizing Shampoo & Conditioner". If your hair is dry & breaks easy apply our "Replenish & Restore" hair mask at night before bed. Let stand for 20minutes & rinse. Apply 2-3 times a week until hair shaft is strong.
- ✓ When bathing or showering, it is important not to completely rid your body of its natural oils. Therefore gentle pat it dry and add moisturizer afterwards. By stripping these natural oils from the skin it will have to work twice as hard to replenish them. Try Our [Satin Moisturizing Shower Gel](#), [Satin Moisturizing Lotion](#), or [Whipped Body Soufflé](#).
- ✓ Summer time is fun for the whole family. So take care of your skin with Taylor Made Organics natural organic skin care products. Believe me your skin will thank you!®™

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