

Braving the heat

Bahrain's hot summer months can wreak havoc with your skin, *WTM* chats to Shashi Gossain, about staying safe in the sun.



Lightenex Skin Toner



Moisturix SPF 25



Lightenex Face Scrub & Wash



Skin Vitamix face cream



Sun Blockex SPF 50

The damaging effects of the sun and humidity

Ultra violet radiation from the sun (UVA & UVB) causes an inflammatory response in the skin resulting in increased free radical production, which damages the surface layer of cells.

This can lead to wrinkling, along with hyper-pigmentation and the development of melanomas, which can be cancerous.

Excessive humidity results in blockage to the neck of the sebaceous glands (pores), which can cause spots and secondary infection.

The effects on different skin types

White skin is particularly likely to develop wrinkling or burning along with even tanning of the skin. Darker skin tones such as African and Asian, including olive-skin can result in patchy, uneven hyper-pigmentation, but does not develop deep wrinkles.

Summer skincare

Summer months require effective exfoliation of the skin in order to remove the accumulated sebum and dead skin cells that tend to block the neck of the sebaceous

glands leading to spots and blemishes.

Your daily skincare routine should include the use of a face scrub and wash to remove everyday dirt and makeup as well as dead skin cells. Thorough cleansing of the skin is recommended twice a day. Follow this with a toner to close pores and maintain the smoothness of the skin. Then apply a moisturiser; use a lighter variation in the summer with a rich vitamin cream at night.

During the hottest months use an effective sun block of at least SPF 50 to prevent skin damage.

Damage prevention

Micro-dermabrasion, chemical peels or any other skin resurfacing treatments are in-advisable during the summer months because ultra-violet sun rays are likely to aggravate the inflammation caused by these treatments. This can cause damage to the dermis, forcing the skin to heal with scarring.

If you do choose to have such a treatment over the summer months, wear a total sun block and replenish the sun block cream at regular intervals for maximum protection against the harmful rays of the sun.



Shashi Gossain, is the founder and managing director of PharmaClinix. A Member of the Royal Pharmaceutical Society of Great Britain and Member of the Society of Cosmetic Scientists. She has been involved in the health and beauty industry for over 25 years and has written several books and articles for various publications.

Sun safety

- During the summer months, exposure to direct sunlight should not exceed more than 15 minutes in every two hours.
- Avoid going out in the sun during the hottest period of the day, 11am to 3pm.
- Use parasols or umbrellas in order to minimise damage from the sun.
- Wear sunglasses
- Reapply your sun block every hour.
- Maintain hydration levels by drinking at least two litres of water per day.
- Monitor the colour of your urine. If the colour is dark, then, the kidneys are working to save water, which means that the body is de-hydrated. Clear urine indicates good water levels in the body.
- A healthy diet, consisting of plenty of fresh fruit and vegetables is essential, as these contain natural anti-oxidants, which pick up the free radicals that lead to skin damage.
- Regular exercise gives your skin a healthy glow.

