



3 DR JAISHREE SHARAD, DERMATOLOGIST

Consume a lot of fluids. Drink water, juices and coconut water. People with oily skin should wash their face three to four times a day. Don't use cleansing milk since it blocks pores. Don't step out of your home without using a sunscreen that's UVA and UVB protective. UVA radiation is responsible for wrinkles and pigmentation. UVB radiation is the reason why your skin tans. Normal skin types need SPF 30, while sensitive or pigmented skin types need SPF 50. Don't forget to reapply the sunscreen every three hours. Stick to cotton clothes: synthetic fabrics can cause fungal infections. After a bath, apply antifungal powder to your soles.