

Target audience	People who experience dry skin during the summer season.
Primary keyword	Dry skin in summer
Average monthly searches	260
Competition	Low
Supporting keywords	dry skin (33.1k), moisturizer (60.5k), hydrate (40.5k), sunscreen (110k), dryness (3.6k), chlorine (60.5k), spf (27.1k), aloe vera (135k).
SEO title	Solutions for Dry Skin in Summer: Hydrate, Nourish, and Protect
Meta description	Uncover skincare solutions for dry skin this summer. Learn to hydrate, nourish, and protect with our effective solutions.

Solutions for Dry Skin in Summer: Hydrate, Nourish, and Protect



You know summer is here when your skin starts to feel like a dried apricot left out in the sun. The increased heat and humidity suck the moisture out of your pores faster than your wallet drains after a trip to the beach bar.

While your friends live their best life catching rays and riding waves, you're stuck indoors slathering on thick creams and ointments to bring your skin back from the brink of flaky doom.

But don't despair. There are ways to enjoy all the summer fun without looking like you lost a fight with a cheese grater. The solution is simple: hydrate, nourish, and protect.

Follow these tips, and you'll have soft, supple skin all season long and be back out frolicking with your friends in no time.

Why Does Skin Get Dry in Summer?

Why does your skin turn into a dried-up prune come summer? A few reasons:

- The sun is shining bright, and while you're soaking in those UV rays, your skin works overtime to protect itself. All that [sun exposure](#) dehydrates your dermis, zapping moisture and natural oils.
- The hot, humid weather makes you sweat, and as that perspiration evaporates, it steals hydration from your skin. Sweating may cool you down, leaving your skin high and dry.
- [Air conditioning and fans](#), while keeping you comfortable, also dehydrate your skin with their constant airflow.
- You're probably swimming or exercising more, and chlorine and physical activity dehydrate your skin even further.

Hydrate Your Skin From Within

To get your skin through the dog days of summer, you'll need to go beyond slathering on sunscreen and moisturizer. The key is to stay hydrated from the inside out.

- Guzzling glass after glass of water is the most obvious way to hydrate your skin, but water alone won't cut it. You need electrolytes like [sodium and potassium](#) to help your body absorb all that water. So throw some cucumber, citrus, or mint in your water for extra flavor and hydration power.
- Eating water-rich fruits and veggies like melons, berries, leafy greens, and cucumbers will pump your skin full of water and antioxidants. Whip up a fruit salad or make a pitcher of infused water to have on hand.
- Caffeine and alcohol dehydrate you, so limit your cold brews and rosé to weekends only. And lay off the salty snacks that can dry and irritate your skin.

Nourish Your Skin With Right Skincare Products

Moisturize Morning and Night

Dry skin in summer needs hydration around the clock. Use a rich yet fast-absorbing moisturizer after cleansing to lock in moisture. For an extra boost of hydration, apply a serum with [hyaluronic acid](#) before moisturizing.

At night, slather on an overnight cream to soothe and soften your skin while you sleep. Your skin will drink it like a frat boy at a keg party.

Exfoliate Gently

Remove dead skin cells with a mild exfoliant 2-3 times weekly. Use a scrub, chemical exfoliants like glycolic acid, or a facial brush. Be gentle and don't overdo it, or your skin may end up with redness and dryness.

Exfoliation allows moisturizers and serums to absorb better and leaves skin soft and glowing.

Mask It

Once a week, treat your skin with a nourishing mask. Look for ingredients like hyaluronic acid and aloe vera to hydrate, [ceramides](#) to strengthen the skin barrier, and antioxidants to protect from environmental damage.

Apply the mask, then relax with a book or your favorite playlist. Rinse after 10-15 minutes and marvel at your smooth, supple skin. Your face will emerge reborn, like a phoenix from the ashes.

Protect Your Skin with Sunscreen

If you don't want your skin to get damaged by the summer sun, coat yourself with sunscreen like frosting on a cake. Look for a broad-spectrum SPF 30 or higher to protect from UVA and UVB rays. For the face, use a lightweight sunscreen specifically for that area. [Reapply every 2 hours](#) or after swimming to avoid sunburn and redness.

Final Thoughts

In the summer, giving your skin the right hydration and protection is key. Follow these tips and your skin will stay soft, healthy, and shielded from the elements all season long. Now go forth and enjoy the sun—without worrying about the damage!