

How to Fully Protect Your Skin During the Hot Edinburgh Summer – Top Tips

Here's a news flash for you: summer is nearing, and it's going to be hot, hot, hot! Even though the summer heat will never be quite as unbearable in Edinburgh as in, say, Marbella or Mallorca, get ready for record temperatures. As summer approaches, we all know how important it is to prioritise the protection of your skin against the scorching sun. Excessive exposure to the sun's harmful UV rays can lead to sunburn, but not only this – it can lead to more lasting effects, such as premature ageing and an increased risk of skin cancer. So how can you fully protect your skin during the hot Edinburgh summer? To ensure your skin remains healthy and radiant throughout the season, we've compiled a list of top tips to help you safeguard your skin during the hot summer.



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Embrace the sunscreen!

One of the most crucial steps to protecting your skin is applying a broad-spectrum sunscreen with a high SPF – especially if you've opted for treatments such as [anti-wrinkle injections](#). While anti-wrinkle injections will undoubtedly make your skin look younger, your skin won't benefit from too much exposure at all! Instead, opt for a sunscreen that guards against both UVA and UVB rays, and ensure it has an SPF of at least 30. Apply it generously to *all* exposed areas, including your face, neck, and hands, before stepping out into the sun. Reapply it every two hours, especially if you're swimming or sweating.

Seek the shade

When the sun is at its peak (usually between 10 am and 4 pm), seek shade to minimise direct exposure. Shade can be found under trees, umbrellas, or by using sun-protective clothing such as wide-brimmed hats, long-sleeved shirts, and sunglasses with UV protection. By reducing the time spent in direct sunlight, you can significantly lower the risk of sunburn and skin damage.

Stay hydrated

Hydrating your body is essential for maintaining healthy skin. When the day is especially hot and scorching, it's important to drink plenty of water to keep your skin hydrated from within. Drink a minimum of eight glasses of water daily – and increase your intake if you're spending a lot of time outdoors or participating in physical activities that cause you to sweat excessively.

Exfoliate and moisturise

Exfoliating regularly removes dead skin cells and unclogs pores, allowing your skin to breathe and absorb moisture more effectively. Use a gentle exfoliating scrub once or twice weekly to achieve a smoother complexion. After you exfoliate, apply a moisturiser (make sure it suits your skin type!) to keep it nourished and protected throughout the day. Look for moisturisers with added SPF for extra sun protection.

Don't forget your lips

Our lips are also susceptible to sun damage, so apply a lip balm with SPF regularly to moisturise and protect your lips. Look for lip balms that contain ingredients like shea butter, coconut oil, or beeswax for extra hydration.

Maintain a healthy diet

When you eat a well-balanced diet rich in fruits and vegetables, it can contribute to healthier skin. So include

foods high in antioxidants (such as berries, tomatoes, and leafy greens), as they help combat free radicals and protect your skin from oxidative stress. In addition, foods rich in omega-3 fatty acids, like salmon and walnuts, can promote skin elasticity and hydration.