



# SKIN

## MARVEL

MONSOON **2024**



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**Dr. Rishi Parashar** is a distinguished dermatologist with an impressive academic background and 25 years of experience in the field. He earned his MBBS degree from SMS Medical College, Jaipur, affiliated with the University of Rajasthan, in 1994.

His relentless pursuit of knowledge led him to achieve an MD in Dermatology from Kasturba Medical College, Manipal, in 1998. With his vast experience, Dr. Parashar combines his extensive education with a passion for dermatology to provide top-notch care to his patients.

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# Monsoon skin care

The monsoon season is almost here to bring a huge relief from the scorching heat of the summers, revitalises nature, and fills our hearts with joy. However, the increased humidity and moisture in the air during this season may cause irritation to our skin. Rainwater, high humidity, and occasionally stagnant water can all contribute to a range of skin issues, including acne, fungal infections, and a dull complexion. Navigating through unpredictable weather can pose a challenge for your skin's natural radiance, making it harder to maintain its glow and adapt to ever-changing conditions. Therefore, maintaining healthy and beautiful skin during the monsoon season requires following a proper skincare routine that responds to the particular needs of this season.



## **1. Clean your face 2 times a day**

During the rainy season, oil and dust accumulate on the skin, so wash your face 2 to 3 times and clean it with a cleanser every day to ensure that your skin stays healthy. Make sure that your cleanser doesn't contain any soaping agent because it is harsh on your skin and strips of natural oils.

## **2. Exfoliate your skin 2 or 3 times a week**

It is important to scrub your face two or three times a week, as humidity levels increase in the rainy season which can clog your pores and can cause acne and other skin problems. Exfoliation opens the pores of the skin and helps in deep cleaning. By exfoliating, you can remove dead skin, prevent acne and keep your skin oil-free. This also helps maintain better skin overall.

## **3. Use a gentle toner**

During monsoons, humidity levels in the air are high, which can leave your skin greasy and oily. Using a skin toner can minimise this issue. For oily skin, use a toner that includes glycolic acid, green tea extracts, etc because it maintains a proper pH level, which can reduce acne.

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#### 4. Use a moisturiser

During monsoon, humidity is high enough but that doesn't mean you should not use moisturiser. Using a moisturiser regularly on your face helps to reduce premature ageing and many skin issues. Use a gel-based moisturiser including glycerine, dimethicone, propylene glycol water, and other non-comedogenic ingredients for maximum efficacy.

#### 5. Apply sunscreen

UV rays can easily pass through clouds and can affect our skin even in monsoon season. Use gel-based or non-comedogenic sunscreens with the necessary SPF to provide extra protection to your skin. Use sunscreen that contains a minimum SPF of 30.

#### 6. Use a clay mask for your weekly skincare routine

Using a clay mask once a week will draw out excess sebum and impurities from skin pores. Use a face mask infused with antibacterial ingredients like green tea, aloe vera, etc. As this antibacterial ingredient helps in treating or preventing acne and other similar bacterial skin infections, which are high in monsoon season.

#### 7. Minimize makeup

Wearing minimal makeup during monsoons is another essential aspect of a monsoon skincare regime. Heavy

makeup may block your skin pores. Accordingly, you can use CC creams to even out your complexion and make your skin flawless without making your face look heavy on the makeup. Minimizing makeup lets your facial skin breathe.

Besides, avoid using lipsticks. You may use tinted lip balms instead to nourish your lips and make them look naturally attractive.

#### 8. Avoid getting drenched in the rain

You might hate us for this. But if you care for your skin, avoid getting drenched in the rain. Wetness can result in more sweat and humidity leading to breakouts, itchiness, fungal infections, or white patches. So, getting drenched in the rain may seem fun. However, it could refer to developing even more skin problems.

#### 9. Anti-fungal precautions

Humidity promotes the growth of fungal infections such as ringworm and athlete's foot. Keep your skin dry and clean to avoid these infections, especially in sweaty regions like the underarms, groin, and between the toes. Wear loose, breathable clothing made of natural fabrics such as cotton, and change damp clothes on a frequent basis.

#### 10. Stay hydrated

Drinking plenty of water is important for maintaining healthy skin all year, but it is

especially vital during the monsoon. Drink at least 8–10 glasses of water every day to help you stay hydrated. This aids in the removal of pollutants, keeps your skin nourished from within, and provides a healthy glow.

#### 11. Healthy diet

A well-balanced diet with fruits and vegetables is not only good for your general health but can also help your skin. Include seasonal fruits and vegetables that are high in antioxidants, vitamins, and minerals to nurture your skin and protect it from environmental damage.

#### 12. Safekeeping when sleeping

Take advantage of your beauty sleep by using a night cream or sleeping mask that deeply hydrates and repairs your skin. Go for ingredients like Niacinamide or Ceramides that strengthen the skin barrier and prevent water loss.

#### 13. Add vitamin C

Include a Vitamin C serum or face wash as a part of your monsoon skincare routine. Vitamin C helps to brighten and even out skin tone, protects against environmental damage and boosts collagen production. It also helps to combat dullness and pigmentation caused by humid weather.



## Myths & facts to know during monsoon

**Myth no. 1:** You should drink more water only during summer not during monsoon

**Fact:** Drinking 2-3 litres of water daily keeps the kidneys, intestines, and liver healthy, promotes the formation of collagen in the skin, and keeps the skin hydrated and moisturised, all of which have been shown to help promote healthy skin.

**Myth no. 2:** You should not use moisturiser in monsoon

**Fact:** Pollution, UV radiation, and excessive cleansing can damage the skin's moisture barrier during monsoon, resulting in dehydration and a subsequent increase in sebum production in the skin. Secondly, a damaged skin barrier and dry skin can

exacerbate microtears, which can lead to skin pigmentation. Hence, it is extremely important to apply skin moisturiser during this season.

**Myth no. 3:** Oily fried food is good for you

**Fact:** Oily fried foods such as French fries, potato chips, deep fried items increase oil production in skin, which further aggravates acne. Hence, one should avoid such foods.

**Myth no. 4:** Over-cleansing is good for skin

**Fact:** The skin loses its natural oils & becomes dry when it is washed too frequently. To compensate for the dryness, the skin will produce excessive oil, worsening the problem. One

should restrict frequent daily washings.

**Myth no. 5:** Applying lots of powder to reduce oiliness

**Fact:** During the summer, powder can absorb a significant amount of oil, but this practice is ineffective during the monsoon. Excessive powder may cause sweat patches on the face.





## Reasons why not to **skip sunscreen** in **monsoon**

**C**loudy skies hovering over us do not work as a filter and will not block the UV radiation from reaching the earth's surface and may even enhance the effect of damage they cause to our skin. Apply sunscreen even during monsoon to protect your skin from sun damage.

Sunscreen is a must all year round, no matter what the season is. Even if it is winter or heavy rains. Do not skip sunscreen. It should be religiously applied daily because sun damage has nothing to do with the weather outside. It can even harm your skin on very cold days.

Heavy rains will not protect your skin from sun damage. UV radiations can pass through water too. Your skin will get burnt and tanned even in rain. Protect your skin by applying sunscreen if you want to enjoy the rain outside.





# 5 tips to find right sunscreen for monsoon

It can be cumbersome to pick the right sunscreen for the rainy season out of all the options available in the market. Well, we are here to ease your trouble. Read below and get the sunscreen that has

## 1. Water resistant properties

If it's raining, everything needs to be waterproof! And yes, there are sunscreens out there that have water resistant properties. This kind of formulation does not promote moisture loss from the skin and surprisingly, does not wear off quickly!

## 2. Gel based texture

The stickiness of the rainy season is enough to deal with! Majority of the sunscreens give that stickiness and exaggerate greasiness in the damp and humid weather.

Therefore, go for the sunscreens that offer gel based texture. It gives you a smooth and velvety finish.

## 3. Label saying "non - comedogenic"

Comedogenic ingredients are the ones that clog pores and subsequently lead to blackheads, whiteheads, and acne.

So look for the product bottles labeled as "non comedogenic". This label signifies that there are no ingredients that can block the pores and keep the skin pores breathable.

## 4. Broad spectrum protection

UVA and UVB rays come from the sun. And both are harmful in their own ways. Consequently, you need sunscreens that protect you from both types of rays. So, look for the ones delivering 'broad spectrum protection'. Broad Spectrum Protection or Sun Protection Formula (SPF) shields your skin against UVA and UVB rays. The higher the SPF, the more the protection. It is recommended to use SPF 30 or higher to defend your skin's health against skin.

## 5. PA ratings

We now know that UVA rays are specifically more harmful to the skin. And to counter that, there is this thing in the sunscreen formulation called PA rating. PA ratings signify the protection level against UVA rays, particularly. The more plusses are there against the PA rating, the more defensive the sunscreen will be.

Here's the break down for you

PA+ = Some UVA protection.

PA++ = Moderate UVA protection.

PA+++ = High UVA protection.

PA++++ = Extremely High UVA protection.

Now you know why wearing sunscreen is crucial even on the days it is cloudy or raining. Besides this fact, it is also important to look out for the sunscreens according to your skin type. For instance, if you have oily/acne prone skin, look for the sunscreens that are Oxybenzone free and are non-comedogenic in nature.





# Diet for healthy skin in monsoon

As the monsoon clouds roll in, so do the cravings for hot chai and delectable snacks. While enjoying the cozy ambiance, it's crucial to pay attention to our skin's needs during this season. The humid weather and occasional downpours can take a toll on our skin, leading to breakouts, dullness, and dryness. The good news is that we can combat these skin issues by making mindful choices about what we eat.

## 1. Eat seasonal fruits

Monsoon comes loaded with a bevy of seasonal fruits that may do wonder for your skin - all thanks to their high antioxidant content. Antioxidants prevent free radical activity. Excessive

free radical activity makes your skin dull and wrinkly. Some of the vitamin C rich fruits you may include in your monsoon diet are litchis, pears, jamun and peaches.

## 2. Avoid oily street food

We understand it is difficult to tame your cravings in this nippy weather, but binge on pakodas and samosa every day may make your skin saggy and deprive it of its sheen. You should ideally monitor your street food intake during monsoon, as the food sitting outside is at a greater chance of getting contaminated. It is a good idea to keep a safe distance from oily and fried food for sake of your skin too.

## 3. Stay hydrated


Skin cells are mainly constituted by water, if they are dehydrated your skin looked parched and dry. To make sure your skin looks plump and radiant at all times, keep sipping into your glass from time to time. If the plain taste of water bores you, you can keep yourself hydrated by drinking fresh home-made juice, green tea and soups too.

## 4. Have lots of healthy seeds

Yes, you heard us! Do not toss away the seeds as they are a treasure trove of nutrients. Sunflower seeds and pumpkin seeds are replete with vitamin E that may help your skin become younger, taut and radiant.

## 5. Avoid Sugar

Try to cut back on sugar too. When you eat sugar, the rush of glucose triggers a process called glycation. In this process, the sugar molecules bind in such a way that they make your skin age faster and look wrinkly with time.

A close-up photograph of a man and a woman in the rain. The woman, in the background, wears a yellow raincoat and has her mouth open in a joyful laugh. The man, in the foreground, wears a blue raincoat and smiles warmly. Raindrops are visible as white streaks falling around them.

# Monsoon humidity & skin problems

- Excess humidity during the monsoon has a deleterious impact on the skin. Increased humidity during the monsoon season triggers the skin to produce more sebum, giving it an oily appearance that serves as a habitat for bacteria
- Dust, dirt, and sweat that stay to the greasy face clog skin pores and cause acne breakouts
- Humidity promotes bacterial infections and can lead to sweat gland disorders, acne, infections, rashes, and contact dermatitis
- Excessive humidity can be significantly detrimental if person has combination, oily, or acne-prone skin



# Common **skin problems** in monsoon

From excessive sweating to irritating allergies and infections, rainwater can make affect your skin. Plus, the craving for and indulgence in fritters with hot chai does not help your skin either. If you want to turn around your dull and lifeless skin, look out for these common skin problems in the monsoon and tips to combat them.



## **1. Acne or pimples or blackheads**

Excessive sweating due the moisture in the atmosphere and overzealous scrubbing and cleaning of the skin can lead to acne, pimples and breakouts. The sweat and moisture make the skin a breeding ground for acne-causing bacteria. Ask your dermatologist for a product suitable to your skin type.



## **2. Eczema**

Also known as Khaaj, this condition causes dry, red and blistered skin that itches constantly. This is caused because of the weakened skin barrier. The sure shot way to fight it is to keep the skin moisturised with a lightweight formula and consult your doctor if you have too sensitive skin.



## **3. Athlete's foot**

This is a common Oxybenzone free and are non-comedogenic in nature. causing blisters, thick yellow patches on the feet and toenails. Cracks from in the feet and cause a lot of itch. It can even worsen and lead to bleeding. The easy way to prevent this is to keep the feet dry and use an anti-fungal foot powder.



## **4. Hyperpigmentation**

Many of us start believing that monsoon season does not need sunscreen. This is the biggest mistake to make. You need sunscreen in every season and not wearing it can cause pigmentation on the skin.



## **5. Folliculitis**

This is very common during the rainy season as the hair follicles become clogged and inflamed leading to tiny bumps on the surface of the skin. When ignored they can become pus-filled blisters. Keeping the skin pore clean is an easy way to avoid this condition.

# Foot care tips to keep your feet healthy and infection-free

Monsoons bring along an excess of humidity which causes sweaty feet resulting in infections and odour. That's precisely why foot care is of extreme importance this season. Here's a comprehensive guide to foot care that will ensure your feet are soft, clean and infection-free this monsoon!

## **Change your footwear habits**

Open footwear allows your feet to breathe as opposed to closed ones which can increase the chances of catching an infection, all thanks to the moisture getting trapped in the shoes because of the rains. However, if you have no option but to wear closed footwear, make sure you're using fungal powder to prevent any infections.

## **Wash your feet every time you come home**

Spending even a couple of minutes outdoors in the rain can expose the feet to infection-causing germs. The best way to avoid this is to wash your feet with an anti-bacterial soap thoroughly. Pat them dry immediately after without letting them be damp for a prolonged time.

## **Exfoliate your feet**

Incorporate exfoliation into your foot care routine. Since the skin on your feet is thicker than usual, you can opt for a physical exfoliant to get rid of any roughness, skin buildup along with grime. However, opt for exfoliating your feet only twice a week and follow it up with a moisturiser.

## **Moisturise your feet**

Use a deeply hydrating foot cream twice a day on dry feet to make sure the heels and edges aren't dry. Excessive dryness and cracked heels are breeding grounds for infections, especially if they're exposed to rainy waters.

## **Damp socks are a no-no**

Wearing damp socks puts your feet at risk of catching fungal infections. The trapped moisture and dampness also contribute to bad odour. But if your socks get wet leaving you no option, soak your feet in warm water and use anti-bacterial once you get back home.

## **Short nails**

Keeping your toenails groomed by cutting them to an optimal short length is a way of making sure that an unnecessary amount of dirt doesn't get accumulated in your toenails. Additionally, moisture causes toenails to become brittle so a regular trim keeps it under check.





# Monsoon skin allergies

Prone to allergies? Monsoon can be another challenge for you. The moist weather paves the way for allergens and fungal infections.

## Understanding allergies

Allergies in monsoon usually occur due to an increase in humidity and the allergens that are present in the air. Among the allergens, pollen, dust mites, fungi, and mold spores are the common ones. These allergens thrive in moist environments. When these allergens come in contact with the skin or scalp, they can lead to skin irritations and trigger allergic reactions.

## Symptoms

- 1. Redness and rashes-** Red and inflamed rashes can be seen on the skin if affected by the allergy. These can be patchy and can spread across the entire body. Scary though!
- 2. Itchy skin-** This is one of the most common symptoms of an allergy. The allergy causes intense itching of the skin. This can affect the legs, arms, face, and neck areas.
- 3. Hives-** At times you might have noticed raised and itchy welts can develop on the skin after catching an allergy. These are known as hives.

**4. Dry and flaky skin-** Monsoon does not mean it's just damp. Some individuals might experience dry and flaky skin due to the allergens. If they are suffering from an existing skin condition, the allergy might worsen it.

## Tips

With certain simple tips and precautions, you can avoid allergies and skin irritation. Let's take a look at some of the tips to manage and avoid them.

**Keep the skin dry -** Good hygiene is the key to avoiding allergies in monsoons. The damp weather can worsen the skin conditions and hence, you need to keep it dry. Pat your skin dry with a clean towel whenever it gets wet. Make sure not to rub the skin aggressively.

**Wear breathable clothing-** Wear lightweight clothing that is not too tight for your skin. This ensures ventilation and airflow and does not cause excessive sweating. This allows your skin to breathe and avoids any sort of irritation.

**Stay hydrated-** Drinking an adequate amount of water helps you stay hydrated, and to maintain healthy skin. Healthy skin is less prone to irritations and allergies. Water flushes out the toxins and moisturizes the skin from within.

**Avoid scratching-** A big temptation, but please avoid it. Scratching the irritated skin can lead to further infections and sometimes the infections can get severe.

**Use mild soaps and cleansers-** Harsh soaps and cleansers will strip your skin of essential oils and moisture, leaving it dry. This dry skin is easily prone to irritation. Use mild soaps and cleansers that are suitable for sensitive skin. Avoid using scrubs and exfoliants in monsoon as they can expose the skin and cause irritation.

**Moisturize regularly-** A good quality, gel-based, and non-comedogenic moisturizer is all you need to soothe the skin and lock in the moisture. Look for moisturizers with ingredients that have skin-soothing properties. Apply the moisture after taking a bath or whenever the skin gets dry.

**Ditch dampness-** Staying in wet clothes is a royal invitation for fungal infections. In case you get caught up in the rain or your clothes get wet for



any reason, change them! Get out of the wet clothes as soon as possible as the dampness and moisture can lead to a fungal infection. Doesn't hurt to carry an umbrella or a raincoat when going outdoors!

**Antifungal powders-** These powders work wonders for your skin. Dust the antifungal powder on areas that are more prone to sweating. These areas can include underarms and feet. The powder keeps the skin dry by absorbing the moisture and further prevents fungal infection.

Monsoon brings a fair share of allergies and irritations that can affect your hair and skin. With proper knowledge and care, they can be managed with ease. Keeping your skin clean and dry is the key. Every individual has a different skin type, so allergies and infections affect everyone differently. Make sure to visit a dermatologist in case you notice any allergy and fungal infection symptoms.







# TREATMENTS

Acne  
Melasma  
Stretch Marks  
Freckles  
Rosacea  
Urticaria  
Psoriasis  
Fungal  
Infection  
Keloid  
Alopecia  
Acreta  
Hyperhidrosis  
Hirsutism  
Nail Problems



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