

Spring Break Skin Problems, Solved!

From sunburns to rashes, these skincare products will prevent any issues you might encounter during your tropical vacation

By **Kelsey Castañon**

We're not trying to compare you to Count Dracula, but your first time in the sun after the cold winter hibernation can be a shock for your skin. Even just a few minutes of exposure can lead to overreactions—think unsightly sun bumps, breakouts, or sunburn. Luckily, you can fix any vacation skincare issue. Here's how.



Your first day at the beach after months of sunless days can leave you feeling the burn. Stay protected with sunscreens that contain SPF 30 or more and high levels of zinc oxide, like SkinCeuticals Sheer Physical UV Defense SPF 50, (\$34; skinceuticals.com). Zinc oxide also helps block UVA rays—the culprit of sun-induced skin irritations, says Elizabeth Tanzi, co-director of the Washington Institute of Dermatologic Laser Surgery in Washington, DC. Spots to pay special attention to: your nose, ears, and forehead, says Paul Jarrod Frank, cosmetic dermatologist and founder of [5th Avenue Dermatology Surgery and Laser Center in NYC](#). “These areas are more prone to burning because they are the least protected from the sun,” he says.



Those tiny, pesky bumps that commonly crop up on your chest and the back of your arms or legs are actually a “condition called polymorphous—a light eruption or pimple—and usually pop up after the first few exposures of spring and summer,” says Frank. The solution to keeping bumps at bay: Dermadoctor KP Duty Dermatologist Body Scrub (\$44; [sephora.com](https://www.sephora.com)). This gentle exfoliator sloughs away skin cells while green tea and willow bark ease inflammation.



Since your skin will get its moisture from the hot and humid air, Frank suggests swapping your creamy moisturizer for a gel formula like Neutrogena Hydro Boost Water Gel (\$18; [drugstores](https://www.drugstores.com)). Heavier creams may feel heavy sitting on top of your skin’s natural oils, making you look greasy. On the flip side, if you’re traveling somewhere hot and *dry*, you may not need to switch your moisturizer at all; just be sure to drink lots of water to stay hydrated, he says.