



Science-driven Aesthetic Care

PARINAMA

The Tamira Journal



SUMMER SKIN PROTECTION & REPAIR

EDITION

Protect your skin from
sun damage, pigmentation,
dehydration and dullness
this summer.



SCIENCE



EXPERTISE



PERSONALIZED CARE



RESULTS

EDITOR'S NOTE

Dear Readers,

Summer is a beautiful season, but it can also stress the skin in many ways. Beyond acne, heat, sweat, UV exposure and dehydration can trigger tanning, pigmentation, dullness and skin barrier damage.

At Tamira Life, we believe prevention is more powerful than correction. With the right skincare, hydration, sun protection and medical guidance, summer skin concerns can be managed safely and effectively.

- Dr. Jayanthi Ravindran,

Founder & Managing Director,
Tamira Life



HOW SUMMER AFFECTS YOUR SKIN



UV Exposure

Triggers tanning, pigmentation and sun spots.



Heat + Sweat

Can clog pores and irritate the skin.



Dehydration

Leads to dullness and rough texture.



Pollution + Build-up

May cause congestion and breakouts.



Barrier Damage

Can cause redness, sensitivity and irritation.



Your skin needs *protection, hydration* and *repair* during summer.



WHY PIGMENTATION INCREASES IN SUMMER



Melasma may worsen –
Heat and sunlight can deepen existing patches.



Dark spots become more visible –
Sun exposure can intensify post-acne marks.



Acne marks may darken –
Especially if sunscreen is skipped.



Tanning is a response to UV damage –
It is a sign of skin stress.



Cloudy days still need sunscreen –
UV rays affect skin even when the sun feels less harsh.



**Pigmentation treatment
starts with **strict sun protection.****

ARE YOU USING SUNSCREEN CORRECTLY?



1. Not applying enough –
Use a generous amount
for full protection.



2. Skipping sunscreen indoors –
UV exposure can still affect
skin near windows.



3. Not reapplying –
Reapply every 2–3 hours
when outdoors.



4. Forgetting neck, ears and hands –
These areas are often
exposed too.



5. Depending only on SPF makeup –
Makeup SPF is not enough
on its own.



6. Not cleansing properly at night –
Remove sunscreen build-up
gently.



The best pigmentation treatment
will not work well without proper sunscreen use.


**DAILY
SUMMER SKINCARE
ROUTINE**



MORNING



Gentle Cleanser –
Removes sweat, oil
and impurities.



**Vitamin C /
Niacinamide –**
Supports glow
and helps manage
oil and pigmentation.



Light Moisturizer –
Hydrates without
heaviness.



Sunscreen SPF 50 –
Use broad-spectrum
sun protection
every day.



NIGHT



Cleanser –
Removes sunscreen,
sweat and pollution.



**Repair Serum /
Active –**
Use doctor-advised
actives based on
your concern.



Moisturizer –
Supports the
skin barrier
overnight.



Routine should be customized based on your skin type and concern.

HYDRATED SKIN IS HEALTHY SKIN



Drink enough water –
Hydration supports healthy skin from within.



Choose water-rich foods –
Watermelon, cucumber, citrus and berries are great choices.



Avoid over-cleansing –
Too much washing can worsen dryness.



Use a lightweight moisturizer –
Oily skin can still be dehydrated.



Repair the skin barrier –
Be gentle before using strong treatments.



Do not mix too many actives –
Keep your routine balanced.



Oily skin can also be dehydrated.

SUMMER SKIN SOLUTIONS

AT TAMIRA



Medi Facials

Deep cleansing, hydration and glow.



Chemical Peels

For tan, acne marks and dullness.



Laser Treatments

Supports pigmentation care and rejuvenation.



Skin Boosters

Improves hydration and skin quality.



Medical-grade Skincare Plans

Doctor-prescribed routines for safe results.



Pigmentation Evaluation

Personalized assessment for melasma, tanning and dark spots.



Every treatment plan begins with **skin analysis.**

SUMMER SKIN DO'S & DON'TS



DO



Apply sunscreen daily



Reapply sunscreen



Cleanse after sweating



Keep skin hydrated



Use non-comedogenic products



Consult a dermatologist for pigmentation or acne marks



DON'T



Try DIY bleaching



Use harsh scrubs



Skip sunscreen after peels



Pick acne



Use random pigmentation creams



Ignore sudden dark patches



*Safe summer skin care is about protection, not **over-treatment**.*



BOOK YOUR SUMMER SKIN CONSULTATION



Concerned about tanning,
pigmentation, dull skin,
acne marks or sun damage?

Let our experts guide you with
a personalized summer skin
protection and repair plan.



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 *Protect today. Repair safely. Glow confidently.*