

314 - Put On Your Summer Face

Hi there! You're listening to The Lazy Genius Podcast! I'm Kendra Adachi, and I'm here to help you be a genius about the things that matter and lazy about the things that don't. Today is episode 314 - put on your summer face. We are entering summer, at least in the northern hemisphere, and it might be worth thinking about the sun and your face. This episode is part skincare, part makeup, part pep talk. You might want some practical thoughts on how to care for your skin or transition from one season to another, and you also might want some words about some of the low-key issues that are always quietly hanging around in the summer months. Our skin is usually more on display in warmer months, and that can make some of us feel some things that we don't particularly enjoy feeling. We'll Lazy Genius all of those things.

We're going to break this episode down into three parts: protection, care, and fun. Those are the three words that keep coming up as I think this episode through, so they will be our anchors. Protection will be the biggest one, but the other two matter, too.

Let's start with protection. This is an easy one but also the most robust practically and personally. We'll do practical first.

One of the things we need to protect our summer faces from is the actual sun. The sun is great in smaller doses; it is not great in large ones without proper protection. Every skincare expert that is worth listening to agrees that the single most important thing you can do for your skin is to wear sunscreen every single day. That's every day in every day season even if you're not going outside. If you are near a window, the sun will impact and possibly even damage your skin. And for the record, this is true of all skin tones. Black and Brown faces can get sunburned and experience damage from the sun's rays as easily as lighter, whiter faces, so just because you have darker skin or any melanin level doesn't mean you can ignore this.

There are a couple of significant types of harm from the sun that are worth paying attention to. First, skin cancer. Prolonged exposure to the sun without protection, especially on our sweet tender face skin, can cause skin cancer. We all know this, but we can't talk about our summer faces without acknowledging that very obvious thing.

Wearing sunscreen everyday, no matter the season, is so important in protecting your skin from cancer. Can you prevent everything? Nope. But sunscreen sure does help. And be sure to get a broad spectrum sunscreen. That means it protects against both UVA and UVB rays, not just one. Most sunscreens are broad spectrum at this point, but that wasn't always the case. Double check. So that's the most straightforward thing we want to protect ourselves from: skin cancer.

The other way the sun impacts our skin is causing and speeding up various signs of aging skin. Now, how we age, what we prioritize, and how we feel about our aging skin is super personal. You are allowed to *not* care about your fine lines and skin texture and discoloration and all kinds of things that naturally happen to our skin over time and because of the sun. You don't have to care about it. It is not a requirement. Wearing sunscreen is great for helping protect against skin

cancer, and you can enjoy it for that without caring that it might impact how your skin ages. And, no one is surprised by this, you can also totally care about your aging skin. You can get injections and spend a lot of money on serums and work really hard to keep your skin looking as stereotypically youthful as you want. Both are valid responses to aging skin.

However, something I notice quite often in this arena is the lazy vs. genius energy. Not Lazy Genius energy. Lazy vs. genius. Lazy or genius. There's a wide gap in aging or anti-aging conversations, even amongst real life friends where you're either this or you're that with no middle ground. A lot of "all or nothing" energy in the skincare game. So this is your first little pep talk of the episode: you are allowed to care about the condition of your skin, especially your face, and you don't have to be all or nothing about it. You're not vain for putting stuff on your face that helps slow down the aging process. You're not emotionally better or more confident than other people because you mostly just use soap. Most of us care about something regarding our face at least a little bit, and that's normal and fine. So whether you are more extreme on either side or you're somewhere in the middle like most of us are, be there without shame and without shaming others wherever they are. We're all just doing what matters to us. No one is better or worse than anyone else for how they choose to care for their skin.

Now in full transparency, this isn't always easy. When something matters to us, it's easy to not understand someone else who chooses a priority that's pretty different. It's easy to feel sad or angry or frustrated with that person. I find myself sometimes doing that with younger celebrities who get various kinds of plastic surgeries or injections when they're really young. I can get really sad for them and also quite annoyed that they're making this kind of decision when, to me, there's no reason. But that's not for me to say, is it? That's not for you to say either. Yes, there are extreme cases of everything, and I'm not condoning giving a ten year old lip implants. But for the most part, our resistance to various aspects of skincare as it relates to aging is based on simply having a different set of priorities than someone else. Neither person is right or wrong. It's right or wrong or preferred or not preferred for *you*. So all that to say, care about what you want to care about when it comes to your skin, and if you want to protect your face from some of those signs of aging, even a little bit, do it. We can all let each other make our own choices without judgment.

So back to protection. Other than staying out of the sun and wearing hats and stuff, sunscreen is your ride or die. Your reasons could be skin health, aging prevention, or both. But I do think that everyone needs to wear sunscreen on their face. I'm not going to boss you, but I will come close. It's a safe choice, especially in the summer, for you to protect your skin.

And for those of you who are spending money on serums and moisturizers and whatever else to tend to your skin and you're *not* using sunscreen every day on your face, you're wasting money and effort. I promise you with my whole heart. It's like painting over a peeling wallpapered wall without stripping the paper off first. The serums and skincare is almost pointless without sunscreen because the sun is the cause of 90% of visible skin changes over your lifetime. And that's according to the EPA. That's actual data. So sunscreen is a very important and a solid

Lazy Genius approach to skincare. If you wear sunscreen every day and do nothing else but wash your face, you're doing a lot to protect your skin from a multitude of things.

We'll be right back...

Real quick because you'll probably ask, my favorite facial sunscreen is EltaMD. I use the regular sunscreen, not the tinted version. I wear it every day under my makeup and love it so much. It goes in easily, it's a great texture, it doesn't smell, it's highly recommended by a ton of experts for good reason... it's a truly excellent product. If you have drier skin, I had a good experience with Black Girl Sunscreen. It's also highly recommended and works really similarly to EltaMD. I prefer EltaMD though because my skin is not terribly dry. Black Girl Sunscreen was a little thicker and richer which my skin doesn't need as much. But if you have drier skin, that would be a great product to try.

And then for reapplication of sunscreen throughout the day which you need to do, I love Unseen Sunscreen by Supergoop. It's a little more like the texture of a primer in that it has some slip to it. But that's what makes it great to put on over makeup. It doesn't need to blend into the skin. It goes on top, and it doesn't mess up your makeup if you're wearing makeup. And for the record, Supergoop is not connected to Goop, Gwyneth Paltrow's lifestyle company. Different companies. That might matter to somebody, so there you go.

Okay, so takeaway number one: wear sunscreen. Takeaway 1ish: age the way you'd like to age, and - to borrow Erin Moon's phrase - don't romp on someone else's dingdong if they choose a different approach or priority than you do.

Okay, before we move on to care, there is something else I want you to protect yourself and your summer face from, and that is comparison and judgment and pressure and weirdness about how you look. You knew it was coming, and we need to talk about it.

We live in a culture that values outward beauty but based on very particular standards of what beauty means. It's quite the tiny needle to thread, and because it's so hard to meet those standards and their existence is so pervasive, judgment and comparison are in the water. They just are. And as we all know, summer is a time where that water is in the forefront way more than in other seasons. It's the shorts. It's the swimsuits. It's the sweaty faces and not wanting to deal with makeup and then looking in the Target checkout video monitor or in the pool bathroom mirror and thinking you look like a cave troll. We can be pretty hard on ourselves and how our faces and bodies look - *look* - in the summertime, so I also want to encourage protection against that. Because while how you look might matter to you, it cannot matter the most. I know I just said that everyone can make their own choices, and you can. But if you are prioritizing the way your body looks on the outside to other people's eyeballs, I want to strongly encourage a reconsideration. The older you get, the less control you have over your body, and the energy required to keep your body looking a certain way takes so much energy and time away from things that can benefit your life in equal and, I'd argue, in far greater measure.

But it's easy to let how our bodies and our faces look drive the car. The messages are all around us. They've been taught to so many of us since we were little. Your sources for this kind of potentially harmful input are both internal and external. Internally, you might just be talking unkindly about yourself. I'd like you to not do that. The way you look is not the whole story. And regardless of how we do look, we want to pursue kindness in how we respond to ourselves no matter what we see. Let me say that again. We want to pursue kindness in how we respond to ourselves no matter what we see.

Kindness and self-compassion are key here. They are key sources of protection, of keeping those harmful words that we might aim at ourselves out of our thinking. We see them coming. We hear ourselves say when we look in that pool mirror, "wow you look like trash," and we can choose in that moment to not let that thought penetrate and do damage. We can immediately say, "no I don't look like trash I look fine I'm at the pool." Or we can say "I kinda do look like trash, but I don't have to not look like trash it's okay!" Protect yourself from yourself when you feel those kinds of words showing up. The way you look, the way your face looks, it is not your whole story. It's not the comprehensive measurement of who you are. At all. Right? So protect yourself from those internal inputs of judgment and comparison by not letting them land. Don't let them take root. Respond kindly and move on.

Now, there are also external inputs we need protection from. There are a lot of these, and we're all impacted differently by them. There are unrealistic beauty standards displayed in magazines and commercials and Instagram photos and all kinds of places. There are friends or acquaintances who are focused pretty heavily on how they look and assume everyone should have the same kind of focus. I think protection from these external inputs might look like removal of those inputs, or at the very least limiting them.

For example - and this is not a summer face example per se - but I don't buy swimsuits from websites that only have size 2 models. I just don't. For one, I know that I'll probably have less success at finding something that fits me when all the models look one way, but it also is not good for my personal processing to see one kind of body in swimsuits, especially one that is not mine, as I'm shopping. So that's kind of a personal protection rule. If I'm scrolling to shop and I see just one kind of body, I move on to a different store. There are swimsuits other places that will probably fit me better but also offer better protection for my own mind and heart.

While this kind of protection is less about your face and the skin on it, it is about your face and how you are in a room, in an environment. Your face is a huge part of how you're showing up, and if you feel insecure or you're wrestling through these judgmental inputs, we're going to see it on your face. You're going to have to work harder to hide that struggle on your face. So tending to yourself, paying attention to those harmful inputs, and eliminating those will impact your face. You will show up more as yourself when you believe true things and keep untrue messages from taking root. So protect your summer face with sunscreen, and protect summer self with kindness.

Next, let's move on to care. How can you care for your summer face?

Have you noticed any changes in your skin as the weather has shifted? It's likely that the products you use in the colder months don't work quite the same in the summer. They might, but they also might not.

For example, you still want your skin to be hydrating since the sun can dry us out just like the cold can, but maybe that heavier moisturizer just feels oily now that your skin is adjusting to the warmth outside. So think about the steps of your skincare, whatever and however many those are, and consider if there's a product that would be better to put on pause for a bit and get a more suitable substitute for this season. For me, I don't use facial mists during the winter at all. There's no need because my skin is already a bit on the oily side and stays pretty well hydrated, and I use a richer nighttime moisturizer that has a pretty long hangtime throughout the day.

But during the summer, especially after I've been out in the sun at the pool or whatever, I love a hydrating mist. My favorite right now is the Watermelon Glow Ultrafine Mist from the brand Glow Recipe. It has hyaluronic acid which is great for hydration, it smells good, it dries quickly but isn't tacky, and it leaves my face feeling like it just got a quick little glow-up. I use that when the weather gets warmer but only then. It's cooling and hydrating, and also I don't use it in the winter.

Another switch I make in the summer is a lighter formula night moisturizer. During the colder months, I use a combination of May Lindstrom's Blue Cocoon which is super expensive and I make it last an actual eternity by mixing it with a pump of another brand's peptide moisturizer that isn't on the market anymore. But that combination is a rich formula on any day but tends to be too heavy when used every night in the warmer months. So I'll usually use Farmacy's Daily Greens moisturizer as my nighttime moisturizer five nights a week in the summer and use the other the other two days to balance it out a little.

Another place you might want to transition care for your skin in the summer is with your makeup. Maybe you switch to a lighter foundation or use a tinted sunscreen and then use a powder if your skin gets really oily. Maybe you don't really wear a foundation at all because you don't like the heaviness of it when you're out on a hotter day. There are lots of directions you can take this, but this is your permission to just consider how you want to care for your skin and wear makeup as the season changes.

This is a great place to ask what matters to you about your summer face. A lot of things could matter, and likely what has mattered to you before doesn't matter so much now.

For me, what matters most about my summer face is that I'm protecting it from the sun because I am pale and burn so easily and that I pursue kindness towards myself no matter what I'm looking like. I was going to say instead that what matters is feeling like myself, but there are times in that pool mirror where I'm like WHOA WHAT IS HAPPENING and I start to focus more on how to fix my face than on kindness about my face. I'd rather be kind about my face than

focus on making it look like me again. So that's why kindness matters more to me. You can choose whatever you want to matter to you.

The ways that I prioritize those two things - sun protection and kindness - is to wear sunscreen every day no matter what I'm doing. That's my decide once, everyone's favorite Lazy Genius principle. Sunscreen is always part of my skincare routine. Nonnegotiable. Another way I prioritize those things is to bring sunscreen with me everywhere so I can use the best product at any given time. Sunscreen is in my purse and in my pool bag. That's using the Lazy Genius principle of Put Everything In Its Place. Sunscreen is always in place so I can use it often. And the kindness part is really supported by simply choosing kindness. Be Kind to Yourself is a necessary Lazy Genius principle, and I use it a lot in that pool mirror when my face is splotchy and the light summer makeup I applied three hours earlier has all but disappeared. And that's okay. Kindness is more important to me than careful makeup application.

So we've talked about protection. How will you protect your summer face and your summer self from the elements, both physical and personal? And how will you care for your summer face based on the season and what matters to you?

Now, let's finish up with fun.

We'll be right back...

This one will be quick, but your summer face can have a lot of fun. You can do surface things like wear bright pink lipstick and get eyeshadow with sparkles in it. You don't have to do that every day, but have fun with how you're presenting your summer face, whatever that looks like for you.

Have fun exploring the makeup aisle at Target or different skincare aisles at Sephora. Instead of seeing it as a chore or as something you don't understand or as an overwhelming thing with too many choices, try and choose fun in that experience. Sephora, for example, has a great staff and a great return policy. So ask the people who work there for help. You can ask "I don't wear a lot of makeup, but I really want a fun, easy lipstick for the summer. Can you help me find one?" They will. And if it doesn't work, you can return it. Even used. Again, Sephora has an excellent return policy.

But you can also have fun with friends of yours. Go shopping together. Try different colors that you each already own. Use Q-tips to try other people's products if you're nervous about germs. Whatever you do, the point is to have fun with it. Don't see it as something you shouldn't be allowed to do because of your age or your limited use of makeup in the first place or your nerves that you'll pick the wrong color. That's not worth *not* having fun.

I remember a couple of years ago, I went to Sephora and got two colors of I think it was a Fenti lipstick. I don't remember. But I chose both colors in a rush without trying them on based on recommendations of other people. Now, the important thing to note here is that the other people

do not have the same skin tone that I do. Sometimes colors transcend skin tone, and sometimes they don't. Well, I didn't wait around to find out. I grabbed both, got in the car, picked the one I thought was the most neutral, put it on in the rearview mirror, thought it was cute in the darkened car, and drove to this event. I hung out, talked to people, a couple of people commented on my lipstick and how it was fun and bright and whatever, and then an hour or so later when I went into the bathroom and happened to look in the mirror? I was stunned. Stunned because the lipstick I had quickly chosen and applied was to me so garish and bright and crazy that I was immediately embarrassed. How on earth was I wearing that super bright color in a public place. The nerve. But then I stopped and was kind to myself and thought, "You know? This is a fun color. And just because it's not the color I thought I was wearing or the color I choose on most days, it's still fun. And I'm okay." And then I went back into the room. That kind of experience is very possible, especially with more and more practice at kindness towards yourself.

It's okay to have fun with your summer face. It's okay to experiment with bright colors. It's okay to get it wrong in your own head. I'd rather you try a color and realize it's not for you than not try a color at all, *if* that kind of thing matters to you. I don't want you to skip a fun summer face out of fear. If you don't care, that's different. If you do care but you're afraid? Wear the lipstick.

And finally, you can have a fun summer face simply in the way you show up. Now, you don't have to go against how you're wired. You don't have to force yourself to be the life of the party when you're naturally more observant and quiet. That's not what I mean. But you can be open. You can exist in a grounded way where you stop thinking about yourself so much. You are who you are in whatever room or pool or office or beach you find yourself in, and you can have fun wherever you are, whatever fun means to you. I think we have more fun when we let go of our insecurities and our obsession with what people are thinking of us or even what we're thinking of us. Let it go. Be lazy about people's attention and opinions of you. Just have fun. You don't have to do belly flops off the diving board. Just exist and be you and think of others and be present in the fun that's happening around you. Put on your summer face and have fun.

This episode is wide reaching in its practical stuff and its philosophical stuff, but I hope you are walking away with at least one practical tip and one encouragement as you go into the summer. Protect yourself from the sun and also messages that don't serve you. Care for your skin in this season, and care for your soul as you exist in spaces that are maybe harder to navigate in the summer. And have fun with makeup and with your presence wherever you are.

And that is how to put on your summer face.

Before we go, let's celebrate the Lazy Genius of the Week! This week it's Marissa Tenney who has a tip that has nothing to do with one's summer face, but it's still a great small step that might make your kitchen feel more at ease. Marissa writes this: "Our trash day is Thursday, so Wednesday is Fridge Day. I don't fully clean every shelf in my fridge, but I do go through things, pull out stuff that is expired, old, or not going to get eaten. I put that stuff in the trash, and I take the bin to the street. This way, nothing goes to die in the back of the fridge, *and* I remember to

put the trash bin out!" Marissa, this is great, and I'm going to yes and this idea. This could be a really fantastic way to approach your grocery shopping, particularly in the summer when there might be a lot more produce around. Having a Fridge Day the day before trash day is great to get those old things out, but it can also give you an automatic dinner choice on Wednesday which is whatever needs to come out of the fridge. You can be creative. And then you can do grocery shopping on Thursday or Friday, close to when you've already cleaned out the fridge. That's one of the approaches I take in the area of prep, which is explained in detail in my book *The Lazy Genius Kitchen*, but prep is keeping all the things in your kitchen in a flow. Noticing what tasks and chores and choices are loosely connected like trash day and cleaning out the fridge and then putting food back in the fridge from a new grocery run is so great in keeping things in a flow. Just notice what's loosely connected and keep connecting it. This is a great example of that, so thanks for sharing, Marissa, and congratulations on being the Lazy Genius fo the Week.

That's all for today, y'all. Thanks for listening, and until next time, be a genius about the things that matter and lazy about the things that don't. I'm Kendra, and I'll see you next week.