



Women's Health

Fight Dry Summer Skin And Hair With These Affordable Beauty Products

They're all under \$20!

By Rebecca Norris | July 2, 2019



1 EVERYDAY SUNSCREEN

NEUTROGENA HYDRO BOOST GEL MOISTURIZING SUNSCREEN LOTION





You've heard it a million times, but we'll say it again: You should be wearing sunblock every single day—especially on your face.

According to California-based dermatologist and beauty expert **Anna Guanche**, MD, this particular sunscreen is ideal for everyday use under makeup. It's made with dimethicone and hyaluronic acid (an ingredient that hydrates like crazy and plumps fine lines), which helps make this gel SPF feel more like a moisturizer or primer.

2 SHAMPOO FOR CURLY HAIR COCONUT & HIBISCUS CURL & SHINE SHAMPOO



If your curls are feeling the effects of your sunny summer adventures, it's time to hop in the shower with a bottle of this hydrating shampoo. It's made with shea butter and coconut oil, which Dr. Guanche says will help hydrate and nourish the hair from the outside in. "Plus, the sulfate-free formulation helps to maintain color-treated hair color," she adds.

3 FULL-BODY LOTION EUCERIN ADVANCED REPAIR BODY LOTION



When your skin feels parched from days spent outdoors, your first move is probably to take a shower. But it's what you do *after* that shower that makes the most difference. That's because moisturizing your skin while it's still damp helps lock in hydration.

This lotion is formulated with hydrating shea butter, but Dr. Guanche says the real standout ingredient is lactic acid. "Lactic acid, which is an alpha hydroxy acid, helps to soften and remove dead skin, making it appear smoother and more hydrated," Dr. Guanche explains.

4 DEEP CONDITIONER

AUSSIE MIRACLE MOIST 3 MINUTE MIRACLE CONDITIONER W/ AVOCADO FOR DRY HAIR REPAIR





If you have a few extra minutes to spare, skip your everyday conditioner and use this 3-minute deep conditioner instead. It's made with dimethicone and jojoba seed oil, both of which help moisturize the hair, according to Dr. Guanche.

5 SHAMPOO FOR ALL HAIR TYPES
MAUI MOISTURE HEAL & HYDRATE + SHEA BUTTER SHAMPOO



Curly, straight, fine, and thick hair can all benefit from this rich shampoo. “Aloe vera juice, coconut water, and shea butter combine to help moisturize dry hair in this formula,” Dr. Guanche explains. Another perk: It’s silicone- and paraben-free, which means it’s a great option for those with color-treated hair.

6 CLEANSER
AVEENO ULTRA-CALMING HYDRATING GEL CLEANSER



After a long day gallivanting about, it's absolutely essential that you take the time to wash your face. And, if your skin is feeling a little dry, it's best to reach for this nourishing gel cleanser as opposed to an often-drying foam rinse. It contains calming and nourishing ingredients (like oats) to cleanse the skin without over-drying or irritating it, Dr. Guanche says.

7 HAIR MASK

GARNIER FRUCTIS NOURISHING TREAT 1-MINUTE HAIR MASK



When you think of doing a hair mask, you probably assume it's going to be some big ordeal that takes *forever*. But that's not always the case. This 1-minute mask will nurture your summer-weathered strands fast.



“Shea butter, olive fruit oil, avocado oil, soybean oil, and rosemary leaf extract oil join together to moisturize and repair the hair in this mask,” Dr. Guanche explains.

8 SHEET MASK
SIMPLE WATER BOOST HYDRATING SHEET FACE MASK



With this best-selling face mask, Dr. Guanche says you can hydrate, plump, and tighten your skin. Made with hyaluronic acid, balancing bergamot oil, soothing rose extract, and invigorating caffeine, this formula will leave your skin looking fresh and dewy.

9 BEACH SUNSCREEN
CERAVE HYDRATING FACE SUNSCREEN SPF 50



In an attempt to protect marine life, many beaches prohibit chemical SPFs. “This hydrating formula includes two forms of physical blockers and doesn’t contain any chemical UVA/UVB protection,” Dr. Guanche says.

Another perk? It's super hydrating. “Dimethicone, glycerin, and ceramides [lipids that help form and strengthen the skin’s moisture barrier] help to make this sunscreen moisturizing,” Dr. Guanche points out.

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