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Why You Should Consider Ditching Your Moisturizer This Summer

The old saying "less is more" gets a whole new meaning come summer, when we find ourselves shedding layers, opting for more [minimal makeup](#), and embracing wash-and-go hair routines instead of living and dying by the blow-dryer. Why shouldn't the pared-down *au naturel* approach carry over to our skin-care routines, too?

Exchanging rich, creamy moisturizers for lightweight [serums](#) might just be your ticket to balanced summer skin. As dermatologist [Doris Day, MD](#), explains, skin tends to be better able to hydrate itself naturally in the summer than in the winter, so your heavy, occlusive moisturizers can be just that: *too* heavy. And a product that's too heavy can actually have an adverse reaction on skin, clogging pores and leaving your face feeling greasy and uncomfortable.

"Serums are an excellent option instead of a moisturizer for summer," says dermatologist [Vivian Bucay, MD](#). "They're lightweight and won't feel heavy on the skin during hot and humid weather." (Plus, you know what layers nicely over serums? [Sunscreen](#).)

So consider checking your heavy moisturizers into winter storage; your skin will thank you, especially if you tend to get oily or acne-prone when the weather's hot. Ahead, we asked the pros for their recommendations for the serums we should switch to this summer.

These little ampoules are perfect for traveling; plus, they're formulated with hydrating hyaluronic acid and a vitamin C-rich antioxidant blend that Dr. Bucay loves.

