

Beat the heat with a popsicle facial

July 2018 | Les Sorbet

“This popsicle gives you 40% marine collagen that’s like botox without the needles. It will help not only cool the skin, but make sure that serums are getting in.”



Popsicles aren't just for eating anymore. Dr. Arleen Lamba of Blush Skincare teaches us how to cool down our skin in these hot summer months with a popsicle facial.

Author: Samantha Cooper
 Published: 2:20 PM EDT July 2, 2018
 Updated: 5:06 PM EDT July 2, 2018

Who doesn't love slurping on a cool refreshing popsicle to beat the heat? But did you know you can put popsicles *on* your face as well? Dr. Arleen Lamba of Blush Skincare teaches us how to cool down our skin in these hot summer months with a popsicle meant to go on your face rather than in it.

We know all too well that the heat of the summer causes our skin to perspire, but it's the humidity in the air that locks in that sweat. If you don't cool the temperature of the skin, that sweat stays on and causes breakouts, dehydration, and inflames eczema. That's why Lamba suggests hydrating the skin throughout the day with a skincare popsicle.

[Shop Now](#)

