

Top tips for looking after your skin and hair before, and during, camping trips this summer

- Sanctuary Bathrooms share expert tips on how to keep yourself clean and fresh while camping, and best practices when preparing your skin and hair before going on a trip
- Tips include exfoliating the skin, how to prep and moisturise the skin and hair, and why not to experiment with new products before you go
- As the UK summer is in full swing, Brits are heading off to festivals and on camping trips with limited access to their usual skin and hair care

22nd July 2022 (Leeds, UK) - With summer heating up and festival season in full swing, Brits are packing up and enjoying camping breaks in the lovely weather. However, not every camping site or festival has access to shower facilities, and it can be difficult to feel clean while the sun is baking down and muddy wellies are abundant - #campingskincare has over 95,000 views on Tiktok¹.

Searches for 'how to stay clean while camping' are up 85% from last month², so with this in mind, [Sanctuary Bathrooms](#) have partnered with skincare experts to share top tips on how you should prepare yourself before camping, and how to stay clean whilst you're there.

How to prepare your skin, hair, and body before camping

1. Strip your skin of any impurities before you leave by exfoliating

It goes without saying that skincare is difficult in an outdoor setting, so it's important to prepare the skin and remove as much grime as you can before leaving. Sreedhar Krishna, Consultant Dermatologist at skindoc says: *"Once you're out camping, it will be much harder to maintain a robust skincare routine and grime can quickly accumulate, which can set off breakouts. Therefore, it makes sense to start your trip with a clean slate. Exfoliating just before you set off means that there are less impurities on your skin from the start."*

2. Prepare for harsh weather with a good moisturiser

Consider choosing an intense moisturiser for your face and body before you leave for camping. Sreedhar Krishna says: *"Weather is unpredictable, and can put your skin under*

pressure. Too hot, and your skin can get dried out, while cold conditions can also draw moisture from the skin. It's therefore important to ensure that your skin is well moisturised when you're outdoors. This helps support your skin's natural barrier and can help prevent irritation developing."

3. Remove buildup and grime in your hair before you go

Since you won't have access to running water for a few days, make the most of being able to thoroughly cleanse your scalp and hair before you go. Sreedhar Krishna says: *"Try and wash your hair as close to when you're leaving as possible - and don't put in any products. This will help you maintain fresh-looking hair for longer, as product will sit on the scalp and increase grease and buildup."* It is also a great idea to double shampoo the hair and apply a deep conditioning mask to the ends to fully moisturise the hair before the next few days of exposure to sun and wind.

4. Don't experiment with new products before you go

Although you may be tempted to try some new products out for your camping trip, consider the risk that they may not agree with your skin and hair. If you have a bad reaction while you're out there, not only will it be uncomfortable, but you won't have the means to treat the issue as you would at home. Sreedhar Krishna says: *"Every time you use a new product, there is a chance that it may not agree with your skin. This is especially true for those with sensitive skin or allergies. In the unfortunate event that you have a reaction, it will be a real downer while you're away - and much harder to manage while camping!"*

How to keep clean whilst you're camping

1. It is possible to maintain decent skincare

Although the quality of your skincare routine will be significantly reduced while camping, there are several ways to keep up cleanliness. Double cleansing is recommended for removing grime and buildup of sunscreen throughout the day, which can cause breakouts. Consultant Dermatologist Sreedhar Krishna says: *"If you can spare the space, micellar water can be used as a dual makeup remover and cleanser and doesn't require rinsing. While we don't routinely recommend wipes, space is often at a premium so wipes are a good bet for removing that final layer of grime before moisturising."*

Moisturising daily – ideally morning and night – is essential for protecting the skin against dryness. Apply moisturiser after double cleansing and follow up with sunscreen. Sreedhar Krishna continues: *"Sunscreen is vital. Intense sunshine, particularly between 12 and 2 pm,*

can cause rapid sunburn. Make sure you apply sunscreen at the start of the day and don't forget to reapply every few hours. Some people find it helpful to use a day moisturiser with sunscreen within it - SPF30 would be the minimum if you are going to be outdoors for much of the day."

2. How to remove dirt and sunscreen buildup, and stay smelling fresh

When consistently applying sunscreen, walking around in hot weather, and potentially trudging around muddy fields, it can be difficult to feel clean while camping. While there's no shower, wet wipes will be your best bet for removing layers of sweat, dirt, and sunscreen residue. Try to avoid heavily fragranced wet wipes, as these could irritate the skin if used often. To smell fresh and reduce body odour throughout the day, apply a long-lasting deodorant balm to areas where you sweat the most. Using deodorant balm, as opposed to spray, means your skin will remain soft throughout the day too.

3. Ridding the hair of grease and odour

It's inevitable that your hair will build up grease over a course of a few days outdoors especially if the weather is hot, but if you can't properly rinse and wash it out, dry shampoo is an excellent alternative. Aimee Piper, Skin Specialist at Vie Derma says: "Spraying dry shampoo into your hair when it's looking a little dull will absorb the oils that have built up, taking away that 'greasy' look. Most dry shampoos are scented too so they are great for making your hair appear and smell freshly washed."

4. Make the most of public toilets

Although carrying hand sanitiser is an excellent way to eliminate bacteria on the hands and reduce the risk of catching and spreading any germs and infections, it's actually not as effective as good old-fashioned soap and water if your hands are already dirty. "When you have access to running water, you are always best to wash with soap and warm water. This is much more effective at killing bugs on your skin and can also help clear your skin of impurities that sanitiser cannot. Depending on how comfortable you are with public toilets (and how much time you have!), you could also engage your normal skincare routines in the toilet - although you might have some angry folk behind you in the queue for the sink!"

It's also important to remember that hand sanitiser can be drying on the skin, as Sreedhar continues: "Sanitiser is helpful to prevent you picking up an infection while outdoors, but it is absolutely key to use a moisturiser after sanitising - just remember to wait until the sanitiser has fully evaporated first!"

Commenting, **Mark Fullilove, Digital Marketing Manager at [Sanctuary Bathrooms](#)** says:

“When we rely on our usual products and bathroom facilities to maintain our skin and hair care routines, it can be a shock to the system when that’s taken away! Upon returning from your festival or camping trip, take full advantage of your bathroom. We’d recommend following the tips advised to do *before* the trip when you get home too. Exfoliate, deep cleanse the hair, and finish up with a gentle moisturiser to cleanse away the excess of the outdoors. If you want to treat yourself, fill up your bathtub and use your favourite scented bath soak to relax and cleanse the body after a long few days away from home!”

-ENDS-

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Sources:

1. Taken from Tiktok 20/07/2022.
2. Taken from keyword.io tool 14/07/22. Data covers the last 12 months.

About Sanctuary Bathrooms

Sanctuary isn’t just a brand name – it’s the way we see bathrooms. They are areas of solitude, relaxation, and an oasis. Founded by Des Roberts and now jointly run with his sons James and Richard, we’re a family-run and owned business that has been in the industry for decades – 40 years of experience to be precise. This means we know what our customers want and, more importantly, what will help them achieve their Sanctuary. We have sourced a quality range of luxurious yet affordable bathroom products - from freestanding baths to furniture - all of which is on sale and delivered to customers across the UK and internationally from our showroom and warehouse based in Leeds, West Yorkshire. Step into our world and let us deliver your Sanctuary, the Sanctuary Bathrooms way. Website: <https://www.sanctuary-bathrooms.co.uk/>