

OBTAINING BEAUTY SLEEP isn't just a luxury—it's essential to your skin's health and appearance.

"At night, skin repairs itself from the stresses of the day—ultraviolet [UV] light, wind, and temperature changes—through a process of cellular repair," says dermatologist Amy Derick, MD, of Barrington, Illinois.

That repair requires sufficient shut-eye, which for most people means eight hours.

"Sleep is important to your overall health, and chronic deprivation can lead to increased stress levels, which have been thought to play a role in many skin disorders, such as acne and rosacea," Derick says. "Addi-

tionally, dark circles and under-eye bags are more noticeable when someone doesn't get an adequate amount of sleep."

Beyond aiming for a proper night's slumber, look for products designed to facilitate—even enhance—your skin's overnight healing process. The payoff tomorrow: a fresh look.

## The night shift

Make the most of bedtime with products that work best while you rest. By Maria Ricapito

## Before bed

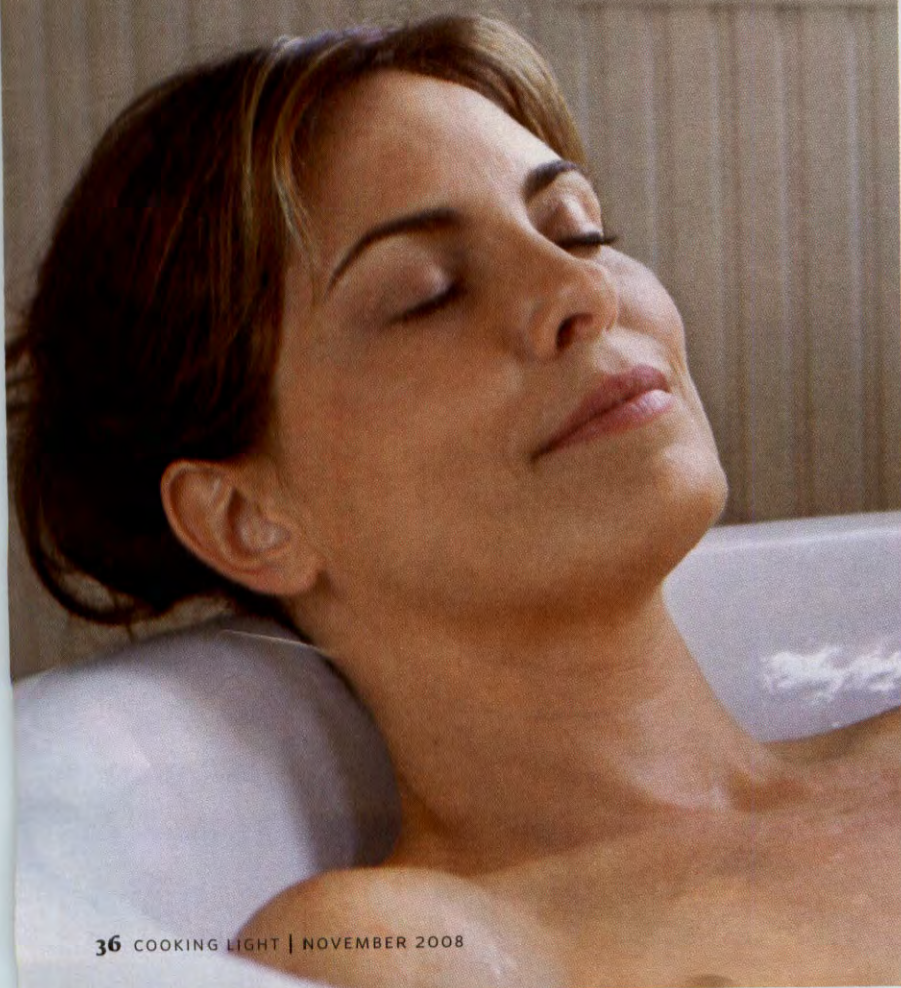
**Cleanse:** “Leaving makeup on overnight can lead to clogs and breakouts,” Derick says. Use only gentle cleansers, and skip alcohol-based toners, which may prove too drying. If you have oily skin, try foaming cleansers, Derick says. Creamy versions are best for dry skin, and the breakout-prone

benefit from cleansers containing glycolic acid, such as Trish McEvoy Even Skin Glycolic Wash (\$19).

**Exfoliate:** When you have a few extra minutes to devote to your beauty routine, try a deeper-cleansing exfoliation treatment to remove dead skin cells and create a smooth surface for moisturiz-

ers. “Gentle sloughing of the skin allows for even penetration of creams,” Derick says. Before bed, try light exfoliation with a cleansing brush or pad, such as the Dove Skin Vitalizer (\$12), which has a cleanser-imbued, two-sided pillow that attaches to a gently vibrating brush head. One side

Products formulated for nighttime use can help skin look its best tomorrow.



cleanses, and the other has a skin-smoothing surface.

**Moisturize:** “Your skin loses water to the atmosphere as you sleep,” Derick says. Night creams provide a barrier that helps prevent this loss. Why not just reapply your daytime facial moisturizer before bed? Many day creams contain sun protection, an integral part of your daytime routine that’s unnecessary at night. “Chemical sunscreens [commonly used in daytime products such as moisturizer with SPF] can be irritating to the skin, so it is best to reserve use for when they are needed,” Derick says. Plus, moisture-packed night creams and skin

treatments with thick textures are best suited for overnight use since they aren’t sheer enough to use beneath daytime makeup and sunscreen products.

If you often experience breakouts, make sure the label on your moisturizer says “non-comedogenic,” and choose a lighter gel formulation rather than a cream. Aubrey Organics Vegecell Nighttime Hydrator (\$17), with soothing green tea antioxidants, contains no synthetic preservatives, so it’s friendly to sensitive areas, such as delicate skin around the eyes.

**Protect and repair:** Products containing retinoids are among

experts' favorites for nighttime application. Retinoids help with everything from breakouts to fine lines and are most effective when used at night: Retinoid creams aren't photo-stable, which means exposure to light can render them inactive. Vitamin C, an antioxidant that helps counter sun damage, is also deactivated by light, according to Leslie Baumann, MD, professor of dermatology at the University of Miami, Florida. Find both ingredients in Philosophy's Save Me treatment (\$60), which also contains fatty acids and ceramides to help skin better retain moisture.

Since retinoids may have a drying effect, Baumann suggests applying after cleansing and then following with a rich, cream-based moisturizer. She likes Kinerase Ultimate Night Moisturizer (\$125), with hydrating ceramides and jojoba seed oil, plus plant extracts kinetin and zeatin, which are gentle enough for sensitive skin but tough enough to help combat oxidative stress, a cause of skin aging. Noah's Naturals Vitamin Night Cream (\$8) is a more budget-friendly option and contains essential oils of chamomile and lavender for soothing hydration and a calming scent.

Retinols also are a particularly good option for sun-damaged areas like the chest and hands, Baumann says. Try Sally Hansen Age Correct Retinol Hand Crème (\$6), which contains moisturizing and antioxidant grapeseed oil and firming collagen.



## Can aromatherapy products improve sleep quality?

Aromatherapy uses fragrant and soothing plant essences, such as lavender, to promote a sense of well-being, and several small-scale studies have shown that it may help improve sleep quality. For example, in a 2005 study of 31 women and men at Wesleyan University in Middletown, Connecticut, those who sniffed mildly sedative lavender-scented oil three times in 30 minutes before bed demonstrated an

increased percentage of deep sleep compared to those who smelled no scent. Michele A. Miller, president of the National Association for Holistic Aromatherapy, recommends bath salts as the ideal aromatherapy vehicle, since they provide the added benefit of soothing warm water. (Bathing before going to bed also has been linked to better sleep, according to the National Sleep Foundation; warm water

gently elevates the body's temperature, which falls upon exiting the water, encouraging sleep.) Le Couvent des Minimes Relaxing Effervescent Bath Salts (\$20) contain skin-softening Mediterranean salts combined with lavender extract. If you prefer showers to baths, be sure to try JASON Satin Shower Body Wash (\$12), which contains organic lavender with hydrating avocado, apricot, and vitamin E oils.

**Shopping info** Products are available at drugstores or department stores, with the following exceptions:

**Aubrey Organics:** 800-282-7394, [www.aubrey-organics.com](http://www.aubrey-organics.com)

**JASON:** 877-527-6601, [www.jason-natural.com](http://www.jason-natural.com)

**Kinerase:** 877-737-4672, [www.sephora.com](http://www.sephora.com) ☞

What's your bedtime beauty routine? Send your answer to Cooking Light contributing beauty editor **Maria Ricapito** at [ask\\_beautywise@timeinc.com](mailto:ask_beautywise@timeinc.com), and we'll publish your answers on our Web site.



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