



# Boost your BEAUTY SLEEP

Research has found that our skin renews itself while we're sleeping, which means night-time is prime time for boosting skin health. *Prevention's* beauty editor **Cecily-Anna Bennett** explains how to make the most of your beauty sleep.

## Deflate bags

Had too much salt or wine? Sleep propped up to encourage eye area fluid drainage, says dermatologist Dr Dendy Engelman.

**T**he good news is that taking advantage of your beauty sleep is so simple, you can do it with your eyes closed. Studies have found our skin has its own circadian rhythm and that skin cell renewal ramps up when we're sleeping. "Skin regeneration and recovery steps up at night when the skin is protected from environmental insults," explains Melbourne dermatologist Dr Adam Sheridan. So by paying attention to the ingredients you put on your face at night, you can boost production of healthy, youthful-looking skin.

So what works best? "Barrier lipids, such as ceramides, triglycerides and cholesterol, restore the skin's protective outer layers to seal

in moisture and reduce sensitivity, while alpha and beta hydroxy acids restore skin pH back to a healthy acidic state overnight to increase hydration, smoothness and clarity," advises Richard Parker, founder and head of research and development at Melbourne-based skincare company, Rationale.

Products are continually evolving to work more efficiently while you're asleep. Other key ingredients to benefit your beauty sleep are antioxidants (such as vitamins A and C), potent DNA-repair agents and stem-cell activators. So if you've been using the same old night cream for the past decade or more, it could be high time to rethink your bedtime routine. ►

**YOUR BODY ON BEAUTY SLEEP**

When you don't get enough shut-eye, your skin is sallow and zit-prone and can look tired and droopy. Here's why: **Blood flow to your skin increases while you snooze.**

If you skimp on sleep, your skin can look dry and ashen, rather than rosy.

**Sleep time is cell-repair time.** Growth hormone, produced during deep sleep, plays a role in protein synthesis, which helps our bodies heal cell damage from daily wear and tear. Collagen (the protein that keeps skin looking plump and smooth) is affected if you don't get enough sleep.

**Hydration balance is thrown out of whack by lack of sleep.** You're likely to see greater venous congestion around your eyes, or blood pooling in veins, leading to dark circles and sometimes puffiness.

**Stress hormones get cranked up when you're tired.** Without adequate sleep, our brain starts producing cortisol, a hormone that makes you feel revved up. But it can also cause inflammation, resulting in acne in the short-term and wrinkles over time.

**Bottom line?** Aim for seven to nine hours of sleep to stay looking (and feeling) your absolute best.



FACE

**Pre-sleep beauty prep**

**1 Wash the day away**

Skincare works best on a fresh face. "It's beneficial to remove the pollutants and applied products of the day, allowing the skin to focus its activities on re-setting and regenerating," Dr Sheridan says. We're loving these cleansers:

**The Ordinary Squalene Cleanser, RRP \$13.90, deciem.com.** This gentle but efficient cleanser goes from balm to oil with water.

**Cetaphil Gentle Skin Cleanser, RRP \$16.99, Priceline.** Ideal for all, including those prone to eczema and acne. This mild, soap-free formula cleanses without stripping skin of its natural oils.

**Guinot Cleansing Care Cream Clean Logic, RRP \$85**

This luxe cream contains nourishing shea oil and a hyaluronic acid complex to cleanse while boosting moisture. Remove with a cotton pad.



**2 Apply your pre-dream night cream**

Try one of these multi-tasking, hard-working creams for the night shift. Dr Sheridan suggests varying your regimen, with lighter products for part of the week and richer products when your skin needs extra care.

**Nivea Cellular Hyaluron Filler Night Cream, RRP \$27.99, Priceline.** Hyaluronic acid and a collagen booster work together to plump and firm the skin.

**Akin Firming Night Cream, RRP \$46.95, akin.com.au.** This contains hyaluronic acid and antioxidants to hydrate, smooth and boost skin elasticity.

**L'Oreal Paris Age Perfect Cell Renewal Regenerating Night Cream, RRP \$44.95, Chemist Warehouse** Supercharge cell renewal with ingredients like black truffle and kombucha to wake up with skin that feels refreshed.



**3 Power up your hydration**

A rich night mask once or twice a week will truly quench your skin's thirst. Try Trilogy's intensely hydrating Age Proof Overnight Mask (\$44.95, Priceline), which contains brightening vitamin C and lipid-boosting ingredients that support the skin's night-time repair function to nourish and firm by morning.



**HOW TO APPLY EYE CREAM**

To minimise bags, give your eye area a mini massage as you apply cream, says dermatologist Dr Mona Gohara. "Massage gently around eyes from inner corners out, as if you were wiping away tears, three times, to smooth and get rid of fluid."

EYES

**Wake up with bright eyes**

Eye creams are tailored to sit upon the delicate skin of the periorbital region and often contain products to target key concerns, such as dark circles and fine lines. "A well-constructed eye cream should deliver cellular repair active ingredients at night without using heavy oils or waxes, as these can irritate the delicate tissues around the eye," says Richard Parker. Try these around your eyes... before you shut them.



**Avene DermAbsolu Youth Eye Cream, RRP \$70.95, avene.com.au**

Revitalise your eyes with this refreshing cream designed to reduce bags and dark circles. The metal applicator gives the perfect cooling, depuffing massage.



**RATIONALE DNA Eye Cream, RRP \$146, rationale.com**

It may be on the pricey side, but a little of this eye cream goes a long way, helping to undo the UV and environmental damage of the day, while firming and rejuvenating the eye area.

BODY

**Wake up to soft skin**

Caring for your skin below the neck is just as important as caring for your complexion above the neck. Give your body a dose of hydration by taking a few self-care minutes to smooth on an oil or moisturiser for silky-soft skin while you snooze.

**Oil Garden Enriched Rosehip Moisturising Body Oil, \$34.99, oilgarden.com.au**

This pure rosehip oil is enriched with vitamin C, antioxidants and essential fatty acids to nourish your skin from top to toe.



**Jurlique Calming Body Lotion, Lavender, \$49, jurlique.com/au**

A nourishing blend of macadamia seed, avocado, as well as other plant-based oils, including lavender oil to soften your skin and, at the same time, relax the senses. **P**



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