

# Night-time BEAUTY WORKERS

Ensure you really do get your beauty sleep by knowing how best to help your skin replenish and repair at night

**W**hen it comes to anti-ageing products, the golden rule is that daytime is all about prevention and protection while night is for repair and restoration.

'When sleep is cut short, the repair of tissues is disrupted,' explains Tony Vargas, the vice president of new technology and formulation at Elizabeth Arden. 'In the case of skin, its natural repair process is shortened, preventing it from fully recovering.'

'As a result ageing signs develop, such as fine lines, wrinkles and loss of firmness and radiance. That's why adequate sleep is essential for healthy-looking skin.'

The reality is that we can't always get enough beauty sleep. However, when you do hit the hay, it's important to make sure that your moisturiser is working overtime for you.

## What to look for

'Skin will benefit from ingredients that stimulate collagen production, enhance the rest and repair process and

provide important nourishment,' Tony advises.

'Idebenone, vitamin C, vitamin A, vitamin E and shea butter are really good for working in synergy with the skin's rest and repair process, fighting free radicals and nourishing the skin.'

## How to maintain

In the winter months, a drop in humidity and increase in artificial heating can affect our protective layer.

'As the skin can become more delicate in the cold weather, harsh cleansers and over-exfoliation should be avoided,' Tony says. 'And even though we are often not as thirsty, hydrate the skin from within by remembering to drink plenty of water.'

**BRRR!**  
Super-hot showers dry out your skin. Take shorter warm showers instead.



'I don't wear lipstick, I don't look good in it,' SJP admits. 'I've used Elizabeth Arden Crystal Clear Lip Gloss for years.'



- 1 L'Oréal Paris Derma Genesis Intensive Night Cream, \$39.99.
- 2 Olay Regenerist Intensive Night Revitalizing Cream, \$32.99.
- 3 Roc Retin-ox Wrinkle Correxion Night Creme, \$72.
- 4 Avon Anew Ultimate Gold Emulsion Night, \$59.99.
- 5 Prevage Face Advanced Anti-aging Serum, \$209.
- 6 Trilogy Age Proof Replenishing Night Cream, \$58.90.
- 7 Nivea Visage Q10 Plus Anti-Wrinkle Night Care, \$19.95.
- 8 Sukin Moisture Restoring Night Cream, \$21.99.
- 9 Antipodes Joyous Protein-Rich Night Replenish Serum, \$56.
- 10 Estée Lauder Advanced Night Repair Eye Synchronized Complex, \$108.