

Healthy Skin Starts with Sleep: Your PM Routine, Simplified

This is an article I wrote for Revelere, an online beauty newsletter out of the UK. Bold type indicated a unique coded link to the product.

We all know the importance of a good nighttime beauty routine... it's the secret (the experts say), to having healthy, radiant skin. In fact, [according to those same experts](#), the sleep hormone melatonin can help fight aging, wrinkles and yes, even skin cancer.

But what exactly makes a good routine? And more importantly, how do you create one that works for you?

The good news is, your routine doesn't have to be complicated and, when coupled with enough rest, a good diet and plenty of water, just a few choice products can work wonders while you're catching your Zs...

So, what should be in your nighttime routine? Let's take a look.

Cleanliness is Key

If there's one product you simply can't do without, it's a good cleanser. Put simply, [washing your face before bed](#) removes all the oils, dirt and makeup that could clog those delicate pores, a key cause of blemishes and aging.

Choosing the right one for you will depend on a few factors, such as skin type and weather (yes, you might want to [change your cleanser with the seasons!](#)), but the best way to find *your cleanser* is to give it a try. We like **Jurlique Replenishing Foaming Cleanser** (it has marshmallow in it!) and the exfoliating citrus extracts of **Garnier Radiance Renewer Cleansing Gelée**.

And if you're already washing but having trouble getting that deep clean you're looking for, not to worry... *Stylecaster.com* put together this great list of tips to help you [wash your face correctly](#), and *Elle* editors share eleven of their [favorite face washes](#).

Lock in Moisture

Most daytime moisturizers contain a protective sunscreen to block out harmful UV rays – and that's great when you're out and about - but your nighttime moisturizer has a different job and thus, will be heavier and thicker than what you might wear during the day.

We love **Origins High-Potency Night-A-Mins Cream** and **Korres Black Pine Firming, Lifting & Antiwrinkle Night Cream** for locking in moisture and regenerating your skin while you sleep. Want more suggestions? Check out this list of the [best night creams from Real Simple](#).

And don't forget your serum! Serums are packed with antioxidants and anti-aging components such as Retinol, making them a perfect companion to a luxurious night cream. We recommend **Exuviance Vespera Bionic Serum** full of wonderful marine botanicals to help reduce the signs of aging.

BONUS: Still want more ideas? See what the editors at *Allure* include in their [nighttime beauty routines](#)!