

HUDA BEAUTY

12 Nighttime Skin Rituals For Better Skin By Morning

By Kelli Acciardo | July 6, 2019



Taking care of our skin should be an equal opportunity as far as timing is concerned. Although we'd like to say we give as much love to our body's biggest organ in the evening as we do in the morning, we might be lying. Sorry for being really busy and really tired, alright?

But seriously, things can get in the way of a consistent nighttime skincare regime and that's why we're here to help you hack your way to a brighter tomorrow with a few moves anyone can master. No matter ~~how lazy you are~~ how little time you think you have at night. Some of these expert-approved tips don't even require applying products to wake up with a fresh AF glow – imagine *that*.

Try 'em out and be sure to set your alarm...flawless skin is always worth waking up for.

1. A Less-Harsh Cure For Breakouts

Dealing with a blemish or two? Instead of reaching for a super-drying lotion that will leave your skin roughed-up in the morning, heed the advice of Olivia Culpo's derm and Calabasas, California-based beauty expert, Dr. Anna Guanche. "Mix Visine [eye drops] with a moisturizer (three drops to a teaspoon) and spot treat with a Q-tip directly onto pimples," she says. "You'll



see less redness, inflammation, and swelling when you wake up and can repeat the steps if necessary in the morning.”

2. The Correct Way to Layer Skincare at Night

Can never remember which order to apply the goods? Hi, same. To make things easy on yourself and get back to your Bravo marathon, follow Dr. Guanche’s simple formula. “Apply serums and creams that work for your skin conditions from wettest to richest, so: serums→ lotions→ creams→ emollient creams. The last creams help to seal in the rest of the ingredients to ensure they really penetrate your skin.” Check out our guide to skincare layering here.

<https://hudabeauty.com/nighttime-skincare-routine/>