

Secrets to my Night Time Skin Care Routine

It just may not be good enough to have great skin care products! The most effective way your products can be utilized is to learn how they can improve your skin and in what orders they should be applied. As everyone's skin differs from their texture to the thickness of their skin, the type of routine you have will heavily depend on your skin type. But the good news is that I will be sharing my nighttime skin care routine with you in the hopes that it will enhance your skin.

Whether you have a quick or extensive skin care routine, there is one thing which everybody can do to improve their skincare: use the products in the right order! Start with a clean, toned base, regardless of what your skin issues are. The steps to a healthy skincare routine are as follows:





In any case, if you wear makeup everyday like me, you'll want to start with your makeup cleanser, scoop a small amount, and gently spread the oil over your entire face. The E.l.f. Holy Hydration Makeup Melting Cleansing Balm is the product I use for this. The ingredients used in this product, namely Hyaluronic Acid, Ceramide, and Peptide, are the product's main benefit. The purpose of hyaluronic acid is as simple as it sounds! Its primary function is to keep our skin hydrated! Because hyaluronic acid helps to retain water and moisture, many dermatologists refer to it as a natural skin plumper. Ceramide is yet another ingredient that aids in the formation of a skin barrier to prevent permeability. The final ingredient is peptide, also known as polypeptides; this ingredient has numerous advantages! Peptides are known to provide collagen to the skin, which is a naturally produced protein that our bodies stimulate. Collagen functions similarly to ceramide in that it improves skin barrier function, reduces wrinkles, and reduces inflammation. After cleansing your face with a makeup remover, you want to move on to the next step, which is washing your face!

Every morning and night, rinse your face with warm water to allow your pores to open. Following that, you apply a small amount of gentle cleanser between your clean hands. For most, this cleansing step appears almost too simple or easy, or even a "DUH" moment, but in fact there is detailed information that many people overlook. To be more specific, a tiny amount of cleanser, perhaps a dime size amount would be enough. With this, you will take the cleanser until it foams up, then you will begin to massage your face for about a minute, thoroughly cleaning your face. After a minute of massaging your face with a cleanser, rinse to remove the cleanser and grime from your face and gradually change your water temperature to cold, as this locks in the cleansed pores. You will now gently pat your face dry with a soft towel.



Apply Toner: Toner is a skin care product that can be used as another cleansing tool. As a result, you should apply toner immediately after washing your face. Drop two to three drops on your hand, slightly rub the toner, and gently soak the toner into your face while your face is still slightly damp. Sweet Chef Ginger Bright Spot Tonic is the product I use for this part of my routine. Because it is unscented and contains Vitamin C, ginger, turmeric, and hyaluronic acid, it has been extremely gentle on my skin. Vitamin C, ginger, and turmeric are all ingredients that help to brighten dull skin.

Apply Pimple Patch (Extra Step!): This is an extra step for anyone who struggles with minor issues that may arise during your skin care routine. I would recommend using pimple patches before or after applying toner to the face. This improves the patch's adhesion to your skin, sucking out the pus from your pimple.

Apply Serum: Serums protect your skin from the harmful components that it's exposed to on a daily basis. They can also prevent the occurrence of fine lines and other visible signs of aging, as well as treatments and restoration of damaged skin. Serums should not be used harshly because all of the ingredients stored in the products are concentrated. One to two drops would be sufficient to provide a boost of ingredients that can aid in hydration and brightening. The serums I use to soothe and brighten my skin are the Versed Stroke of Brilliance Brightening Serum and the Sweet Chef Beet + Retinol Serum Shot. The Versed serum's key ingredients are Vitamin C, licorice root extract, and niacinamide. Niacinamide, including Vitamin C and licorice root extract, helps to brighten, firm, and lighten skin agents, while also reducing the appearance of discoloration. The Sweet Chef Beet Serum contains beet and Vitamin A, and because of the Vitamin A it contains, excessive use of this product may cause irritation and dryness to your skin. Which is why I don't use this product every day but rather only twice a week. Vitamin A contains the substance retinol, which refines pores and aids in the reduction of aging. Retinol is best applied when your skin is younger to prevent it from maturing. Beet, on the other hand, makes the skin feel softer and more visibly smoother.





Apply Moisturizer/Lotion: This is the last step! Lock it up and secure everything inside! Moisturizer nourishes the skin while also locking in all of the other treatments you've used. You should only use a small amount (the size of a nickel) for this because using too much moisturizer can cause oily skin and more breakouts as the oil clogs the pores.

Apply Spot Treatment (Extra Step!): Spot treatment is usually used when your skin is fighting with acne and leaves a blemish to your skin. With this, a spot treatment will help to reduce redness or any discoloration, even swelling, and pain. The product I use for this is Hero Rescue Balm. The Hero Rescue Balm consists of 4 main ingredients that help to revitalize your skin. Panthenol, Vitamin E, beta glucan, and oligopeptides are all present. Panthenol is primarily used to keep the skin moist, whereas Vitamin E improves the tone and texture of the skin. Oligopeptides strengthen dry and depleted skin, while beta glucan replenishes and renews it. What you want to do with this is apply a pea-sized amount of cream to your finger and begin blending the cream into the desired area.