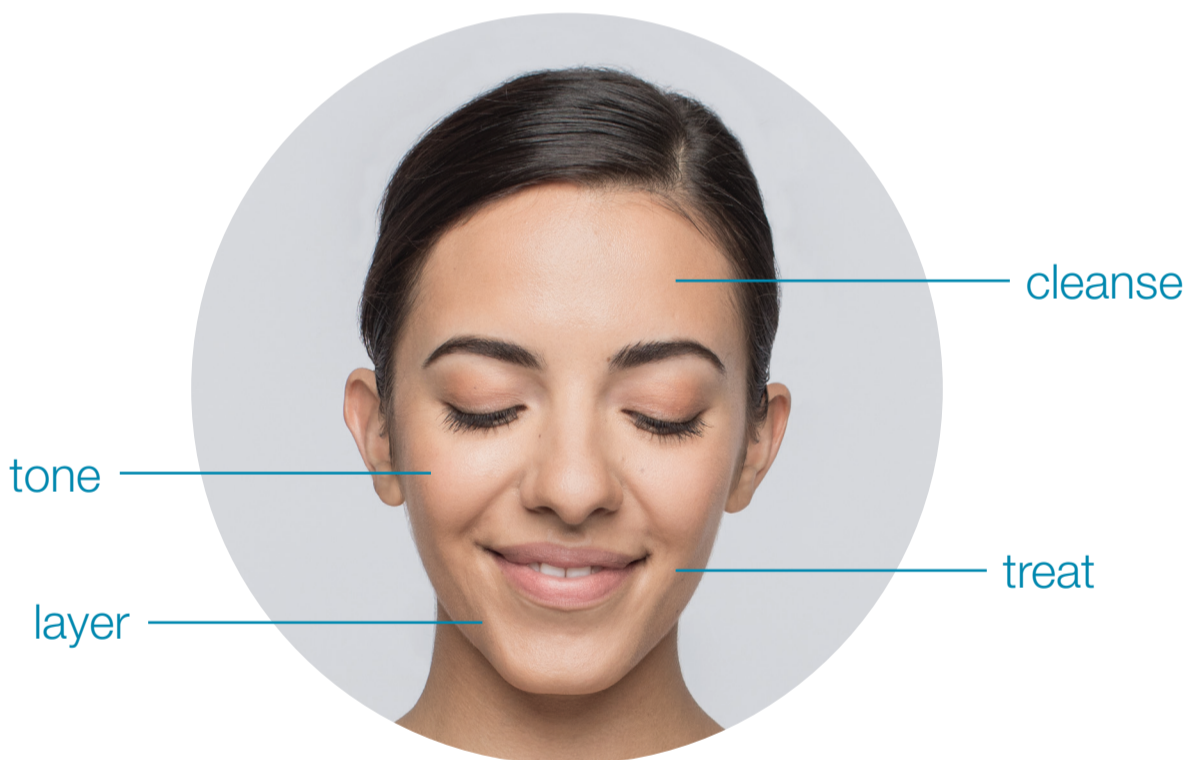


we found the perfect nighttime skin care routine

Maximize your nighttime moisturizer's performance for glowing skin by morning.



Using a dedicated night cream is a great way to boost your skin's overnight recovery process. But did you know that optimizing your nighttime skin care routine can help your overnight moisturizer work its best? Here are a few simple tweaks that can make your night cream even more effective – and help you wake up with glowing skin.



cleanse

All products – including moisturizers – work best on clean skin. We recommend starting with the Dermalogica Double Cleanse; it dissolves layers of oily debris, then rinses away impurities to give you your cleanest skin ever.

tone

Toner is the secret to helping your skin care products really work. Using it before bed evens out skin's porosity (translation: primes it to absorb your moisturizer's active ingredients) and protects against environmental assault.

treat

Everyone's skin is different, and it's constantly changing in response to seasonal shifts, lifestyle, and other factors. So each night, as part of your regular routine, apply a targeted treatment that addresses whatever skin conditions you're currently dealing with.

layer

Inspired by Korean beauty routines, dermal layering is the act of applying multiple light layers of a product to clean skin. Layering lets your skin absorb more of the hydrating ingredients – so you get healthy-looking, super hydrated skin.

It's easy: Apply a small amount of product all over your face and neck. While skin is still damp, pat a bit more product onto your skin – then repeat up to five more times. This technique is perfect for toners, treatment products – and lightweight moisturizers like Sound Sleep Cocoon™!