

Beauty Buzz

From our blog at RiverRegionFacialPlastics.com

Morning and Nighttime Skin Care Questions

From morning routines to evening routines, the possibilities are endless when it comes to how people care for their skin. What is the right formula to achieve the glowing skin you envy? Some women simply cleanse, moisturize only once per day, or use a single all-purpose product; others have an arsenal of creams and serums that they apply at specific times of the day under specific circumstances. When fitting our clients into a new routine, we often hear that they use one set of products in the morning and then a different set for bedtime.

Should you use the same skin care routine in the morning as the evening?

The overwhelming advice of our RRFPP beauty coaches is... NO!

Obviously, department store make up counters have weighed in on the side of the arsenal builders, encouraging women to use a different product for daytime care than they do for nighttime. Department store skin care is okay to use; however, the strength is not capable of producing results as promised, often resulting in a bathroom drawer filled with empty promises and tiny gifts with purchase. Our team at RRFPP shares over 40 years of experience in skin care from department store lines to physician-dispensed formulas. There is a stereotype that physician-dispensed lines are more expensive. Dare to compare and you will find your money well invested in a physician-dispensed skin care line with the results to earn your approval.

Why should the morning routine stand-alone?

During the day, skin is subjected to damaging UV rays, pollution, environmental stresses, and makeup, so creams designed for use during the day are primarily focused on protection and support. These products usually contain a Sun Protection Factor (SPF) to prevent burning and photo aging, antioxidants to fight environmental aggressors, and often a light daily exfoliant such as alpha-hydroxy acid. Day creams are formulated so they may be used under cosmetics; they have light, non-greasy formulas that are absorbed quickly and allow pores to breathe. They also should provide a smooth, oil-free canvas for foundation to glide on easily.

Although some boast of anti-aging properties, daytime moisturizers are often light on compounds like alpha-hydroxy acids and retinoids because these compounds have a tendency to make skin more sensitive to the sun. Another reason is that the addition of too many active ingredients in one product can sometimes reduce their effectiveness.

The Night Shift...

Nighttime is when skin does its heavy lifting. Like the rest of the body, skin does the bulk of its repairing, restoring, and regenerating while we sleep, so night creams are focused on moisture and recovery. They contain the most powerful, slow-absorbing moisturizers that are designed to penetrate over the course of several hours, since there's little to no concern about sun exposure, they also contain the highest concentrations of anti-aging ingredients like retinol, glycolic acid, and hyaluronic acid, which are able to do their work without interference from sunscreens.

The result is that night creams are often richer, thicker, and/or heavier than day creams. Of course, we don't mind much, since most of us don't wear makeup to bed, and the cream is usually absorbed by the time we wake up.

A recommended routine from our beauty coaches for the morning:

- Wash face with SkinMedica® AHA/BHA Cleanser
- Apply SkinMedica® TNS Essential Serum (your live protein shake for the skin)
- Finish with SkinMedica® Ultimate Daily Moisturizer SPF 20
- Or you may prefer SkinMedica® Total Defense and Repair SPF 34 (also comes in tinted)

Switch up your nighttime routine:

- Wash face with SkinMedica® AHA/BHA Cleanser
- Apply SkinMedica® TNS Essential Serum
- Apply SkinMedica® Retinol (0.25%, 0.5% or 1.0%)
- Moisturize with SkinMedica® Dermal Repair Cream (a level 4 moisturizer)

Over the course of time, specialty products will need to be worked into your regimen, and our beauty coaching team will customize a routine that is individual to your needs.

New year, new you! Make a date with your SkinMedica® skin care line morning and evening.



Please contact us via email at Doctors@RiverRegionFacialPlastics.com with your questions or comments!