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Beginner lessons for Night Routine

Master Your Night Routine for Glowing Skin!

DEFINITION

A night routine is a series of skincare steps performed before bed to nourish and repair your skin overnight. It helps maintain healthy skin and addresses specific concerns.

KEY CONCEPTS

Cleansing

Start with a gentle cleanser to remove makeup, dirt, and impurities from your skin.

Toning

Use a toner to balance your skin's pH and prepare it for better absorption of products.

Serums

Apply targeted serums that address specific skin issues like acne, dryness, or aging.

Moisturizing

Seal in hydration with a good moisturizer to keep your skin soft and supple overnight.

Eye Cream

Use an eye cream to hydrate and reduce puffiness or dark circles around the eyes.

EXAMPLES

- Cleanse, tone, apply serum, moisturize, and finish with eye cream.
- Use a gentle exfoliator twice a week before your routine.
- Incorporate a face mask once a week for extra hydration.

MEMORY TIPS

- ★ Remember 'CTSME': Cleanse, Tone, Serum, Moisturize, Eye cream.
- ★ Visualize a bedtime story for your skin: each step is a chapter.
- ★ Think of your skin as a sponge that needs to be filled with moisture.

COMMON MISTAKES

- ✗ Skipping cleansing, leading to clogged pores.
- ✗ Using too many products at once, causing irritation.
- ✗ Neglecting the neck and décolletage area during application.

QUICK RECAP

A night routine is essential for healthy skin, involving cleansing, toning, and moisturizing. Remember to apply products in the right order for maximum effectiveness.