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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 skin. It helps maintain healthy skin and addresses specific concerns.

KEY CONCEPTS

Cleansing

Start by removing makeup and impurities with a gentle cleanser to keep skin clear.

Toning

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

Serums

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

Moisturizing

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

Eye Cream

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

EXAMPLES

→ Cleanse, tone, apply serum, moisturize, and finish with eye cream.

→ Use a hydrating night mask once a week for extra moisture.

→ Incorporate a retinol serum for anti-aging benefits.

MEMORY TIPS

★ Remember 'CTSME' for Cleanse, Tone, Serum, Moisturize, Eye cream.

★ Visualize a bedtime routine with a calming scene to reinforce steps.

★ Think of your skin as a sponge that needs to be soaked overnight.

COMMON MISTAKES

✗ Skipping cleansing before bed, leading to clogged pores.

✗ Using too many products, which can irritate the skin.

✗ Neglecting the neck and décolletage area during application.

QUICK RECAP

A night routine is essential for skin health, involving cleansing, toning, serums, moisturizing, and eye cream. Avoid common mistakes like skipping steps or overloading on products for the best results.