

daytime vs. nighttime skin care

Your skin's needs vary throughout the day. Here's why.



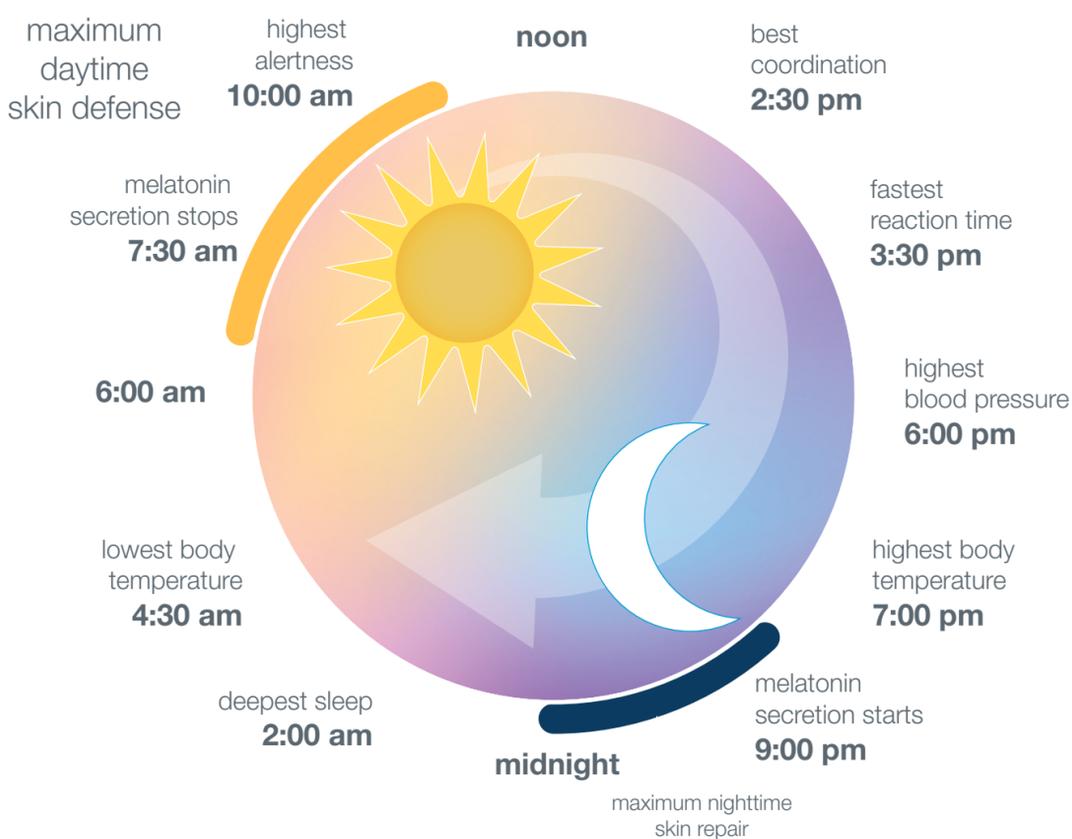
story highlights

- During the day, skin fights off damage-causing pollution and UV light
- At night, skin repairs daily damage and regenerates itself
- Choose products that work with skin's natural rhythms to achieve your healthiest skin

Our skin is a lot smarter than we give it credit for: we all have a “body clock” that governs a 24-hour cycle known as a circadian rhythm.

Skin plays a significant role in our circadian rhythm. During daylight hours it's in defense mode, fighting off skin-damaging invaders like UV light and pollution, and defending against free radicals that can contribute to skin damage. At night it shifts into repair mode: it produces antioxidants and recovers from everyday damage, and is best able to absorb the active ingredients in your skin care products.

In short, our skin works as hard as we do – and there's a lot we can do to help optimize the work it does on a daily basis. To maximize your skin care regimen's results, choose products featuring active ingredients that will compliment skin's natural circadian rhythms.



a.m. defense mode

- Cells defend against UV light
- Natural antioxidant protection
- Peak hours: 7:00 am – 11:00 am

top daytime skin care picks:



Light-activated skin defense, Broad Spectrum protection and more: Prisma Protect SPF 30 blocks 85% of pollutants and boosts luminosity while preventing future signs of skin damage.



Working with skin's own defenses, BioLumin-C Serum quenches free radicals and uses ultra-stable Vitamin C to help reduce the look of fine lines and wrinkles.



Highly active and designed to deliver your smoothest skin ever, Daily Superfoliant uses anti-pollution technology to help defend against daily damage



p.m. regeneration mode

- Skin renewal rate almost doubles
- Melatonin production rises, repairing UV-induced damage
- Peak hours: 9:00 pm – midnight

top nighttime skin care picks:



Featuring encapsulated, motion-activated French Lavender Essential Oil to help you sleep, Sound Sleep Cocoon increases radiance to give you glowing skin by morning.



Smooth the appearance of laugh and feather lines while you sleep: Nightly Lip Treatment's rich formula firms, hydrates and restores skin on and around the lips.



Overnight Repair Serum features Argan and Rose oils – plus powerful peptides – to promote resilience and overnight skin repair.

Want to learn more about how to use daylight and nighttime to your skin's advantage? Visit myskinclock.com!