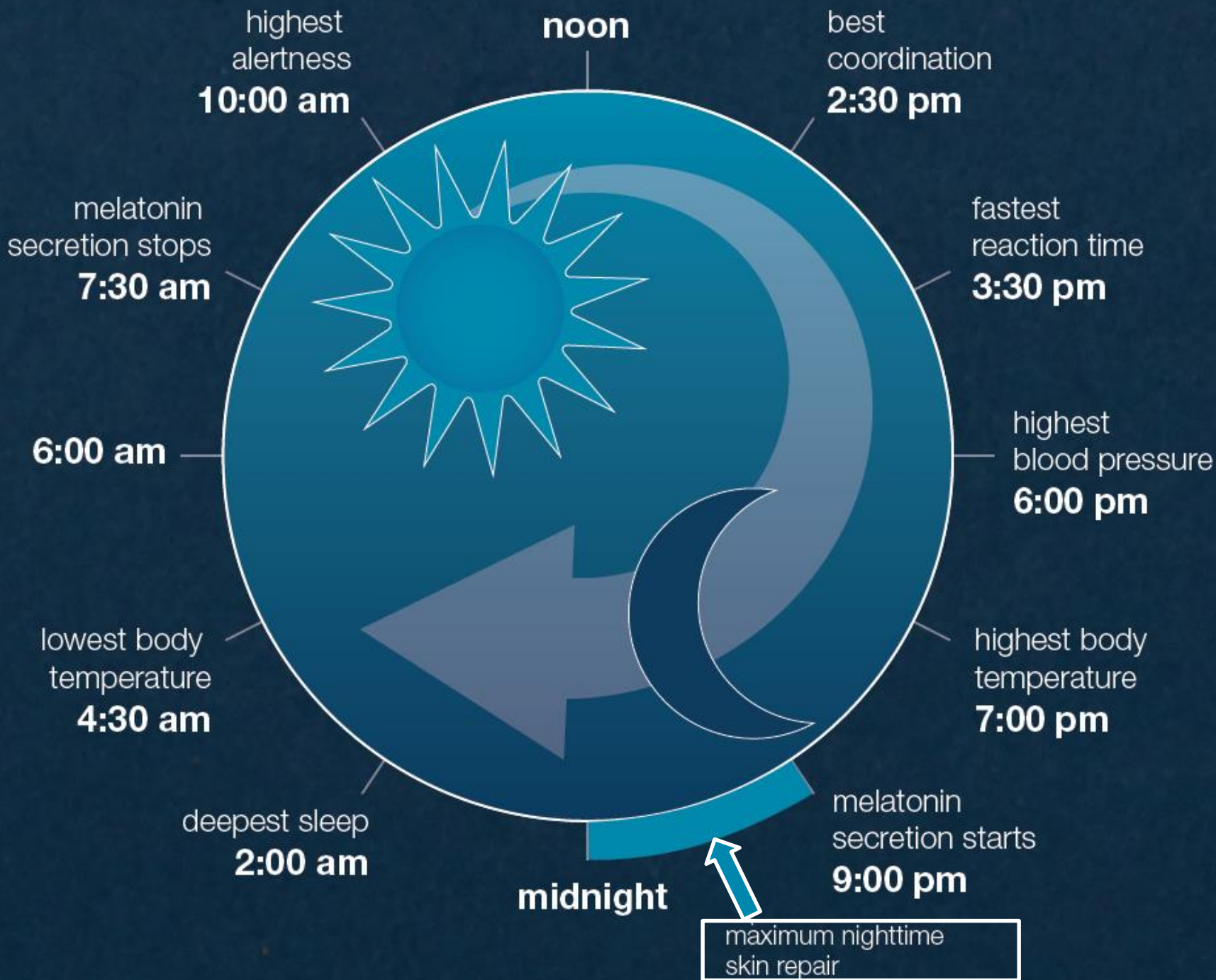




impact of
sleep on
your skin





sound sleep cocoon
transformative night gel-cream

dermalogica
a skin care system researched and developed by the International Dermal Institute

sound sleep cocoon
transformative night gel-cream

essential oil activation technique



Apply

Dispense 1-2 pumps onto fingertips and gently apply over face and neck as the last step of nighttime regimen.



Massage

Smooth onto skin with light fingertip circles. This begins the release of essential oils and aids in absorption of active ingredients.



Breathe

Close eyes, cup hands over nose and mouth and breathe in deeply for 3 seconds. Remove your hands and slowly exhale. Repeat for 15 seconds.

exclusive to
dermalogica[®]

soundsleepcocoon.com



**DIY deep sleep
massage**



restful sleep tips



**transform by night, glow by day
shop sound sleep cocoon**



**your skin is nocturnal
restful sleep tips**



**binaural beats and
sleep**



**the science of
essential oils**

services with

dermalogica[®]

the #1 professional skin care brand

