

skin health q&a: do the needs of our skin change from day to night?



Annet King

The answer is quite simply yes! Annet King, Director of Global Education, answers your questions and shares tips on keeping your best accessory healthy and glowing around-the-clock.

Our skin is a dynamic organ that reflects our inner health but also changes with the seasons, environment and fluctuates from day to night. It's not only you that has to work during the day: your skin has a long list of job responsibilities, too!

skin during the day...

- Excretes the most sebum at midday, which coincides with the least amount of Trans Epidermal Water Loss (TEWL.)
- Is exposed to UV, environmental pollution, smoke, poor diet, caffeine, make up and extreme temperature changes.
- Subsequently is harder at work and more stressed during the day, fighting ROS (free radicals) and capturing chemical invaders, shielding from UV and producing more lipids to adjust to changing temperatures and humidity levels.

skin at night...

- Excretes less sebum, loses more water, is hotter and more acidic at night.
- Is likely to be drier and perhaps more vulnerable to irritation at night. This may explain why some people complain of “nighttime itch” or “flare-ups” of inflammatory skin conditions at night.
- Repairs itself more, and cell renewal is enhanced in the evening.

skin health tips around the clock



AM tips:

Daytime exposure is similar to sending skin into battle. Prep it with an arsenal of antioxidants and cell energizers to neutralize free radicals. Always protect from UV and mop up excess oil production mid-day.

We recommend: **Antioxidant HydraMist**, **MultiVitamin Power Concentrate**, **Oil Free Matte Block SPF20** for oilier skin, **Dynamic Skin Recovery SPF30** to fight skin aging on the face and neck. **MultiVitamin Power Firm** repairs and adds extra protection to the eye area.

PM tips:

Make sure you start by deeply cleansing your skin at night to remove deep down dirt, long-lasting make-up and sunscreens. Repair damage and stimulate cell renewal while replenishing lost lipids with a powerful cocktail of peptides, Retinol and botanicals.

We Recommend: **PreCleanse**, **MultiVitamin Thermafoliant®**, **Overnight Repair Serum**, **Power Rich™**, **Age Reversal Eye Complex**.



number one tip: don't forget to catch some Zzzzzs!

The body uses sleep time for internal housekeeping – processing nutrients, detoxifying, renewing and recharging. If your body is chronically starved for sleep, the effects will eventually become visibly and physically noticeable. Most people do best with about 7 hours sleep.