

GRAZIA **BEAUTY & BEAUTY**



Scientists have discovered that the best time to repair skin and tackle wrinkles is while we sleep. In fact, night is the new day when it comes to anti-ageing, with a host of super-charged night creams aimed at blitzing everything from eye bags to fine lines hitting stores now.

**THE NEW POWER BEAUTY SLEEP**

Given that we're regularly bombarded with space-age skincare science, it's ironic that it now looks like our natural sleep pattern is the answer to looking younger. 'Think about the difference in your skin after a two-week holiday,' says ESPA founder Sue Harmsworth. 'We finally understand that skin has to be allowed to regenerate at night so the outer layers can rebuild. Sleep is essential for skin health and to keep the complexion looking youthful.' Human growth hormone, which repairs cells, is released mostly at night, explaining why missing vital hours makes us look lacklustre. The amount of sebum we produce also dips at midnight, making skin drier and leaving fine lines looking worse when we wake. 'Traditional night creams are simply there to feed the skin moisture,' explains leading NYC dermatologist Dr Howard Murad. 'But this new breed of night-time treatments are more targeted so that skin cells can sleep, regenerate better and look rested in the morning.'

**JOIN THE NIGHT CLUB**

During the day, the top priority for skincare is limiting damage from environmental nasties such as the sun and pollution. However, at night we now know the skin is more porous and isn't under attack, meaning it can make the most of new super-strength ingredients that repair wrinkles and soothe stressed skin. So combining sleep's youth-enhancing potential with the latest overnight treatments ensures we get treated to a double whammy for a healthier, luminous complexion the next day.

**What to buy:** the current must-have Stateside (due here in September) is Murad Sleep Reform Serum (6), £100, a triple blend of active ingredients, including melatonin, to relax and plump the skin for fewer fine lines in the morning. Arriving soon too is Prescriptives Comfort Night (3), £35, which strengthens skin's

protective barrier with barley extract and collagen-boosting peptides – perfect for firming up delicate complexions. And Origins Night Health Bedtime Face Cream (7), £44, also wards off wrinkles by fighting clenched-looking skin using Sr Paul's Wort, while plant extracts smooth away dead cells for a fresh-faced glow when you wake.

**WAKE UP TO WRINKLE-FREE EYES**

'Nothing can affect the appearance of the eye quite as visibly as a lack of sleep,' says Tom Ogden from cult Australian skincare company Alpha H. 'It can raise blood pressure, causing fluid retention, particularly around the eyes. It can also drain the colour from your skin, allowing blood vessels around the eyes to become more visible, causing dark circles.'

Until now, eye creams worked solely on tackling wrinkles but thanks to new products that get to work while you sleep, the smart way to also fight puffiness and dark circles is now in bed. During the night, hard-working ingredients, such as smoothing retinyl palmitate, the wonder ingredient currently making headlines, can work in ways that wouldn't be possible during the day.

**What to buy:** SkinMedica TNS Night Eye Repair (2), £55, strengthens skin fibres to firm the eye area in the morning. Not getting your nightly quota? Alpha-H Absolute Eye Complex (1), £32, is a cocktail of tightening peptides and circulation-boosting beech-tree extract, ensuring you look rested, even if you're not. Givenchy Radically No Surgetics Age Deying Day & Night Treatment (5), £66, is a miracle multi-tasker with one formula to tone up skin during the night and one to tackle daytime puffiness so all bases are covered. ■



Make-up: Andrew Gammone; Hair: CLM; Styling: Chloe Summer; Footwear: Prada; Photos: [unreadable]

*flash!*

Chiconomical or what? Everyone's talking about new day and night skincare 'systems', like Avon's A.M./P.M. solutions – one pot split into two compartments for your day and night cream. Plus, beauty insiders recommend a slick of bright mascara to 'wake up' tired-looking eyes. Try Guerlain Le 2 limited-edition Bleu Cruise (4), £21.53.