



# REFINERY29

## The Best Nighttime Skin-Care Routine

### Aging

If you're on the warpath to fight aging, and your skin isn't sensitive, it's time to bring out the big guns. Selecting products with active ingredients small enough to penetrate past the uppermost layer of skin — the stratum corneum — will help affect your skin's appearance from the inside.

Dr. Palm suggests using an alpha-hydroxy acid-based cleanser (along with at-home pad preparations soaked with AHA and glycol acids) a few times a week, which can help strip the outermost layer of skin and allow greater penetration of other topically applied active ingredients.



Once the skin is primed to receive anti-aging treatments, look for those with peptides, vitamin A derivatives, and antioxidants, since these ingredients can help repair your skin. Dr. Wu echoes the importance of incorporating vitamin A derivatives (retinoids), since they “have decades of research showing that they boost skin's collagen and elastin tissue production, helping to strengthen and firm.”

Finally, if your skin can take it, stick to a more intensive regimen at night. Dr. Palm says, “if you're really going for anti-aging and your skin is tolerant, you don't want to waste time on things that are meant for sensitive skin or aren't going to be entirely beneficial.”

**Trina Renea Skincare** Clear Away AHA/BHA Cleanser, \$25, available at [Facial Bungalow](#); **Orlane** Nuit Extreme Anti-Wrinkle Regenerating Night Care, \$300, available at [Neiman Marcus](#); **Chantecaille** Bio Lifting Mask, \$150, available at [Bergdorf Goodman](#); **Diptyque** Eau Infusee Infused Facial Water, \$55, available at [Diptyque](#); **The Organic Pharmacy** Antioxidant Face Firming Serum, \$149, available at [Barneys New York](#); **Elizabeth Arden** Anti-Aging + Intensive Repair Eye Serum, \$130, available at [Bloomingdale's](#).

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