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BY SARAH HALLIWELL

Buffet



WHILE YOU WERE SLEEPING ...

What's the best thing to wear at night? It's one thing sleeping in make-up when you're 20, but as you get older your skin is less forgiving. Should you leave it

bare, or layer it with everything you can get your hands on? We asked three skin experts:

GO NATURAL "As we age, slowing metabolism can mean thinner skin, loss of elasticity and plumpness," notes Tara O'Rourke of SeoulBeo. "But this doesn't

mean skin loses its ability to regenerate. The aim is to support the skin's natural functions, and at night our skin is doing something very different from the day: regeneration is at its peak and skin cells are dividing around eight times faster than at any other time. If you apply heavy oils at this regenerative time, you over-burden its natural functions - like having a heavy meal before you go to bed. The skin is smart and regenerates at night naturally." O'Rourke recommends Dr Hauschka Night Serum, a concentrate of medicinal plants. "Also remember, mature skin can become more sensitive to synthetic ingredients, so it's worth considering going natural." **GO HIGH-TECH** "If you're over 45, a bit of retinol is a good idea at bedtime," advises Martha Tiernan at No 3 Herbert Street: "Definitely everyone over the age of 40 should have some sort of retinol in their routine, as it's one of the most effective ingredients available and encourages cell turnover. Retinol in an oil is the gentlest way to start." She

recommends Pestle & Mortar Superstar Night Oil; we also like Sunday Riley's Luna night oil. **GO FRENCH** Olga Kochlewska at Skin by Olga agrees that night is about regeneration. "It's vital to cleanse properly. I recommend a milk, such as Biologique

Recherche Lait VIP O2, then Lotion P50 to exfoliate and purify skin. Finish with a water-based serum and then cream, such as Creme Masque Vernix. But don't use an eye cream: the skin under the eyes is very

thin and an eye cream may affect it, resulting in puffy eyes next morning." We also love the velvety texture of brilliant high-street hit M&S Formula Ultimate Sleep Cream (left, €30).



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