

Beautiful Skin

MORNING, NOON & NIGHT

Your skincare strategy doesn't have to be complicated to work. Our experts weigh in on what to use – and when – to get the skin of your dreams 24/7. | by INGRIE WILLIAMS

MORNING GLORY

FROM A MISSED ALARM TO misplaced keys, there are endless hurdles that can pop up on any given morning. For this reason, concentrate on creating a manageable routine. “Mornings aren’t a relaxing time for self-care, so it has to be simple and sustainable,” says Dr. Shannon Humphrey, a dermatologist and medical director at Carruthers & Humphrey Cosmetic Dermatology in Vancouver. Focus on shielding your skin from environmental factors, such as pollution and UV rays.

“A reasonable skincare regimen should include an antioxidant, like a vitamin C serum, moisturizer, sunscreen and an eye cream that’s suitable for your skin type,” she says. “This will take literally 20 seconds and protect your skin throughout the day.” And, no, makeup with SPF just won’t cut it. “A stand-alone sunscreen is such an important part of your skincare regimen,” says Dr. Humphrey. “A foundation with sunscreen is better than one without it, but it should be used in conjunction with SPF. There are so many sun protection formulations available now that it’s really old school to say that they’re all heavy, sticky and stinky. Find one that works for you. It’s a worthwhile endeavour and only a one-time undertaking.”

SIGHT LINES

A zone-specific product may appear to blur the line between necessary and excessive, but the pros make the case for using an eye cream daily. “The skin on your eyelids is quite thin compared to the rest of your face,” says Dr. Humphrey. “It tends to dry out quickly and

“A stand-alone sunscreen is such an important part of the regimen.”
- Dr. Shannon Humphrey



Suitable for sensitive skin, this 100 percent mineral broad-spectrum sunscreen is free of PABA, parabens and fragrance.

COPPERTONE PURE & SIMPLE FACE SPF 50, \$11

This clean beauty formula hydrates and depuffs skin and imparts a silky finish that won't disturb your concealer.

VOLITION HELIX AM/PM EYE GEL, \$65

A biphasic concoction of rose oil and vitamins enhances radiance while protecting your skin.

KORRES WILD ROSE 15% VITAMIN C SPOTLESS SERUM, \$99

wrinkle earlier.”

For adequate hydration that will smooth and soften the outer layer of your skin, Dr. Humphrey suggests using an eye cream with an emollient texture. Heather MacKay, senior manager of spa services at Elmwood Spa in Toronto, focuses on the ingredients when making product recommendations. In need of moisture? Try an eye cream with hyaluronic acid, she says. Want to rejuvenate skin around the eyes? Find one with peptides. Plus, her brilliant relocation strategy could improve any a.m. routine track record. “I like to keep my morning skincare products at arm’s reach, right on my dresser in the bedroom, not in the bathroom,” she says. “When I run into my room to get dressed, I can use them easily.”

IT’S A WASH

To cleanse or not to cleanse? That is the morning skin-prep question. MacKay votes for the former. “When your body is at rest through the night, your skin releases impurities,” she says. “You don’t want to head into your day with all that stuff left on your face or apply a healthy skincare routine or makeup overtop.” Choose a cleanser that suits your skin type. Generally, gels work best for oily skin, while creams are ideal for dry skin. Or, try a cleanser-free, just-add-water option. “If you want a shortcut, use a textured cleansing cloth, like the Jane Iredale Magic Mitt, or konjac sponge,” says MacKay. “It’s soft and gentle and ideal for someone who is concerned with overcleansing and overdrying.”

ALL PORTRAIT PHOTOS ISTOCK; PRODUCT PHOTOS GEOFFREY ROSS

MID-DAY MAGNIFICENCE

“A quick rinse after a workout – before skin dries out – is a good idea.” - Dr. Shannon Humphrey

DASHING OFF TO YOUR sweat sesh without removing your makeup first can seem like NBD, but it doesn't set your skin up for success. “It's a sure-fire way to clog your pores, which can lead to breakouts,” says MacKay. It's all due to what's happening behind the scenes. “With sweating and flushing, the skin barrier becomes more permeable – leakier, basically,” explains Dr. Humphrey. “Depending on what you're wearing for makeup, if it includes fragrance and other chemicals, they could penetrate into your skin when you're hot and sweaty and cause irritation.” A milky cleanser makes a good pre-workout choice, gently removing makeup without stripping your skin. MacKay also suggests makeup wipes to complete a gym-ready kit. “If you're running to make it on time for class, it's a good idea to use them,” she says. “They're quick and easy.”

WATER WORKS

Inside and out, H₂O is essential for your body after a workout. “Sweat is good,” says Dr. Humphrey. “It is important for thermoregulation and, to a certain degree, purifying, but it can also be irritating. Sweat is salty, so there can be some irritation, depending on your skin. It also



Cleansing wipes infused with antibacterial tea tree oil and calming copaiba oil will give your skin a fresh reset.

THURSDAY PLANTATION TEA TREE FACE WIPES, \$14

This lightweight gel soothes and stabilizes skin thanks to aloe vera and horse chestnut.

PIXI SKINTREATS PHENOMENAL GEL, \$34

A fast-absorbing, deeply hydrating gel is housed in an easy-access tub – ideal for when you're on the go.

BIO-OIL DRY SKIN GEL, \$15 FOR 100ML

evaporates, which can be incredibly drying.” To combat potential skin reactions, take to the taps. “A quick rinse before your skin dries out is a good idea,” she says.

HYDRATION STATION

The time of day when you choose to work out may fluctuate, but using a moisturizer before you leave the studio should be a regular practice. “Combat dry skin with top-to-toe moisturizing when your skin is damp to seal the skin barrier and keep moisture in after you've rinsed off the sweat,” says Dr. Humphrey. Tailor the type of product to your post-workout activities. If you're heading into a sunny day, choose an SPF. Running a few evening errands? Try a light-weight lotion or night cream. “If you're working out at the end of the day, you could do your bedtime routine there and save time,” says MacKay. For efficacy, she also squeezes in a non-astringent facial mist at the gym before applying any serum or face cream. “Using a gentle toner will rebalance your skin's pH level,” she says. “If you apply a product to an unbalanced pH level, the first thing your skin will do is work to balance itself rather than work with the active ingredients,” she says.

BEDTIME BRILLIANCE

“Once you're home for the night do your bedtime routine then, while you have the energy.” - Heather MacKay

FOR MANY OF US, EVENING is the only time available to truly indulge in skincare. “I think of my night-time ritual as my self-care skin ritual and firmly believe that winding down plays into falling asleep and having restful sleep,” says Dr. Humphrey. “I have a little more time then and can incorporate a few more steps and products.”

Rather than watch the clock, capitalize on whatever window of opportunity works for you. “You don't have to wait until before bed to do your bedtime routine,” says MacKay. “Once you're home for the night, do your bedtime routine then, while you have the energy. If you start watching TV and fall asleep on the couch, you won't want to do a whole routine and will end up going straight to bed. Once you come home and change into something more comfortable, do it then.”

SLEEPER HITS

With a stretch of beauty sleep ahead, choose products that are specially designed to treat an epidermis at rest. This is the time for barrier-restoring serums and moisturizers that are heavier or have a texture that may not be suitable for day or compatible with makeup, says Dr. Humphrey. In addition to night creams, sleeping masks (made to sink in and be left on overnight) can round out a roster of beauty bedmates. Popular



Exfoliation meets hydration to address dryness and dullness while you snooze.

GLAMGLOW GOOD IN BED PASSIONFRUIT SOFTENING NIGHT CREAM, \$75

Polyphenols help create a regenerative balm, and the airless jar pump keeps its contents potent.

EAU THERMALE AVÈNE DERMABSOLU COMFORTING NIGHT BALM, \$59

This blend of glycolic, lactic and malic acids and fruit enzymes sloughs away dead skin cells overnight.

KATE SOMERVILLE LIQUID EXFOLIKATE TRIPLE ACID RESURFACING TREATMENT, \$75

Peptides work to plump skin, so you'll wake up with softened fine lines and wrinkles.

FILORGA NCEF-NIGHT MASK, \$95

Customize this anti-aging powerhouse by applying it directly to your skin or mixing it with night cream.

RODIAL RETINOL 10% BOOSTER DROPS, \$89

in Asian skincare and becoming more widely available in Canada, they address concerns like hydration, exfoliation, brightening and firming. “Sleeping masks are a great way to get good treatment ingredients into your skin,” says MacKay. “They tend to be a little bit more concentrated than in regular masks. And always carry excess night-time products down to your neck, your chest and even the backs of your hands.”

GLOW TO BED

When the sun goes down, skincare with active ingredients should come out. “Before bed is the time to use more serious or treatment-oriented products – those that have corrective ingredients and may make you more sensitive to UV rays,” says MacKay. To maintain healthy skin with a fresh glow, she focuses on exfoliation and hydration and sticks to a rotating system. “I like to alternate the use of an AHA peel pad or a retinol serum one night and a hydrating sleep mask the next night,” she says.

Retinol and other vitamin A derivatives also make the cut for Dr. Humphrey's night-time essentials. “Many forms aren't photo-stable, so it's best to use them overnight so that they'll have seven to nine hours to work and not risk being broken down by UV light during the day,” says MacKay. *W*