

《爱美达人教你晚霜妙用》

导读:晚霜不可滥用，来看看你适合用什么类型的晚霜。



The cynical among you might think that night creams are just another way for big beauty brands to cash in on your quest for flawless skin. But, while this might be true in some instances, there really are some surprising benefits to wearing them while you sleep.

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Firstly, after a tough day battling impurities your skin naturally rejuvenates overnight and the majority of night creams are specifically designed to enhance this process by boosting the skin with moisture and also targeting specific skin concerns like fine lines or hyperpigmentation.

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Not to mention the best part – all you have to do is slather on a layer and let it do its work fuss-free while you catch your forty winks.

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Of course, to work sufficiently a cream must contain active ingredients in an adequate concentration, so what

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If it's oily skin that's your main concern, opt for a night cream that's light, non-comedogenic (doesn't block pores) and oil free.

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Anti-ageing

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As well as aforementioned retinol, hyaluronic acid is a key ingredient to consider if you're looking for a night cream to tackle fine lines.

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An ingredient that's naturally present in the skin, hyaluronic acid attracts and maintains moisture levels, which means it's great at leaving your skin feeling smooth and suitably plump.

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