

Good Night Skin

(NAPSA)—The right amount of sleep is not only essential for general well-being, it is also a prerequisite for great looking skin.

“Skin is most receptive to moisture at night. While we are asleep, the body goes into a state of repair; skin replenishes vitamins and moisture that are lost throughout the day,” explains Wendy Brackett, Senior Scientist for Olay. “Think of going to bed as the beginning of your daily beauty routine and develop a regimen that fits the different way skin works at night.”

Here are some ideas to maximize the benefits that the night can bring:

- Get in the mood to sleep. Establish a routine that will cue your body to go to sleep. Put on soothing music or have a glass of warm milk, then snuggle down with the latest book by your favorite romance writer.

- Cut down on the caffeine. Too many stimulants like coffee, tea and colas throughout the day can cause palpitations and make for restless sleep at night.

- Don't rush. Take time when performing your evening beauty regimen because the added luxury of additional time doesn't exist in the morning. Treat yourself to a rich moisturizer that will provide nourishing hydration to quench skin during the night. A great example of a product that provides



this benefit is Olay Total Effects Night Firming Cream. Containing VitaNiacin and Hydrolyzed Wheat Protein, this product strengthens the skin structure while providing intense moisture. The result is firmer, suppler skin. www.olay.com is a great resource to learn more about skin health.

- Set aside designated worry time early in the evening. Mentally go over tomorrow's "to-do" list before going to bed and then forget about it until the next morning. Having a well-rested mind is just as important as a well-rested body.

- Exercise. Regular physical activity enhances sleep by getting rid of tension built up throughout the day. Don't wait until too late in the evening to get in that workout. You need to ensure ample time to wind down afterwards.