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## NIGHTTIME SKINCARE ROUTINE

### Cleanse

- ★ Remove makeup with a makeup remover or wipe
- ★ Using an oil-based cleanser, gently apply to dry skin and massage in circular motions; rinse
- ★ If necessary, double cleanse with a foaming cleanser; rinse

### Tone and Treat

- ★ Apply a toner with a cotton pad - this step removes any leftover debris, rebalances skin, and helps your treatment products sink in
- ★ With your ring finger, gently tap eye cream on orbital bone under eyes
- ★ Massage in a skin-appropriate serum from hairline down to the chest; this is a great time to add active ingredients into your routine like chemical exfoliants or retinol - just don't use them all at once

### Hydrate and Protect

- ★ Apply a moisturizer or facial oil by pressing into skin
- ★ Help your skin by using a silk pillowcase like those from Alaska Bear
- ★ Don't forget your lips - apply a hydrating lip mask

### Keep in Mind

- ★ Meet with a dermatologist to discover the best products for your skin
- ★ Facial massage is truly beneficial - get more from your skin by getting regular facials and learning at-home techniques
- ★ Face masks are amazing pick-me-ups, so keep a few on hand like “medicine” for your skin - calming, detoxifying, hydrating, etc.

**Did you update your evening skincare routine? Let me know @ElectraLane on Instagram!**