

# 5 Things Dermatologists Do Before Bed

By [Suzannah Weiss](#) | March 23, 2018



You can read all the beauty blogs and product reviews. But who better to get skin care advice from than a dermatologist? We got a peek into five dermatologists' bedtime beauty routine. Trust us, you'll be surprised at how simple some of their routines are!

## Remove makeup

Make sure to wash your face thoroughly enough that all the makeup comes off. For [Anna Guanche](#), a board-certified specialist in dermatology, this sometimes takes multiple washes. You could also opt for face wipes like dermatologist Jacqueline Berliner of [Marmur Medical](#). She uses [YourGoodSkin Moisturizing Makeup Remover Wipes](#) to get rid of makeup, dirt, and oil. "These wipes contain bisabolol, a soothing ingredient derived from chamomile, and so it is mild and won't dry out the skin," she explains.

## Wash with a gentle cleanser

"I use a gentle face wash to gently remove dirt and debris," says Caroline A. Chang, clinical assistant professor of dermatology at Brown University Alpert Medical School. "I choose a face wash that doesn't leave me 'squeaky clean' but leaves me with soft skin." David Lortscher, board-certified dermatologist and founder of [Curology](#), uses [Vanicream Free & Clear Liquid Cleanser](#) as it features a soap-free, oil-free formula that cleanses the skin without irritating it.

**Apply serum**

“Studies show the harmful effects of UV light continue to affect your skin even at night,” says Chang. To combat this, she applies [The Ordinary’s serum](#), which contains the antioxidants, resveratrol and ferulic acid. For hydration, Guanche enjoys using [Saromae Snail Serum Concentrate](#).

**Moisturize**

Chang uses [Revision D.E.J. Face Cream](#), which contains a ceramide blend and herbal extracts for anti-aging effects. Guanche uses [Alastin Restorative Neck Complex](#) for her neck and [NeoCutis Lumière Riche Bio-Restorative Eye Balm](#) for under her eyes.

**Get to bed on time**

The most important part of your skin care routine may not actually be in the products you use. “Nothing beats a good night of restorative sleep for glowing skin in the morning,” says Berliner.