

6 Ways To Take Your Beauty Sleep To A Whole Other Level

By [Alix Turoff](#)

We all know by now that getting enough sleep is essential not only for our energy levels, but also for our immunity, fitness, and even our beauty.

Hey, they don't call it beauty sleep for no reason!

We figured if sleeping already benefits our complexion in a number of ways, that if we added in a beauty booster we could wake up looking even more refreshed and awake! Try some of our favorite beauty sleep enhancers to make the most out of your slumber!



6 Beauty Sleep Enhancers For More Beautiful Mornings

[Roc Multi-Correxion 5-in-1 Restoring Night Cream](#) (\$23.36)

Slather on this night cream to improve 5 of the major signs of aging including discoloration, elasticity, hydration, radiance and fine lines and wrinkles.

[Miyu Teas & Beauty De-stress Mi Beauty Tea](#) (\$16)

A blend of peppermint, licorice and chamomile makes this tea a powerful anti-inflammatory remedy for stressed skin. Licorice root helps calm the complexion while chamomile soothes and heals and peppermint refreshes the mind and provides vitamin A and C to combat inflammation. Enjoy this tea hot or iced before bed!

[L'dara Advanced Anti-Aging Serum](#) (\$120)

The incredible anti-aging benefits behind this serum comes from an ingredient derived from the antioxidant rich goji berry known as the LBP-5 Complex. Apply this serum overnight and you can actually fight wrinkles and signs of aging without even opening your eyes.

[Rituals Yin Organic White Lotus and Yi Yi Ren Calming Bed & Body Mist](#) (\$28.88)

This bed and body mist helps promote restful and peaceful sleep with the help of calming ingredients such as yi yi ten and white lotus. Just spray onto your pillow or sheets and fall into a deep sleep.

[Yonka Age Defense Hydra Nol Creme](#) (\$72)

If you have dry skin, applying a night cream prior to bed can work wonders on the moisture level of the skin. Grape seed, coconut and hazel seed oil provide nourishment and prevent moisture loss. Shea butter and hyaluronic acid gives skin a smooth feeling that will last all day. Essential oils such as rose, chamomile, jasmine and Quintessence Yon-Ka provide the added bonus of relaxation and a pleasant aroma.

[iluminage Pond's Institute Skin Rejuvenating Pillowcase With Copper Oxide](#) (\$60)

The Iluminage pillowcase is embedded with Copper oxide which has been shown to reduce the appearance of wrinkles and fight the signs of aging. Copper ions from the pillowcase are released to the skin's surface and then enter the upper layer of the skin. The copper ions support the generation of new skin cells while simultaneously reducing the appearance of fine lines.

SHARE

