



# Overnight Beauty Products That Aren't Annoying To Sleep In

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2 OF 13

Celebrity facialist Susan Ciminelli's super-quenching mask is formulated with powerful antioxidants (like Japanese green tea and soothing aloe and lavender) and should be applied in a thick layer 30 minutes before bed. (Just be sure to avoid the eye area.) By the time your head hits your pillow, it will have become one with your skin.

For obvious reasons, it is better to sleep on your back when wearing a mask, but it is also beneficial when you're sleeping sans product: "On your back is a perfect way to sleep to avoid wrinkles and sagging muscles on one side or the other," says Ciminelli. But no matter what position you sleep in, it's also important to make sure your pillows are clean. "You sweat in the night and your perspiration contains bacteria," she continues. "Your pillowcase harbors tons of bacteria that contribute to causing break outs."

**Susan Ciminelli** Hydrating Gel Mask, \$75, available at [Susan Ciminelli](#).



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