



circadian rhythm and the skin

Skin cells operate on an internal clock, following a circadian rhythm. Throughout a 24-hour cycle, the skin goes through distinct modes and responds differently based on the time of day. During daylight hours, skin cells are in defense mode. However, when night falls they shift into repair mode.

defense mode:

- skin cells combat external aggressors such as harmful UV rays and free radicals, protecting against damage

repair mode:

- accelerated cell renewal and turnover
- increased collagen production
- skin cells actively work to repair any damage caused by environmental factors during the day
- skin is best able to absorb active ingredients to enhance the repair of any damage that has occurred during the day

This shift is why it's essential to maintain separate skin care routines for daytime and nighttime.