The best night creams for glowing skin by morning, according to dermatologists

By Noelle Ike, CNN Underscored
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Lovely Skin

~~$118~~ **$92 at Lovelyskin** **$118 at Amazon**

"I like this moisturizer for its lightweight, silky texture and its combination of hyaluronic acid, niacinamide and green pea peptide," Palmer said, recommending it to those looking to target dehydrated or dull skin. "This helps replenish moisture, support the skin barrier and improve the appearance of fine lines," she said, and it's an all-around great option for those with normal to dry and dehydrated skin types who prefer "a fresh, dewy finish rather than a heavy cream."



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Best Tested

La Roche-Posay Cicaplast B5 Balm



Ulta Beauty

$19 From $14 at Amazon From $19 at Walmart

If you experience super-dry or irritated skin, Dempsey recommends this cream, which was also named our best moisturizer for dry skin. "It's definitely heavy, but it's so nice for repairing sad and angry skin overnight," she said. It's also a great option for pairing with your go-to actives.

Read our review

Evolve Organic Beauty Nightly Renew Facial Cream



Amazon

$49 at Nordstrom $49 at Ulta Beauty $52 at Amazon

One of Palmer's top picks for those with dry skin, this cream from Evolve boasts a blend of plant-derived emollients, glycerin, hyaluronic acid and murmur butter, all of which help to soften your skin while providing moisture. "I recommend it to people looking for a comforting nighttime moisturizer that leaves skin feeling smoother and more supple by morning," she said, adding that its richer texture is a great option for when your skin feels particularly tight or dehydrated.

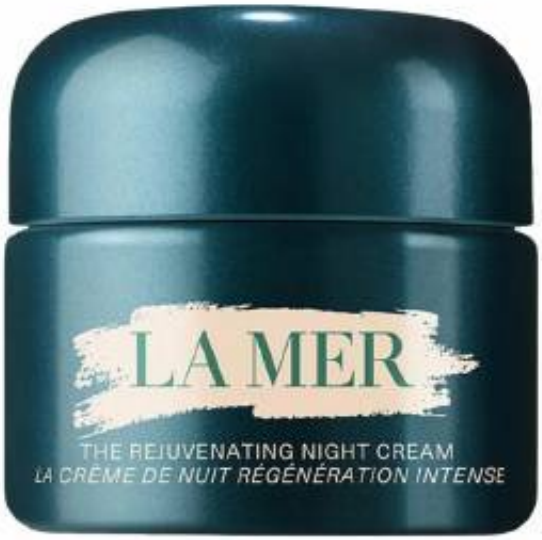


Amazon

From $15 at Ulta Beauty $34 $29 at Amazon $29 at Target

"I like this because it combines three forms of vitamin C with antioxidants, ceramides, hyaluronic acid and squalene in one nourishing, overnight formula," Dr. Debbie Palmer, board-certified dermatologist, cofounder and medical director of Dermatology Associates of New York, said. With a rich and creamy texture, it's best for those with mature or normal to dry skin, according to Palmer, as it targets dullness and uneven pigmentation.

La Mer The Rejuvenating Night Cream



Sephora

From $115 at Nordstrom From $230 at Sephora From $230 at Macy's

Know your ingredient list

At a very high level, night creams should include two types of ingredients: ones that handle the baseline hydration, moisture and skin barrier support, and others that may provide other, more targeted benefits. Within that first category, ingredients to look out for include hyaluronic acid, which "is included in many night creams because of its ability to attract and retain moisture," Camp said. Ceramides are lipids that work to maintain the skin barrier, while niacinamide has soothing properties and can help correct the appearance of blemishes.

"Peptides may encourage collagen production — which helps keep skin firm and limit the formation of wrinkles — while squalane heightens hydration, leaves skin smooth and has properties similar to sebum, the skin's natural oil," Camp added. If you're concerned about fine lines, uneven skin tone or sun damage, "an antioxidant or retinoid can be a valuable nighttime ingredient because they have strong scientific evidence supporting their benefits for photoaged skin," Palmer said.

In this scenario, Kobets recommends using a retinoid and vitamin C somewhere in your skin care routine, though not necessarily together or in the same cream. "Start gradually, because irritation can get in the way of consistency," she said. "The best routine is one your skin tolerates and you'll actually use."



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Consider your preferred texture and formulation

"Texture is equally important," Palmer said. "People with dry or mature skin may prefer a richer cream containing emollients and occlusive ingredients that help prevent moisture loss," she said, while "those with oily or acne-prone skin may do better with a lightweight, noncomedogenic lotion or gel that provides hydration without feeling heavy." When it comes to sensitive skin, both she and many of our other experts recommend a simple, fragrance-free formula to minimize the potential for irritation.

Expect trial and error, and consider returnability

"Honestly, like with most things skin care related, it's a lot of trial and error," Dempsey said. The only way to know if something truly works for you is to try it. "I change my night cream some nights, depending on what active I'm using," she said, "so ultimately you choose based on what your skin needs that night."

When it comes to testing a new product, Palmer recommends starting on a small area of

When it comes to testing a new product, Romero recommends starting on a small area of your skin at first. "If a cream feels too heavy, try using a smaller amount or choosing a lighter texture," she said. "If it burns, stings or makes your skin very red, stop using it and try something gentler."

FAQs

What's the difference between a day cream and a night cream?

Can I use night cream every day?

What's the best night cream for older skin?

What night creams do dermatologists recommend?

Meet our experts

For this article, we consulted the following skin experts to gain their professional insights:

- **Dr. Morayo Adisa**, double board-certified dermatologist and dermatopathologist and medical director at Dermatology Physicians Chicago/Kenilworth
- **Dr. Brendan Camp**, double board-certified dermatologist and dermatopathologist at MDCS Dermatology and clinical assistant professor of dermatology at Weill Cornell Medical College
- **Dr. Ali Dempsey**, board-certified dermatologist and assistant professor of clinical dermatology at Weill Cornell Medicine in New York City
- **Dr. Kseniya Kobets**, board-certified dermatologist and director of cosmetic dermatology at Montefiore Einstein Advanced Care
- **Dr. Debbie Palmer**, board-certified dermatologist, cofounder and medical director of Dermatology Associates of New York and founder of Replere skin care
- **Dr. Jenna Queller**, board-certified dermatologist and founder of DermWorks
- **Rocio Romero**, board-certified aesthetic physicians associate and practice director at Row 89
- **Dr. Dmitriy Schwarzburg**, board-certified cosmetic and laser physician at Skinly Aesthetics
- **Dr. Sejal K. Shah**, board-certified dermatologist in private practice at Smarter Skin Dermatology in New York City