

## Is my night cream rubbing off on my pillow a night?



I apply my skincare products right before I go to bed at night. Is it possible for my moisturiser to smear off onto my pillow, or does it usually penetrate the skin very quickly? And if so, how often should I be changing my pillowcase?

Skincare expert Dr Maureen Allem from Skin & Body Renewal responds:

“If you’re using a moisturiser that leaves an occlusive layer, and you apply a liberal amount of it, then it’s absolutely possible for your product to smear onto your pillow. It really depends on what you are using

To read the full article visit: <http://beautysouthafrica.com/skin-and-body/is-my-night-cream-rubbing-off-on-my-pillow-a-night>