



REFINERY29

The Posh Way London Girls Get Ready For Bed

[GEORGIA MURRAY](#)

LAST UPDATED [OCTOBER 22, 2017](#)

There are certain beauty rules that have been drilled into us: Always take your makeup off before bed, get a good eight hours of sleep, drink lots of water. While undisturbed sleep and adequate hydration may evade us on busy days working, playing, and everything in between, one thing we can control is our evening beauty routine.

Whether you're a wipe-and-it's-off type or you have a meticulous 10-step regimen, we're fascinated by others' evening beauty practices.

Click through to see how *Refinery29*'s London staffers take care of their skin and unwind before bed, then check out [the routines of our U.S. editors](#).

Georgia Murray, Fashion & Beauty Writer



If I'm in for the evening I take my makeup off straightaway, using [Garnier Micellar Cleansing Water](#) on stubborn eye makeup before massaging [Clinique's Take The Day Off Cleansing Balm](#) over my face. I then use a washcloth soaked in hot water to take that off. If I've been out or worn lots of makeup that day, I'll go over my skin again with [Elemis Nourishing Omega-Rich Cleansing Oil](#). If my skin needs a real talking to, I'll then wipe a cotton pad soaked in [Alpha-H Liquid Gold](#) over my skin every other evening. It's an intense glycolic acid formula that is nothing short of a miracle.

Next up, I gently pat [Estée Lauder Advanced Night Repair Eye Synchronized Complex II](#) around my tired eyes, as [you can never start too young](#). I rotate my serums depending on my skin's problems at the time but right now, I'm using [ZENii's Hyaluronic Booster Serum](#) to fight the first signs of autumn's brutal weather. Once that's sunk in, I load up on [Origins' GinZing Energy-Boosting Moisturizer](#),

which smells divine and works its magic overnight (I can't use too heavy a moisturizer in the daytime as my makeup loves to slide down my face by 1 pm.) Finally, I brush [RapidBrow's Eyebrow Enhancing Serum](#) over my brows, which have undergone a real renaissance since I started using this.

Every Sunday, I make time for a blissed-out evening bath, starting with [Tata Harper's Resurfacing Mask](#) to blast away the week's dead skin and pollution. Then I'll use a second mask like [Isla's Refine & Radiate Beautifying Face Mask](#) or [Lush's BB Seaweed](#). I don't like to draw attention to the amount of room taken up in my tiny flat by my ridiculous collection of face masks, lest my boyfriend catch wind... It's therapeutic, alright?