

Should you keep glycerin on your skin overnight?

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For individuals with dry or dehydrated skin, glycerin's ability to draw and retain moisture can be a game-changer. (Source: Freepik)

Glycerin, a humectant known for its moisture-attracting properties, has become a **popular skincare ingredient**. But can leaving it on your skin overnight truly benefit your complexion?

Let's explore the potential advantages and drawbacks of this practice, guided by insights from Dr Rinky Kapoor, consultant dermatologist, cosmetic dermatologist & dermatologist-surgeon, The Esthetic Clinics.

Are there any benefits of it?

For individuals with dry or dehydrated skin, **glycerin's ability** to draw and retain moisture can be a game-changer. Its non-comedogenic nature makes it suitable even for those with oily or acne-prone skin, as it doesn't clog pores, explained Dr Kapoor.

Applying glycerin before bed allows for deeper penetration and sustained hydration throughout the night, potentially leading to:

Smoother and suppler skin: By replenishing moisture loss that naturally occurs during sleep, glycerin can leave your skin feeling softer and more elastic.

Reduced appearance of fine lines and wrinkles: Adequate hydration plumps the skin, minimising the visibility of fine lines and wrinkles caused by dryness.

What are some potential concerns to consider?

While generally safe, Dr Kapoor emphasised the importance of individual sensitivity:

Skin irritation: Glycerin can occasionally trigger irritation, especially in individuals with sensitive skin. A patch test on a small area before widespread application is crucial.

Excess moisture in humid climates: In humid environments, prolonged glycerin use might attract excessive moisture, causing a sticky or unpleasant feeling on the skin.

Dermatologist consultation for specific conditions: Individuals with a history of allergic reactions or skin conditions like eczema or rosacea should consult a dermatologist before extensive glycerin use.

Concentration matters: Using highly concentrated glycerin without proper dilution can lead to irritation. Always follow recommended usage guidelines.

The Verdict: A Personalised Approach

Glycerin can be a valuable addition to your skincare routine, potentially offering overnight hydration benefits. However, a personalised approach is key. Consider your skin type, sensitivity level, and climate when deciding whether to leave it on overnight, according to Dr Kapoor.

Here are some additional tips:

Start with a diluted solution: If you're new to glycerin, begin with a lower concentration mixed with your moisturizer.

Monitor your skin: Pay attention to any signs of irritation and discontinue use if necessary.

Consult a dermatologist: Seek professional advice if you have concerns or underlying skin conditions.

By understanding the potential benefits and drawbacks, and adopting a cautious approach, you can determine if incorporating glycerin into your nighttime skincare routine is the right choice for your unique needs.