

Ignore the instructions and finally open a few of these, working the oil all the way down to your neck. Eterni-Skin Bliss Capsules (flavored for night), \$39.50 (Elizabeth Arden Cosmetics). Get Ultra Restorative Capsules, \$50. Add home to your bath with Care-Care Pearls, \$18 (part of set), Garnier.

that complements this fleeting time when everyone looks better – and photographers scramble to the lens for its softening, ethereal quality. And with night comes the moon, an inspiration for several beauty companies, some of whom employ biodynamic farming (planting, nourishing and harvesting plants according to the lunar cycle) in their manufacturing. Jurlique, Dr. Hauschka and Illa are passionate about its effects. It is a romantic view that defies logic but there is certainly something deeply satisfying and nurturing about these brands' products that engenders devotion.

The Australian spa brand Sudashi is also enamored with the moon. It has developed four nocturnal treatment rituals for its woo-spa in the Maldives at the Four Seasons Kuda Huraa resort. Wow because it is on its own miniature island, accessible by an aptly dinky boat. Come 10pm it's all yours for a spa ritual that stretches to lam on the starlit beach. There is nowhere in the world like it, and little will prepare you for the joy of lying on a cloud-soft treatment bed, head curled to the stars, cosseted by the tropical air. Sudashi believes our bodies are attuned to the lunar rhythm, so depending on the phase of the moon, the treatment will reflect your need. For example, Release Ritual focuses on cleansing and purification as the moon waxes, using fragrant scrubs and pressure-point massage. The results have been so potent that Four Seasons is rolling out the Night Spa worldwide next year. Admittedly, they won't all come with an island, but a candlelit treatment just before bed at the Park Lane Hotel in London sounds heavenly. Until recently it was only a few famous faces who could access a spa whenever they pleased, but soon we'll all

be able to enjoy an out-of-hours thrill.

It makes a lot of sense to book a spa treatment just before bed. The effects will be boosted by the restorative powers of sleep (and not applying clogging make-up, or taking your newly de-stressed body home helps, too). Taking this into account, Bliss Spa recently launched the Youth As We Know It Night Facial, which is available to book after 5pm. It aims to improve tone and elasticity with a mushroom enzyme peel, collagen mask and a massage with a secret-formula cell-rejuvenating cocktail, finished with a night cream. Then, if you've added a "snore" to your booking, they'll bring you milk and biscuits, plump your pillow, and you can drift off to a de-ageing power-nap. Dreamy. ■

Scent, designed to be worn at night, or inspired by night-blooming flowers, a confounding perfumes this winter. Tom Ford's Jardin Noir Jonquille de Nuit, £135, based on narcissus, is velvety and enveloping. Giorgio Armani's Code Luna, £30, is another one worth going out for.



The new skincare brand Argemini Apothecary is a curious and charming advocate of the emerging trend for "psychological skincare", best applied in a serene, mindful fashion before bed. It contains potent, elastic-boosting DNA-HP and skin-balancing collagen fibres, but each cream also comes with one of 13 different archetypes or "emphatic cards", placed randomly in the beautifully illustrated product boxes. Igar received the Sage, which suggested we "Share our cosmic knowledge". La Pasion Indica, £147. Argeminiapothecary.com

