Refrigerating Skincare Key Points

This summary explains which skincare products may suit refrigeration and which should stay out of the fridge.

1. Dermatologist Dr. Debra Jaliman advises storing skincare at room temperature, away from direct sunlight.
2. Cool exposure can harm the skin barrier, with signs such as tightness, flaking, redness, dryness and itchiness.
3. Most skincare products are stability-tested and withstand short-term temperature changes.
4. Eye creams, face mists, sheet masks, gel moisturizers and vitamin C serums are listed as suitable for chilling.
5. Chilling slows the oxidation that turns vitamin C serums yellow.
6. Thick moisturizers are better kept in a dark, cool place, as refrigeration can alter their chemistry.
7. Facial oils, oil-based cleaners and clay masks should not be refrigerated.
8. Retinol is sensitive to air, light and temperature, so a dark, dry place is advised over a skincare fridge.
9. Skincare fridges run at about 45-50 degrees Fahrenheit, while regular fridges run at 35-40 degrees Fahrenheit.
10. To test a product, chill it for a few hours, then apply it to see whether it works better or worse.

Notes

For general education only. Not a substitute for professional medical advice.