

The Beauty Products You Should Keep in Your Fridge

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Have you ever put nail varnish in the fridge in the hope of making it last longer? You're not the only one who hates gloopy polish.

Storing beauty products at cooler temperatures is one of those theories many of us put to the test, without knowing if it actually has any positive effect.

The answer? It's all about preservatives.

Dermatologist **Dr. DeJuliis** told Huffington Post Style cosmetics made with organic or natural ingredients do benefit from fridge time as these are made without the preservatives many brands use.

Similarly, it's often recommended prescription skincare is kept in the fridge to stop it from passing the expiration date too quickly.

And if you need an instant wake-up in the mornings? Eye cream is another good contender.

"When applied cold on the skin, it will reduce inflammation and swelling, making it the ideal pick-me-up after a night of poor sleep," Dr. DeJuliis told the site.

However, there's no need to go overboard on the refrigerating front. Dr. Ranella Hirsch warns depending on the ingredients, the consistency of a product will change when stored in a cold environment. Because of this, many face creams and serums will keep better at room temperature.

So - the secret? Check the labels before you go and put your expensive pot of moisturiser in the cooler.