The First Thing Beauty Bloggers Do in the Morning


A typical morning routine probably sounds a lot like that. However, more and more people are starting to treasure their mornings as a source of sacred “me” time. The first of the enlightened set to realize this? Beauty bloggers, of course. From meditation and affirmation setting to green smoothies and supplement rituals, the 11 bloggers we talked to all have morning routines that put our sunscreen, coffee, and banana habit to shame.

“My day begins around 7:30 am, and if I’m not traveling or jet lagged and have been good about getting in bed before 11 p.m., I’ll wake up naturally without an alarm. The first thing I do is reach for my phone—I wish I were one of those people that left it charging in another room, but sadly I’m not!

“Once the espresso machine has lured me out of bed, I’ll head to the bathroom to brush my teeth and start my morning skincare routine. I start by washing my face with iS CLINICAL® CLEANSING COMPLEX. I never ever forget SPF, even if it’s dead of winter or pouring rain. Shani Darden, my facialist, has drilled that into me!