

10 Pillowcases That'll Transform Your Hair and Skin for the Better

Waking up with perfect skin and hair sounds like a myth reserved for the realm of rom-coms. In real life, we arise to weird grooves etched across our faces and hair that's suspiciously less shiny than it was the night before. Happily, more and more beauty and textile brands are coming out with pillowcases specifically designed to target certain beauty concerns, like wrinkling skin and frizzy hair. Some of these styles are classic and elegant, but others are staggeringly high-tech. "Night is the best time to repair skin, so it makes sense that so many innovations are happening right now in this field," says dermatologist Rebecca Kazin. "Since we spend up to one third of each day asleep [*Ed. note: if we're lucky*], why not make the most of these hours?"

By Anne Bauso



[Shhh Silk pillowcases](#)

[\\$79 to \\$139 \(shhhsilk.com\)](#)

Call us shallow, but we're kicking this off with what may be the most beautiful pillowcase on the market (or, at least, the ever-growing beauty-pillowcase market). Australian brand Shhh Silk's Instagram-worthy silk pillowcases will take #wokeuplikethis posts to the next level, and not just because their black-and-white marble-print designs are really, really pretty. The pillowcases are made from 100 percent silk, which is a godsend for your skin: "Silk and satin are extremely

soft materials, so they cause less friction between the skin and the fabric," says dermatologist Joshua Zeichner. "Translation: They can minimize possible wrinkling." One tip, though: Stick with the aforementioned marble pattern or the classic white one. Even a \$79 black silk pillowcase is going to look like it came straight from a *Playboy* bedding set.



DreamSkin Beauty Pillowcase

\$39.99 to \$45 (dreamskinpillowcase.com)

Here's a sad fact: Loads of moisture can escape from your skin while you sleep. This moisture loss, compounded by night after night of collagen-weakening sleep lines, is bad news for your complexion. "If you repeatedly sleep in the same position, form the same sleep lines, and deplete skin elasticity in the same areas, it could cause permanent lines to form," warns Kazin. DreamSkin created a proprietary fabric, a supertight weave of natural cellulosic fibers and synthetic microfibers, that it claims can restrain sleep lines, hydrate skin, and even rebuild collagen stores. It's threefold: The material prevents facial creases because of its incredibly strong and soft texture (it contains 22,000 microfilaments per square inch—that's a 22,000 thread count, folks!). The waterproof surface repels moisture, so water cycles back into your skin overnight, rather than escaping into the ether. And finally, as you sleep through the night, the impact of your face against the DreamSkin surface is thought to trigger fibroblasts (the cells that produce the collagen and elastin) to make more collagen. The moisturizing fibers are woven indelibly into the fabric, so DreamSkin claims that the pillow will work even after years of use. Maybe this is pillowcase-info overload, but if you have one takeaway about DreamSkin, let it be this: This thing is crazy soft.



Grounded Beauty pillowcase kit

\$99.99 (earthing.com)

"We have made huge strides in cosmetic chemistry, with advances in stability, delivery, tolerability, and efficacy of active ingredients applied to the skin," notes Zeichner. "The next frontier is the development of smart textiles that both look *attractive* and actually help treat the skin." Grounded Beauty's quilted, silver pillow cover may not be what most people would consider attractive, per se (it looks like a prop from a bedroom scene in an '80s soap opera), but it certainly does treat the skin. The pillow is made with naturally antibacterial conductive silver, a metal that is "anti-inflammatory, antimicrobial, and has wound-healing properties," according to Zeichner. (Quick history lesson: Silver has long been used to bust bacteria—that's why silverware was developed in the pre-Palmolive age, since pathogens and the sickening like can't grow on silver.) Sleeping on the silver material is also a form of grounding (or earthing), which is the theory that walking barefoot or lying on the ground connects you to the surface energy of the earth. (We know, this has "crazy hippie" written all over it.) According to the company, this can help increase circulation, decrease inflammation, and improve overall

sleep function. One *Allure* editor credits the cover with totally transforming the way she sleeps.



Drybar Slumber Party Silk Pillowcase

\$45 (thedrybar.com)

Some of the biggest beauty trends out there right now are modern iterations of old-school beauty rituals. Our regular blowout-bar visits are the 2016 equivalent of our grandmothers' weekly trips to the salon to get their hair set. And Drybar's new, 100 percent silk pillowcase is the present-day answer to the satiny bed linens and hair caps that said grandmas undoubtedly used to preserve their dos. This one feels even finer and softer than many of the other silk pillowcases out there, less crisp and pristine. More importantly, though, it helps blown-out hair retain its shape and shine. "The silky surface helps cut down on hair breakage," says Kazin. "Skin also slides over the slippery surface more easily, so you won't see those fine lines pressed in when you wake up."



Illuminage Beauty Skin Rejuvenating Pillowcase

\$60 (iluminagebeauty.com)

Illuminage's polyester pillowcase is entwined with copper fibers, giving the material a slight golden glow but more importantly, giving your skin a major overnight boost. "Copper is an essential cofactor needed for skin health," explains Zeichner. "Our cells use copper to produce healthy collagen and elastin and to promote production of skin-plumping hyaluronic acid." So this little number will not only brighten your bed, but also your skin. And if \$60 seems cuh-ray for a single pillowcase, you 1) haven't been paying close attention to this slideshow, and 2) should know that the company claims the technology will remain intact through 100 loads of laundry (skip the fabric softener and dryer sheets, though).

Skin Laundry SleepCycle CleanSkin Pillowcase

\$30 (skinlaundry.com)

If bacteria had its way, it would make a filthy, reproductive playing field of your pillowcase. Skin Laundry, the appealingly named laser clinic with locations in California, Arizona, New York, and Hong Kong, recently added to its product line a silver-treated pillowcase to deal with this very thing. The cotton pillowcase is infused with silver ions, which basically S&D (seek and destroy, for those of you not in the military-lingo know) bacteria before they have a chance to multiply and render your pillowcase a three-ring circus of vileness. It's only proven effective for up to 50 washes, but depending on your laundry habits, that's a year or two of a significantly cleaner sleeping environment for your poor little acne-prone cheeks.



Savvy Sleepers pillowcases

\$36 to \$42, (savvysleepers.com)

Satin, like its fancier silk cousin, doesn't chafe skin and hair the way cotton can. "If you're repeatedly rubbing the same areas of hair against a cotton pillowcase, then yes, it can result in breakage," warns Kazin. Savvy Sleepers' pillowcases are 100 percent polyester satin, so they'll cause less of the friction that leads to frizz and split ends. The material is more

resilient than silk (though you'll still experience that uncomfortable anguish if a raggedy nail gets snagged on it), meaning that they're machine-washable—always a bonus for us lazy ladies. And finally, the cases feature a hidden pocket, Lululemon-pants-style, for stashing lavender sachets. (OK, actually, we don't really know what the pocket's purpose is, but there's one possible PG explanation.)



HyGenie Acne Fighting Silver Ionic Pillowcase

\$29.99 (buyhygenie.com)

Clean freaks, rejoice: HyGenie's handmade pillowcases are infused with silver ionic technology to provide a sanitary, microbe-free sleeping surface. Not only does anti-inflammatory silver nip acne-causing bacteria in the bud, but it also has healing properties. "We actually use a silver-based cream to treat burn patients and use wound dressings infused with silver to help the healing process," says Kazin. This makes HyGenie a great pick for those with skin that's vulnerable to acne or even just mild irritation.



SleepClean Silvon pillowcase

(sleepcleancare.com)

You can think of SleepClean's brand-new antibacterial Silvon pillowcase, available on Kickstarter on April 24, as the caped crusader of your skin-care routine. Made of Supima cotton woven with silver-covered thread, the pillowcase works to regulate gross bacterial growth. The positively charged silver wipes out the bacteria before it can create a nasty breeding ground where you smash your face for eight hours (or, OK, fine—five).



SpaSilk 100% Pure Natural Silk Facial Beauty Pillowcase

\$19.99 (spasilk.com)

Let's review: Hair and skin slip over the surface of silk and drag over cotton. "Silk cuts down on sleep lines and creases on the face," according to Kazin. "The less skin rubs against the pillowcase, the better," agrees Zeichner. "Less folding can mean fewer wrinkles over time." Silk is also naturally hypoallergenic and cool to the touch—it's an all-around excellent bedmate. SpaSilk's price points are perfect for those wanting to dip a toe into (lay a cheek on?) the world of beauty pillowcases. The brand also offers a large range of colors (and remarkably few of the shades read prissy or skeezy).