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First aid beauty eye cream

Skip navigation! © copyright . it is. Printed from is a link to an external site that may or may not meet access guidelines. Some skincare items are non-negotiable: cleanser, sunscreen and permanent exercise moisturiser in our personal arsenal. But eye cream is a gray area between extra or essential. Or will he? We talked to top dermatologists and aestheticians to find out how important these specialized treatments really are. The verdict seems you have space in your routine for small jars. Read on for eye-opening answers about the importance of eye creams. Why should you use eye cream? is the thinnest skin on the body, and since it's constantly active (we blink 10,000 times a day), the skin around the eye area is the first skin to show age. To that end, eye creams are typically designed to be lighter in texture than facial moisturisers. Dermatologist Dr Rota Pequin adds. Heavy worms can increase the redemption of fluids and intensify the puffiness of the eye, he said. In addition, regular moisturisers don't have specific materials that address dark circles by targeting weakened blood vessels to deal with the leaks that cause them. Think of your eye cream as you do your morning coffee: my immediate choice. Full eye cream contains caffeine to resubpe veins under the eyes to reduce puffiness. It also ideally includes peptides to stimulate collagen production, antioxidants to prevent free radical damage to the skin and niacin hopes to reduce discoloration. A large day-to-day eye cream may also contain mica, a light-reflecting element that helps camouflage dark circles, he says. While it's easy to explain why eye creams are effective, the question of who should use them is a little more complicated to answer. There is no particular age where you need to include an eye cream in your routine, but people who have too dry skin, very noticeable dark circles or developing crow's feet are the best candidates, dermatologist Dr. Lenzer says, prevention but tactics are much more effective and easier to repair. How much do you have to spend on an effective job? Good news: You don't have to break the bank for a really effective eye cream, Dr. Jaliman says. I love Olay Professional Pro-X Eye-Restoration Complex (\$32) for its lightening properties and caffeine to counteract puffiness. Neutrogena Quick Wrinkle Repair Eye Cream (\$17) has retinol and vitamin C so it stimulates collagen production and the look of dark circles is also minimized, he says. How should you apply it? Experts say you should go easy on your eyes. You need a lot the size of chickpeas in the morning and evening after washing your face, says Dr Jaliman. Delicate touch is the most important aspect of eye cream application, says Dr. Lenzer. The skin around the eye area should be treated with gentle, upward strokes using your pincki, which naturally has a lighter touch than using your pointer finger. This is an important one - remember what we said about the delicateness of the skin around your eyes, after all. Although eye cream products last up to 18 months after opening for the first time, it is recommended to use them within the first six months when the ingredients are the strongest, says Ling Skincare & Spa founder Ling Skincare & Spa. Get a beauty supply or Q tip to avoid infecting the product, he says. Also consider one with a pump like Lenzer Eye Contour Lifting Cream (\$95) that makes it easy to prevent bacteria from entering the product, Says Dr. Lenzer. In addition, keep in mind that the expiration date at the bottom of the package refers to sealed shelf life. You might as well like:Credit Photograph: Getty How Special Lucien helps make skin delicate. From the WebMD archive you've heard promises: eye creams reduce or even erase signs of aging, fine lines, wrinkles, and dark circles. But aren't eye creams just more expensive moisturizings in a smaller package? Not necessarily, says dermatologist Patricia Farris, MD, clinical associate professor at The University of Tolin School of Medicine. Eye creams are formulated specifically for delicate skin around the eyes, so they tend to get thicker. They contain more oil than regular facial lucien, and they have a lot of active ingredients aimed at the problems we see around the eyes. The constant movement of the eyes also subtracts the appearance of lines and wrinkles, and fluids gather under the eyes, causing puffiness and dark circles. Eye creams can address some of these issues. Good lines and wrinkles come from both sun damage and your skin making collagen less as you age. Collagen helps maintain skin elasticity. Vitamin C, peptides, and retinol have increased collagen production, skin cream studies show. Ceramide and hyaluronic acid also help. It is a moisturiser that helps prevent water loss in the skin and improve stretching. Retinol is one of my personal favorites, Farris says, but it can be rough on some skin. ROC Retinol Correxion Sensitive Eye Cream (\$22.99) contains a gentle dose of Along with hyaluronic acid. The dark circles under the eyes come from genes, sun damage, age, and henage. Sodium ascorbate, or vitamin C, can thicken the skin and help hide dark circles after about 6 months. Niacinamide, or vitamin B3, and kojic acid can light up dark circles. Farris loves Olay Regenerist Eye Regeneration Cream Plus Touch Concealer (\$21.99), which contains vitamin B3 to lighten dark circles and peptides to boost collagen. Puffing is a build-up of fluid and blood under the eyes. Some studies suggest that caffeine can contribute to circulation, which can reduce puffiness. Other studies show that cold temperatures are equally effective for treating puffiness. That's why some people put their eye creams in the fridge. Find more articles, review back issues, and read the current issue of WebMD magazine. SOURCES: Patricia Farris, MD, clinical associate professor, Tulane School of Medicine, New Orleans. American Academy of Dermatology: How to choose anti-aging skin care products. Oshima, H. Skin Research and Technology, May, 2009. Farris, P. Dermatologic Surgery, July 2005. Hakozaiki, T. British Journal of Dermatology, July 2002. Parvez, S. Phytotherapy Research, published online July 14, 2006. American Academy of Dermatology: Research shows how popular skin fillers work at the molecular level to stimulate collagen production in skin damaged by the sun. Yilmez, E. International Journal of Pharmaceutics, published online Nov. 11, 2005. Pavicic T. Journal of Drugs in Dermatology, September 2011. American Academy of Dermatology: Cosmeceuticals. Herman, A. Skin Pharmacology and Physiology, Oct. 11, 2012. American Academy of Dermatology: How to get the most out of your skin care products. Amnuait, T. Journal of Applied Pharmaceutical Science, 2011. © 2013 WebMD, LLC. It is. Credit: dermstore.com good lines, dark circles, or sun damage? This verified dermatologist under eye creams can help. Have you ever looked in the mirror to find your eyes shockingly swollen and dull? There are any number of causes for your lackluster eyes—from that salty meal you indulge in to film you during the night before crying. And even though your eyes will generally eventually return to normal, what would you do if it had a lunch meeting or schedule in 30 minutes and your eyes still seem to have just rolled out of bed? Good news: There are plenty of clever strategies to get your eyes back to your gorgeous situation, and stat. Watch the video to learn clear eye tricks that will help you instantly look fresher and awake. Advertising Ad Credits: dermstore.com: Biopelle Glow Eye Cream; \$80, dermstore.comThis is a wonderful eye cream for morning application. This includes all the ingredients I seek to help protect and rejuvenate the delicate area of the eye: growth factors to increase collagen, antioxidants to protect UV and environmental damage, follicles and humants to moisturizing and plump, and light pints Both cosmetic coatings and additional protection. —Ted Lain, MD, Dermatologist based in Travis County, Texas Credit: sephora.com To Buy: Lumiere Bio Restore Eye Cream; \$97, dermstore.comIt contains bisabolol, which can stimulate collagen production, as well as caffeine, which can constrict blood vessels, improving the appearance of dark circles. Bisabolol is an anti-inflammatory derived from chamomile, thus relieving the skin of the delicate eyelid. Lumiere also contains glycerin, which is highly hydrating. —Debra Jaliman, MD, a dermatologist in the New York City area Advertisement Credit: walgreens.com To buy: L'Oreal Revitalift Volume Filler Eye Treatment; \$7, amazon.comThis eye treatment is filled with hyaluronic acid, an ingredient found in injectable fillers. As an ingredient in topical serums, hyaluronic acid patches the skin's benefit by pulling moisture into the epidermal, giving the plumber's eye area and more volumized appearance while filling in fine lines temporarily. This non-fatty formula contains caffeine as well. —S. Manjula Jegasothy, MD, Dermatologist Based in Miami, Florida Credit: sephora.com To Buy: Estee Lauder Advanced Night Eye Repair; \$62, nordstrom.comI love this product. It's tried and true: the night repair line has been on the market for a long time and has proven itself with my patients. Most of my ethnic patients mainly complain of dark circles under the eyes, and have found this product really useful in improving dark circles as well as fine lines. —William Cowan, MD, San Francisco-based dermatologist Credit: walgreens.com To Buy: Neutrogena Quick Wrinkle Repair Eye Cream; \$24, amazon.comIt contains retinol for anti-aging and hyaluronic acid for moisturization. Retinol is a vitamin A derivative that helps plow the skin and stimulate collagen production. —Dr. Jaliman Advertising Credit: walgreens.com To Buy: Olay Regenerist Eye Raising Serum; \$30, amazon.comIt's fragrance-free, and contains niacinamide, antioxidants, and peptides—the perfect combination of ingredients for anti-aging. — Dr. Jaliman Credit: walgreens.com To Buy: Neutrogena Hydro Boost Eye Gel; \$20, amazon.com I recommend this especially for those experiencing dryness and sensitivity around the eyes, since it does great work increasing skin hydration and helping to repair your skin. In addition, my patients prefer lightweight gel during the summer months. This product is quickly absorbed and

allows for quick use of makeup or sunscreen. — Dr. Lain Credit: [dermstore.com](#) To Buy: SkinMedica TNS Eye Repair; \$102, [dermstore.com](#)This is meant for nighttime application, when skin cells activate the repair mechanisms to help undo damage from the sun and environment. Using growth factors, antioxidants, and hyaluronic acid, TNS eye restoration supports the skin renewal process, all in a very delicate cream base. I particularly recommend this for Urban Gen-X-ers and newcomers. —Dr. Lane's ad credentials: To buy: SkinCeuticals AOX Eye Gel; \$94, [dermstore.com](#)It contains well-researched antioxidants—vitamin C and ferulic acid—to help prevent and correct signs of UV-induced aging. It also contains caffeine and roscos aculatus to reduce under the puffiness of the eyes and improve circulation. The active ingredients in this gel make it a good choice to smooth the area under the eyes, reduce puffiness, and deal with sun spots. Lightweight texture is also ideal for use under makeup. — Dr. Jagaswthy Jagassouti

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