

Dark Circles & Eyes

1. What causes dark circles and do creams really reduce their appearance?

Dark circles are generally caused by genetics although salty foods have been shown to cause bloat and puffy eyelids. Lack of adequate sleep can also contribute to the appearance of dark circles because of dilated blood vessels that create a dark tint under the eyes. Blood vessels dilate and extravasate, so topical peptides can encourage blood circulation to reduce puffiness. Lastly, allergies are a leading cause of dark circles because of fluid retention around the eyes, causing puffiness.

Eye creams that contain peptides along with a gentle exfoliator like Retinyl Palmitate encourage cell turnover and serve the best chance of reducing dark circles while still maintaining moisture levels.

2. What is the correct way to apply eye cream?

I always recommend my patients to apply their eye cream in dabbing motion, using their ring fingers on and around the orbital bone. The skin around our eyes is incredibly delicate, so using your ring finger will help ensure you don't rub your eyes too hard, which can lead to pulling on that skin and exacerbating fine lines and wrinkles. It's important to avoid applying directly onto the eyelid, unless it specifies safe for use on the eyelid area. Most eye creams will naturally travel to settle into targeted areas.

3. Is there any way to reduce dark circles under my eyes with skincare?

Although certain skin tones are unable to rid their eye area of the dark pigmentation, people experiencing dark under eye circles can look for an eye cream that contains caffeine as it helps decrease puffiness, Vitamin-C to address dark circles and an SPF to prevent environmental damage. In the morning, I would recommend applying a sunscreen which will protect the delicate skin around your eyes from pigmentation and environmental damage. Also, caffeine will stimulate circulation around the eyes which can help reduce the appearance of dark circles.

4. I suffer from puffiness in every morning, what should I do?

Skincare at night is so important because sleep is an ideal time for cellular renewal and overall repair for the skin and other organs, poor sleep can be quite apparent in the complexion. Dehydrated skin, puffy eyes, dark circles, sallow/ashy looking skin and under-eye lines are all visual indicators of poor or insufficient sleep.

Additionally, cut back on salt if you're suffering from puffy eyes. When you don't have enough water in your body, your body bloats and your eyes swell. Grab your trusty bag of peas from the freezer and press to your eyes, which will help reduce inflammation.

