

How To Get Rid Of Under-Eye Circles

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Dark shadows, be gone! We spoke to the experts, and got their tips on how to minimize discoloration.

CAUSES: FROM AGING TO ALLERGIES

There are many different causes of dark under-eye circles. **Dermatologist Rebecca Baxt, MD**, noted that genetics often play a role in discoloration—if your parents both have hyperpigmentation in the area, you could, too. According to dermatologist Heidi Waldorf, MD, aging can also cause volume depletion under the eyes, resulting in hollowed-out shadows. Some people, especially those with thin, pale skin, have superficial blood vessels, which results in a reddish-purple hue showing through. Allergies are also a big culprit, and frequent rubbing of the eyes can result in thickening and darkening in the area. But all hope is not lost!

TOPICAL TREATMENTS: DAILY MOISTURIZERS

Dermatologists and makeup artists all agree you need a hardworking, moisturizing eye cream to ensure the area stays hydrated. "Make sure the skin around the eyes is moist when you go to bed so it doesn't get irritated or inflamed," **Baxt said**. A good daily eye cream should have plumping ingredients, like hyaluronic acid and glycerin. You should apply the cream at night, and then use the same one in the morning prior to trying to conceal dark circles. "Eye cream helps concealer to go on smoother," said makeup artist John Stapleton. "It helps thin it out a little better so it doesn't get cakey."