

LATINA

Eyes Wide Open: How to Look Years Younger

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Your eyes are the windows to your soul. But is the skin around your eyes revealing something more, like your age?

“More than any other facial feature, your eyes reveal the most about how you feel,” says Dr. Gregory Nikolaidis, a board certified dermatologist in Austin. “My patients complain of puffy, swollen eyes all the time. We have the thinnest skin around our eyes, so it's the area that's most influenced by the in-and-out flow of fluids,” notes Dr. Nikolaidis. “A salty diet or excessive crying can also cause morning-after puffiness.” According to Dr. Nikolaidis the reason is osmosis. Water always travels from areas in the body where there's low salt concentration to tissues where there's more salt.

Puffy Eyes

Most people find that there's more than one cause for their puffy or tired-looking eyes. Here are some of the most common:

Aging. According to Dr. Nikolaidis, “As you get older, the skin and muscles around your eyes begin to weaken, making it easier for the fatty tissue beneath the skin to redistribute and for the skin to sag.”

Allergies. Itchy, swollen eyes are a common allergic reaction.

Fluid retention. Hormonal shifts, a lack of sleep, or even just eating salty foods can cause you to retain fluid, leading to puffy eyes.

Heredity. “If your parents had puffiness under their eyes, you may be more prone to developing the same condition,” says Dr. Nikolaidis.

Dr. Nikolaidis recommends SkinMedica TNS Eye Repair, which will reduce puffiness around eyes and hydrate. With a combination of growth factors, peptides, and antioxidants, it also provides great antioxidant protection.



Don't Let Brows Age You

If you've never given much thought to your arches beyond the occasional tweezing now is probably a good time to start. “Like your skin and hair, your brows can start to show their age,” says eyebrow guru and founder of Billion Dollar Brows Natalie Plain. “They can thin out, become coarse and unruly, or turn gray. And just as a new hairstyle can trim away the years, a well-groomed, well-defined brow can lend your face a years-younger look.”

For those who are looking for a more permanent solution, surgery may be the way to go. “A Brow lift procedure is another option to rejuvenate the appearance of the eyes,” says Dr. Richard Chaffoo, a triple board certified plastic surgeon in San Diego. “By lifting the eyebrows, the eyes achieve a lightening effect. The brows are less likely to cast a shadow on the eye and in turn brighten their appearance. Also through a brow lifting procedure, some of the extra skin in the upper eyelids can be pulled upwards and away from the eyes. This can further achieve enhancement of the eye aesthetics as well.”

Easy Eye Makeup Tricks to Look Younger Instantly

There are many ways to slow down the aging process such as wearing sunscreen religiously, eating lots of veggies, drinking a ton of water, using effective skin care products and sticking to a beauty daily regiment. But the hard truth is, we will age. So, if you're like most women who don't want to dish out tons of cash getting cosmetic surgery, your next best option is to fake it. How? With great makeup of course. However, if you're not careful with your application, makeup can actually make you look even older. Makeup artist and beauty director of Anisa International, Shana King says, “You've got to make sure you have the right products and know-how so your makeup works for you and not against you.”

According to Shana, always use an eye cream first. “No eye makeup or concealer will go on the eye area effectively if they are not properly moisturized. So find a cream within your budget and make sure to use it daily.” Another tip: make sure you do not choose concealer that is too light or too dark. “The best shade for the under eye area is one shade lighter than your skin tone. Only apply to the inner corner of the eye and make sure to blend,” advises Shana. Rule of thumb: Concealer should always conceal and not draw attention to your eyes. Make sure to blend with a concealer brush to reduce any streakiness.

When choosing the right eye shadow, select natural colors that blend with your skin and hair tones to create youthful looking eyes. “The more dramatic the look, the more attention it will draw. Opt for shades that have a less shimmer as they tend to draw attention to fine lines and wrinkles.”

Dark Circles, Crow's Feet...Oh My!

Dermatologists agree on the importance of protecting the delicate area around the eye; and the goal to having younger, more vibrant looking eyes is diminishing the appearance of deep lines, lightening dark circles and repairing the damage time has left behind. Houston board certified dermatologist Dr. Paul Friedman reveals the latest beauty treatments to combat aging eyes.

How to get rid of dark circles? Dr. Friedman recommends the Pulsed Dye Laser for dark circles that are caused by broken blood vessels. For dark circles caused by excess pigment, Dr. Friedman recommends the Fraxel Laser for his patients. How to get rid of wrinkles around eyes/crow's feet? "I utilize Botulinium toxins to relax muscle movement, fillers to restore volume loss, and laser peels such as the Fraxel Laser for resurfacing the skin and stimulating collagen. We also use radiofrequency and ultrasound devices such as Ultherapy and Thermage for skin tightening in this area," says Dr. Friedman.

Your Eyelashes Can Make You Look Old

We know wrinkles and dark circles can make you look old but there are other, more surprising ways your appearance can age you like your eyelashes. "We associate full, thick eyelashes with youth," says **Dr. Rebecca Baxt, a board certified dermatologist with offices in New Jersey and New York City**. "Long, thick lashes give you an instant eye-lift without surgery."

Dr. Baxt has seen great results on her patients after using Latisse, the FDA-approved lash grower. "It's safe and helps grow lashes longer, lusher and fuller so you don't even need mascara."