

Do Eye Creams Work? What Experts Say

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For years, eye creams were dismissed. They were called overpriced moisturisers in smaller jars. However, today's formulas are different. After all the skin around eyes is thinner and more sensitive.

Thus, modern eye creams use specific actives and gentler textures. Therefore, they can address puffiness, dark circles, fine lines, and dryness. Importantly, without overwhelming the delicate skin barrier.

One Size Doesn't Fit All

Before buying an eye cream, identify what you want to improve. Are you worried about puffiness? dark circles? Or wrinkles? Or dryness? Cautiously the right active depends on your specific concern. Otherwise you end up with products that do little. Thus, understanding your skin's needs becomes essential.

Targeting Puffiness

Puffiness is usually about fluid retention and sluggish circulation. Rather than aging. Therefore, use ingredients such as caffeine, green tea extract, niacinamide, and peptides. Also, use textures that cool the eye area. Moreover, metal-tip applicators help gently massage and drain fluid. Although not magic, they assist in reducing swelling when used regularly.

Brightening Dark Circles

Dark circles are tricky. Because they come from different causes. Sometimes from pigmentation. Sometimes from thin skin. Or vascular (bluish) tones. If pigmentation is the issue, look for vitamin C, niacinamide, and liquorice root extract. However, if the tone is bluish, peptides and optical brighteners might help. Over time, these can reduce appearance. Moreover, gentle formulations prevent irritation under delicate skin.

Fighting Fine Lines & Wrinkles

Fine lines and wrinkles need stronger ingredients. Yet, strength must be balanced. Retinol or retinal help because they boost cell turnover. Nevertheless, they often irritate. Thus pairing them with ceramides, peptides or hyaluronic acid soothes skin. Also, always choose eye-specific retinoid formulas. Because the skin here is reactive. Otherwise the barrier can suffer.

Restoring Moisture and Repairing Barrier

Dry under-eyes often mean a weak barrier. Or environmental damage. Because moisture escapes easily here. Therefore, use ceramides, fatty acids, occlusives to seal moisture. Also, hyaluronic acid and peptides help plump and hydrate.

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