

Eyelash Growth Serums: What You Need to Know

Published on 04 Nov 2025 | By IFI Correspondent



In recent years, eyelash-growth serums have surged in popularity — and with good reason. Instead of relying solely on false lashes or extensions, many are turning to serums that promise longer, fuller natural lashes. According to expert round-ups in beauty publications, ingredients like peptides, biotin, amino acids and even prostaglandin analogues are now widely used in formulas designed to support lash length and thickness.

But while the promise is alluring, the reality demands patience, consistency and a clear understanding of what these products can—and cannot—do.

How Do Lash Growth Serums Work?

Firstly, it's important to note that most over-the-counter serums do **not** radically speed up lash growth; rather, they support the existing hair growth cycle and help lashes appear thicker and longer by reducing breakage and extending the growth phase.

Key ingredients include:

- **Peptides & amino acids:** These feed lash follicles and strengthen hair structure.
- **Biotin, panthenol (vitamin B5):** Promote healthier, more resilient lashes.
- **Prostaglandin analogues (PGAs):** These can extend the active growth phase of lashes but come with greater risk of side-effects.

Because the skin around the eyes is thin and sensitive, many experts warn that improper use or aggressive formulas may lead to irritation or undesirable results.

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