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10 EASY WAYS TO WAKE UP TIRED EYES

Jennifer Hussein - August 25th, 2018



Haven't been able to hit the snooze button lately? A bad sleep schedule will not only tire your mind, but your skin as well. This is particularly true when it comes to your eye contour, where the skin can begin to wrinkle and darken as a result of exhaustion and lack of sleep. If you're suffering from tired eyes, we're here to help you transform your under-eye skin back to its former glory. Thanks to tips from ethnic skin expert, founder of Kwan Dermatology, and Skincare.com consultant, Dr. **William Kwan**, you're well on your way to looking awake and refreshed—that is, if you keep scrolling to find out what they are!

TIP #1: GET MORE SLEEP

Tired looking eyes are a direct result of being—you guessed it—tired. To avoid feeling and looking tired, you'll have to do your best to get the recommended amount of shut-eye each and every night. "Make sure to get enough rest and sleep with your head slightly elevated," Dr. Kwan recommends.

TIP #2: APPLY AN EYE CREAM

Dehydration and a lack of moisture can cause wrinkles and lines under the skin to appear more pronounced, leading to a tired look. To help, hydrate the area daily with an eye cream. One of our favorite eye creams is the Kiehl's Creamy Eye Treatment with Avocado, which is formulated with avocado oil and gently moisturizes delicate under-eye skin.

TIP #3: USE A COLD COMPRESS

It's not for nothing that dermatologists often recommend storing eye rollers and eye creams in the fridge. Cooled skin care products can help vasoconstrict the skin around the eye contour and reduce the look of puffiness. You could use a cold spoon or ice cube for a similar effect, or try out Dr. Kwan's recommendation: tea bags. "Save your used green tea

and black tea bags, place them in the refrigerator and apply to under-eye puffiness, it can help reduce swelling,” he says.

TIP #4: USE A JADE ROLLER

To help with swelling under your eyes, try grabbing a jade roller and massaging your under-eyes with it. This trendy beauty tool might help with reducing the look of puffiness and releasing tension in the facial muscles. You can even store yours in the fridge for a cooling benefit!

TIP #5: APPLY CONCEALER

Are dark under-eye circles making you look more tired than you really are? For a quick solution, dab a little concealer and color corrector to lighten up the skin under your eyes.

TIP #6: USE AN EYE MASK

Ending your day with an eye mask can help improve the look of tired eyes. One of our favorite eye masks is the Lancôme Absolue L’Extrait Ultimate Eye Patch which can help give under-eyes a more radiant appearance.

TIP #7: APPLY A SERUM

If your under-eyes are beginning to look aged with fine lines, then they may be dehydrated. Hydrate them with a quenching eye serum, like the Vichy LiftActiv Serum 10 Eyes & Lashes. It’s a great addition to your skincare regimen because of its fortifying, wrinkle-fighting benefits that keeps your skin looking plump and firm.

TIP #8: APPLY SUNSCREEN

We all know how UV rays can do some serious damage to our skin, so it’s extremely important to use sunscreen whenever you step outside (and make sure to reapply throughout the day!). Try using a sunscreen that’s formulated for delicate under-eye skin, like the SkinCeuticals Physical Eye UV Defense SPF 50.

TIP #9: PLACE CUCUMBER SLICES ON YOUR EYES

Putting cucumber slices over your eyes isn’t just a luxurious gimmick used at spas—it actually serves a purpose. Cool cucumber slices can reduce inflammation and constrict vessels around the eye. Just apply a cooled cucumber slice to each eye and let them sit for 10 minutes while you rest your head back.

TIP #10: SPRAY A FACIAL MIST

A facial mist is a great tool for giving your tired eyes an invigorating pick-me-up. One of our top facial mist picks is the Kiehl’s Cactus Flower & Tibetan Ginseng Hydrating Mist. This facial mist can hydrate your skin while delivering a healthier-looking finish.

<https://www.skincare.com/article/tired-eyes>