



## A Few More Tips To Keep Your Peepers Beautiful!

All the recipes given above to treat the various issues of the skin surrounding the eyes are very potent but they are certainly no replacement for a healthy lifestyle. In fact, unless you mend your ways, these masks will only give you temporary results at best. So, here are a few more tips that you should follow to keep your peepers bright and beautiful.

- If under eye dark circles and puffiness are a chronic problem, the cause may be an allergy or hormonal issues. So, if you cannot trace the dark shadows and eye bags to late nights or stress or excess alcohol but wake up each day with distinct swelling under the eyes, talk to your doctor about this.
- Sleeping on your back, with your head elevated above the level of your body helps to prevent the accumulation of fluids in the infraorbital area. But, this may not be a suitable form of treatment for those who suffer from spondylitis. However, a good night's sleep does wonders for everybody and works against all skin issues. So, do get you 7-8 hours of sleep.
- Do not forget to remove your eye makeup before going to bed and use a gentle, oil-based cleanser to melt away the grime and the residual makeup instead of scrubbing the delicate skin with a wet wash cloth.
- If you suffer from sinus allergies or hay fever, using a netipot will not only keep the sneezing and sniffles at bay but will also control the under eye puffiness that results from such conditions.
- Exercise is a remarkably effective yet a completely free treatment for all sorts of age related conditions, including skin damage and sagging. So, do not skip your workout sessions; these help to increase blood flow to all parts of the body, including your face and the under eye area, which in turn helps to drain out the accumulated fluid and brings down the puffiness.
- A healthy diet is a must if you want to prevent premature skin ageing. Particularly, a diet rich in fruits, colorful veggies, green leafy vegetables help to prevent the sagging of the delicate skin under the eyes.
- Also, make sure that your diet contains the required amount of iron as well as collagen, these help to prevent the age related loss of skin elasticity.
- Include yoga in your weekly exercise regimen; poses like head and shoulder stands greatly increase blood flow to the face and head; more blood means faster removal of toxins and accumulated fluids.
- Don't forget to get your 8 glasses of water/ fluids each day. Keeping yourself hydrated is one of the best ways to keep your skin healthy and protected.