

DRYNESS, IRRITATION

Drink More Water (and Fewer Caffeinated Beverages)

It's always a good idea to up your water intake, especially if your eyes are feeling Sahara-like. And while you're at it, keep your caffeine consumption under 300 milli-



grams per day (one cup of coffee has about 100 milligrams), says Drayer, since the mild diuretic effect of caffeine can cause water loss.

Blink More

When you're staring at a computer screen or PDA, you actually blink less. "Blinking naturally lubricates the eyes," says Dr. Mirsky. Put a note on your computer reminding you to blink more, and keep your eyes closed for a few seconds. Also, take a break from your digital devices every 20 minutes. Look out the window to refresh your eyes.

Eat the Right Foods

There are many reasons why your eyes can look less dewy and clear, including your diet. But a study found that a high intake of

omega-3 fatty acids (found in salmon, walnuts, and flaxseeds) protects against dry eyes. It's also important to eat lots of leafy greens and vitamin-C fruits as well as foods rich in beta-carotene and vitamin A, like eggs and carrots, says Drayer. "Your body converts beta-carotene into vitamin A, which is an antioxidant that keeps your eyes healthy."

Remove Your Eye Makeup

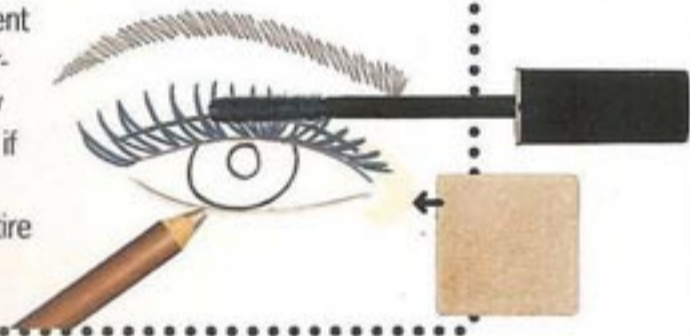
Once in a while, we all crash without washing our face, but it's essential at least to take off your makeup. "This is the easiest way to prevent eye irritation," says Dr. Mirsky. Keep unscented baby wipes next to your bed so if you're really zonked, you can quickly swipe your entire face while lying down.

BLINK!

You might have to explain this note to your coworkers.

▼ MAKEUP TIP

For sparkly, fresh eyes, rim lower lashes with a nude pencil, then apply a shimmery champagne shadow to the inner corners, says Klein. Swipe on a navy mascara to make the whites of your eyes appear even brighter. If you're sensitive to makeup, try a hypoallergenic brand like Almay or an allergy-tested brand like Clinique.



FINE LINES



A plush brush: Dior Medium Eyeshadow Brush, \$25

Buy Big Sunglasses

Even if you're in your early 20s, you already may have a few fine lines around your eyes since they're the first spots to show signs of aging, says Dr. Kunin. But squinting at the sun when you're walking outside or driving in your car can cause wrinkles to show up even earlier than they should. Wrap-around or large-frame sunglasses are the best protection and look great, but you also need to apply SPF every day.

Go Easy With Makeup

Constant tugging and pulling the areas around your eyes when applying makeup can damage the skin. "Dab on eye cream with your ring finger, and use soft brushes to apply concealer," says Klein. And when it comes to fixing any goofs, saturate a cotton pad with makeup remover, then lay it on each eye for a few seconds before gently swiping it off instead of rubbing it onto your lids.

Use a Potent Product

The technology behind antiaging eye creams just keeps getting better. Right now, it's all about complexes that temporarily fill in lines and relax facial muscles. And some have peptides that help stimulate collagen and elastin production as well as hyaluronic acid to plump up the skin. Try Olay Pro-X Eye Restoration Complex, \$42, or Lancôme High Resolution Refill 3X, \$55.

▼ MAKEUP TIP

Prep lined areas with a moisturizing eye cream to smooth out creases. Tap it on, and don't get too close to your lashes. Then use a light-diffusing concealer, like Clinique Airbrush Concealer, \$19.50.



PUFFINESS



Spinach contains nutrients to help nix under-eye bags.

Firm Up

When applied topically, caffeine tightens up the skin, says Laura Hittleman, director of beauty for Canyon Ranch. Put cool, moist black-tea bags on your eyes for 5 minutes or use an eye cream that contains caffeine. She recommends Canyon Ranch Brightness Eye Cream, \$70.



Chilled spoons do the trick to take down swelling.

Use Cold Spoons

Place cold metal spoons on your eyes for a few minutes to tighten up the skin before you apply makeup, says Kate Somerville, aesthetician in Los Angeles. Another option: a bag of frozen peas—it'll contour to the shape of your face.

Stay Hydrated

The effects of alcohol can contribute to swelling and puffiness—even under your eyes. Stick with one cocktail, and drink water before and after you go out to minimize the visible damage.

Watch the Salt

Limit your sodium intake to 2,300 milligrams a day since salty foods can lead to swelling everywhere. And load up on vitamin B-rich foods (like spinach), which may actually reduce bloating, says registered dietician Lisa Drayer, author of *The Beauty Diet*.

Try Witch Hazel

Place pads soaked in witch hazel (a natural astringent) on your eyes for 5 minutes, says makeup pro Shalini Vadhera.

Do an Eye Massage

Use your ring fingers to press your way from the inner to the

outer corners of your eyes, says Tammy Fender, aesthetician in Palm Beach, Florida. Then move to your temples and down your jaw. Repeat to help flush excess fluid.

Apply Hemorrhoid Cream (Seriously)

Sounds gross, but the main ingredient—phenylephrine—constricts blood vessels and shrinks under-eye tissue, says derm Audrey Kunin, founder of Dermadoctor. Apply a bit to the puffy area, being careful not to get it in your eyes.

▼ MAKEUP TIP

A quick solution for bags is to draw attention away from your under-eye area, says NYC makeup artist Dara Klein. Define your upper lids with liner, then apply several coats of mascara. A good one: Maybelline XXL Extensions XX-Treme Length Micro-fiber Mascara, \$7.99.



DARK CIRCLES

Be Sun Smart

Cumulative sun damage can cause raccoon circles and darkening. Prevent those problems with a broad-spectrum SPF that won't sting when you wear it around your eyes. We like Neutrogena Sensitive Skin Sunblock Lotion, \$9.99.

Slice a Potato

Fade your rings temporarily by cutting a potato (which has a skin-lightening enzyme called catecholase) into two thin slices, says Vadhera. Leave them on your eyes for 10 minutes so the juice can seep into the skin. Do this twice a week to even out your tone.

Pop an Antihistamine

If your circles appear during allergy season, ask your doc if you should try an antihistamine or allergy-relief eyedrops, says Robert Mirsky, ophthalmologist in New Jersey. "Allergens cause swelling in the vessels under your skin; rubbing your eyes can bruise those same vessels and cause a dark appearance."

Upgrade Your Cream

The newest eye creams have minerals and botanicals that control pigmentation—a step up from what your mom was using. Try Olay Total Effects Eye Transforming Cream, \$18.99.

▼ MAKEUP TIP

The secret to covering up circles is a yellow- or peach-based concealer in a shade slightly darker than you'd normally use to neutralize the purple skin, says Klein. Apply it with a brush for precise coverage. Try DuWop Circle Block, \$28.

