



I HAVE DARK CIRCLES UNDER MY EYES ALL THE TIME. HOW CAN I GET RID OF THEM?

Dr Adrian Lim says there are a number of reasons why dark circles occur and they require different treatments.

"People with Mediterranean or Asian backgrounds are susceptible to pigmentation, which makes the eye socket look dark," he explains. Some dermatologists treat the condition with skin bleaching ingredients such as kojic acid or hydroquinone. "Or sometimes it can be a reaction to a skin condition such as eczema or dermatitis, which is treatable," he continues. For sinusitis and hay fever sufferers, a cure for dark circles may be as easy as taking an antihistamine tablet each day.

"Dark circles can also be an illusion caused by shadowing," says Dr Lim. "It occurs when there is an irregularity in the step between the eye and cheek, the socket is very hollow, or there is an under-eye bag."

Blue-toned circles are the result of capillaries showing through the fine skin under your eyes and most people get them, although they are more obvious with fair skin. Concealers and highlighters can lighten up the area. For serious dark circles, start with a pink-tinged concealer to neutralise the blue tone, then apply a skin-coloured concealer on top to brighten the area. We love Maybelline Instant Age Rewind Double Face Perfector, \$17.95, which is a skin-toned concealer and highlighter in one. It instantly delivers radiant results.

WHAT CAN I DO ABOUT THE WRINKLES AROUND MY EYES?

Eye creams that contain retinoids can help to reduce the appearance of crow's-feet. "They act on receptors in the skin cells and train them to reproduce more collagen over time," says Dr Terence Poon. The strongest of these creams contain retinoic acid, such as Retin A, and are available by prescription only. Ask your doctor if they're suitable for you, and how to apply them as there are potential side effects. Other forms of retinoids, such as retinol palmitate, are found in many over-the-counter eye creams.

Antioxidants can also hold back the hands of time, helping your skin to

how do I get brighter, fresher-looking eyes?

If the eyes are the windows to our souls, it's no wonder we want to banish dark circles, under-eye bags and mysterious tiny bumps. Our eyes are the first of our features to show signs of tiredness and ageing, but you can help the area look smoother, firmer and brighter. Cosmetic dermatologists Dr Adrian Lim and Dr Terence Poon reveal how. By Erin Whitty.