

repair itself, so look for creams with a good cocktail of vitamins A, C, E, grapeseed, pomegranate, coffee berry or tea.

"An eye cream will keep your eye area moisturised to prevent dehydration and the lines from becoming more entrenched," adds Dr Lim. And don't forget to wear sunglasses and a hat.

WHAT ARE THE BEST TREATMENTS FOR DEEP LINES?

The only really successful treatments are in a cosmetic medical clinic. These include Botox injections (from around \$500), hyaluronic acid fillers (from around \$500-\$600) or dermatologic lasers (from \$2,000-\$5,000 depending on the laser and the treatment). "Botox relaxes the muscles to eradicate lines and stop deeper wrinkles from forming," says Dr Lim. Hyaluronic acid fillers have a gel-like consistency and are injected into the line to fill it out, lasting several months, while lasers work like a controlled injury to the skin, encouraging it to regrow collagen and elastin.

HELP, I'VE GOT BAGS UNDER MY EYES!

"Permanent under-eye bags are fat deposits under the eye," says Dr Poon. "They can be hereditary and generally become more pronounced with age and sun damage and can be removed with laser blepharoplasty, a form of eye surgery." If you have fluid under the eye, you can

reduce it by applying a cold compress or mask. "It doesn't matter if you wake up with puffy eyes," says Dr Lim. "After you get up and move around, everything equalises in around 30 minutes."

WHAT ARE THE TINY WHITE LUMPS UNDER MY EYES AND HOW DO I REMOVE THEM?

"Millia are similar to whiteheads," says Dr Lim. "They are compacted keratin (skin cells) and take the shape of a hard ball. Their location on the face makes them a nuisance." If you are susceptible to millia, switch your eye cream to an oil-free one. If the lumps do not disappear after a few weeks, ask your beautician or doctor to extract them for you.

DO HAEMORRHOID CREAMS REALLY REDUCE PUFFY EYES?

"Haemorrhoid creams might provide temporary tightening, however, they contain antihistamines and can cause allergic reactions. They are not designed for the sensitive eye area, so it's best to steer clear," advises Dr Lim.

SHOULD I USE AN EYE CREAM EVERY DAY?

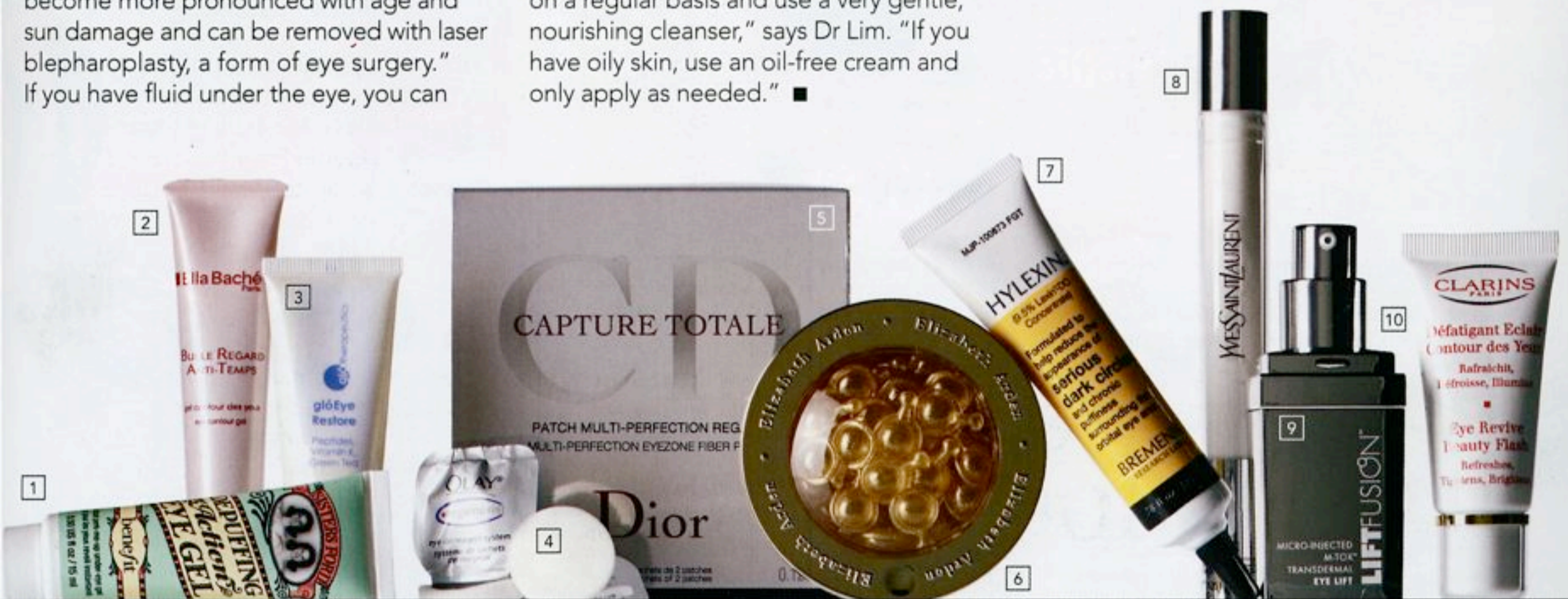
"If you have dry skin, use an eye cream on a regular basis and use a very gentle, nourishing cleanser," says Dr Lim. "If you have oily skin, use an oil-free cream and only apply as needed." ■

using eye cream

- Don't overdo it. You will not receive any added benefits by using more than the recommended amount. In fact, you could be encouraging problems, such as millia.
- Extend the application of your eye cream out to your temples to keep the whole area moisturised.
- Using an under-eye concealer every day does not harm the skin. In fact, it will help keep the area moisturised. Just be sure to use one specifically formulated for the area.
- Sunlight weakens the skin around the eye. Look for a cream with an SPF and physical sunblocks such as titanium dioxide and zinc oxide. Chemical blockers such as aminobenzoic acid derivatives and benzophenones tend to be irritating.

visit the doctor when...

you have persistent under-eye fluid. It could be a symptom of an under-active thyroid, heart or kidney problem. "The skin around the eye is a good barometer for such conditions," says Dr Lim.



1. Benefit Depuffing Action Eye Gel, \$46, is a quick pick-me-up.
2. Ella Baché Age Protection Eye Contour Gel, 15ml, \$90, helps minimise fine lines and dark circles.
3. Glötherapeutics glöEye Restore, \$65, contains a fruit extract to lighten pigmentation.

4. Olay Regenerist Eye Derma-Pod Anti-Aging Triple Response System, \$39.99 (box of 24), aims to reduce dark circles and fine lines.
5. Dior Capture Totale Multi-Perfection Eyezone Fiber Patch, \$160 (box of 12), claims to immediately lighten and smooth.

6. Elizabeth Arden Ceramide Gold Ultra Lift and Strengthening Eye Capsules, \$95 (60 capsules), enhances collagen production.
7. Hylexin, \$165, was specifically formulated for dark circles.
8. YSL Lisse Expert Eye and Lip Anti-Wrinkle Concentrate, \$82.

Designed like a pen to make spot treatment simple.
9. Fusion Beauty LiftFusion Eye Lift, \$145, is said to provide instant results. It tightens and softens lines.
10. Clarins Eye Revive Beauty Flash, \$49, helps to tighten the skin and brighten the eye area.