



Look younger for longer

WITH ANTI-AGEING EXPERTS LESLEY REYNOLDS KHAN AND DR AAMER KHAN

Anti-age your eyes

We get so many emails about droopy lids, dark circles, bags and crow's feet that we thought we'd answer all your queries! Read on for your guide to younger-looking eyes

Dark circles...



Dark circles occur when blood vessels show through the delicate skin in this area, giving a blueish tinge. Ageing can make the problem worse, because skin becomes thinner and more transparent. Lack of sleep won't help!

PRODUCT PICKS

Improving the quality of the skin will disguise dark circles, so invest in a good eye cream. Try **NeoStrata Bionic Eye Cream, £37**, which contains lactobionic acid to firm skin and vitamin K to strengthen blood vessels. Or opt for **Harley Street Skin Care Eye Refining Serum, £16**, which has sunscreens to protect skin from damage. A light-reflecting concealer, such as **Yves Saint Laurent Touche Eclat, £25**, will temporarily illuminate dark circles.

TOP TREATMENT

Pellevé, from £300 per session (a course of three is recommended), works well on dark circles. A handpiece delivers radiofrequency to the skin's lower layers, stimulating collagen to firm, plump and thicken. It is usually painless – you'll feel a warming sensation – and results last for around six months (www.pelleve.com).



Harley Street Skin Care Eye Refining Serum, £16

Yves Saint Laurent Touche Eclat, £25

Saggy upper lids...



Eyelids can sag as the skin becomes less firm and the forehead drops. It can make the eyes appear smaller and give a tired, sad look. Severely sagging lids can even cause vision problems.

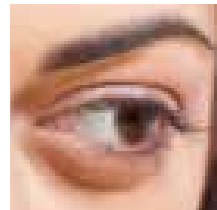
PRODUCT PICK

We have yet to discover any kind of eye cream that really tackles droopy lids effectively, but **Eye Secrets Upper Eyelid Lift, £29.99** – in the form of transparent stickers that you place on your lids – gives a great temporary lift.

TOP TREATMENT

Upper eyelid blepharoplasty, from around £2,000, is a relatively minor procedure that can be performed under local anaesthetic. Fat and excess skin is removed to open up the eye. Expect up to two weeks of swelling and bruising.

Puffiness...



Puffiness can be caused by either a build-up of fluid in the area, sensitive skin or lack of sleep. Cut down on salt and salt-laden processed foods, which can cause water retention. Gently massaging the area can reduce puffiness. Use your ring finger to massage in a circular motion from the inner corner of the eye up towards the temple. Puffiness can be a sign of a potential allergy or illness, though, so see your GP if it's persistent.

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PRODUCT PICK

Rollerball type creams will massage and cool the area. Try **Garnier's Caffeine Eye Roll-On, £10.20**. Caffeine creates a mild brightening and tightening effect.

TOP TREATMENTS

Lymphatic drainage facials are good for puffiness. Speak to your salon or try **CACI Vacuum Lymphatic Drainage, £25** (www.caci-international.co.uk). Or treat puffy peepers to **Dove Spa's Bright Eyes treatment, £46** (www.dovespa.co.uk).



Garnier Caffeine Eye Roll-On, £10.20

Deep hollows...



These run from the inner corners of the eyes to the top of the cheeks and are known as 'tear troughs'. They are caused by the fat in the upper cheek slipping down with age, and can give a tired appearance. Light-reflecting concealers can brighten the area, but products are unlikely to make a significant difference.

TOP TREATMENT

Injectable fillers can plump up tear troughs. See an experienced cosmetic doctor or dermatologist, who offers a recognised brand of temporary filler, such as **Restylane, from £350**.

Bags...



Bags develop as fat under the eyes slides down to form a ridge. Plenty of sleep and a healthy diet with not too much salt or processed food can improve their appearance. However, once they have settled, only surgical solutions will make a big difference.

TOP TREATMENT

Lower lid blepharoplasty, from around £2,000, involves the removal of excess skin and fat via incisions around the lower lid. This will reduce the bulging appearance of bags. It is usually performed under general anaesthetic. Expect swelling or bruising for up to two weeks afterwards.

Crow's feet...



Crinkles around the outer corners of your eyes usually appear from the early 30s, as collagen production slows. They're one of the first signs of ageing because skin in this area is so delicate and prone to dryness.

PRODUCT PICKS

Choose an eye cream with wrinkle-busting ingredients, such as co-enzyme Q10 to encourage cell repair or pentapeptides to boost collagen. Try **Nivea Q10 Plus Anti-Wrinkle Eye Cream, £11.08**, or **Olay Regenerist Eye Lifting Serum, £19.50**. Wear sunglasses to shield eyes from UV rays and to stop you squinting, which causes lines.

TOP TREATMENT

Small amounts of **Botox, from £200**, can be injected into the eyes' outer corners to smooth out wrinkles.



Nivea Q10 Plus Anti-Wrinkle Eye Cream, £11.08



Olay Regenerist Eye Lifting Serum, £19.50

PICTURES: ALAMY, GETTY (POSED BY MODELS)