



THE SOLUTION

5 WAYS TO FLX PUFFY EYES

THERE ARE WAYS TO SMOOTH THE UNDER-EYE AREA SO THE PUFFINESS ISN'T AS MUCH OF A PROBLEM.



If the cause is a salt-laden diet, de-puff your eyes with a natural at-home remedy.

A quick fix for puffiness under your eyes is **strawberries**. Rather than using the old standby of cucumber slices, try alphahydroxy acid-rich strawberries, which help take down swelling and work to firm your skin. Cut the tops off and chill a few in the refrigerator (you can soak them in chilled milk for more of a constricting effect). Then place the strawberries over the bags for up to 10 minutes to help tighten and smooth your skin.

If the cause is lack of sleep, hide the appearance of puffy eyes with concealer.

Concealing under-eye bags with makeup makes them less noticeable. Look for an oil-free formula with ingredients like hyaluronic acid, which plumps, and illuminating and reflective pigments to reflect light off of the bags, which can be found in **By Terry Touche Veloutée**. Not only does this concealer lend a highlighting effect, but it's also packed with botanicals that nourish skin—and the rounded brush makes it even easier to apply. **\$59, b-glowing.com**

If the cause is fluid retention, apply eye cream in the morning when your eyes are the puffiest.

According to New York facial plastic surgeon Konstantin Vasyukevich, MD, "A cause of puffiness is a buildup of fluid that accumulates overnight, leaving you with bags and puffiness come morning." Sleeping on your back causes the fluid to pool even more. **Caudalie Resveratrol Lift Eye Lifting Balm** contains an anti-puffiness plant complex, micro hyaluronic acid and stabilized vine resveratrol to help reduce swollen-looking eyes. **\$62, sephora.com**

If the cause is poor circulation, rejuvenate the area with electronic massage.

Designed to mimic the manual fingertip tapping that is recommended for applying eye creams and serums (gently pressing product into your skin helps stimulate circulation), the innovative **FOREO IRIS** massages your under-eye area with alternating T-sonic pulsations. The massage motion increases the absorption of eye creams while boosting circulation and oxygenating skin to take down puffiness and improve dark circles, fine lines and wrinkles. **\$139, foreo.com**

If the cause is a shift in the fat under your eyes, eye surgery is the most effective solution.

For prominent bags that can't be concealed, a loss of fat or a change in the positioning of fat is usually the cause. The only way to get rid of the puffiness is by removing or repositioning the fat, which results in younger-looking eyes. "This patient (shown above) had **blepharoplasty** to remove excess fat and skin from her lower eyelids. Laser skin resurfacing also helped to smooth out her fine lines and erase hyperpigmentation," says Dr. Gordon.