

Put to the test: eye creams

We tried out stacks of eye creams, so which ones can seriously make a dent in your crow's feet?

1 Soap & Glory You Won't Believe Your Eyes, £9 at Boots
This brightening moisture serum specifically targets puffiness.
Our tester says: 'I loved the rollerball applicator! It's so cool on my skin and the serum instantly worked up my eyes.' 8/10

2 Garnier UltraLift Pro-X Double Action Eye Care, £11.99
This double-ended product contains cream to hydrate and plump skin, and a gel to tackle dark circles.
Our tester says: 'The cream is soothing and easily absorbed and gives a feeling of gentle tightening. The gel is comforting. But I couldn't see any immediate effect.' 6/10

3 Origins GinZing Refreshing Eye Cream, £20 (0800 731 039; www.origins.co.uk)
Ginseng, caffeine, magnolia extract and light-reflecting particles combine to refresh the skin and add radiance.
Our tester says: 'I have sensitive eyes but this didn't upset them at all. I noticed a definite de-puffing and brightening effect.' 9.5/10

4 StriVectin-SD Eye Cream, £47 at Harvey Nichols, Space NK and Harrods
This cream is formulated with

ingredients to reduce the appearance of wrinkles, crow's feet and dark circles.
Our tester says: 'It has a lovely soft texture and nice fragrance. I haven't noticed a massive improvement but I'll carry on using it.' 7/10

5 Roc Retin-Ox Wrinkle Correxion Anti-Wrinkle Eye Cream, £20.99
Part of the latest Roc range, this cream is said to reduce wrinkles by up to 30 per cent in just eight weeks. It contains ingredients to fight fine lines and reduce the appearance of dark circles.
Our tester says: 'The cream is light and easily absorbed. My eyes were refreshed and the area felt really soft. I'll definitely keep using it.' 8/10

6 Optimum Cooling Eye Roll-On, £4.99 at Superdrug
This contains caffeine and hyaluronic acid to stimulate and refresh tired-looking eyes, reduce puffiness and brighten dark circles.
Our tester says: 'This smells a bit strange, but the rollerball applicator made it a pleasure to use and my skin looked brighter after applying it. It's great value for money.' 7/10



Reduce puffiness

Puffiness around the eyes is usually caused by toxic build-up and a sluggish circulation. Too much salt in your diet can also be a factor (it encourages water retention), as can using an overly rich eye cream or moisturiser.

Fix it: Aid lymphatic drainage by using an extra pillow to raise your head higher when you sleep. Remove all your make-up before bed and use a light eye cream sparingly.

Eye creams that can help with puffiness contain caffeine and vitamin C. Try *Origins GinZing Refreshing Eye Cream*, details left.

Bella TIP

For a fast – and free – way to de-puff your eyes, spend a couple of minutes gently tapping the eye area to increase your circulation and help disperse any fluid build-up.

BANISH BAGGY EYES WITH...



● *Laser Lipo Strawberry Eye Bags Treatment, £500 for eight to 10 sessions* (www.strawberry-laser.com)

This uses laser energy to tackle puffiness. There may be slight swelling afterwards but it should vanish within an hour. The effects (see above) last for three to six months.

● *Blepharoplasty from SurgiCare, £2000 (0800 046 1122; www.surgicare.co.uk)*

Want a more permanent fix? This surgical procedure (under local anaesthetic) can be used on the upper or lower eyelids to remove fat and excess skin and tighten muscles. It causes swelling, but this will go down dramatically after a week and be gone after six.



Get rid of dark circles

The skin under the eyes is thinner than anywhere else on the body, so the blood flowing through the capillaries can sometimes show through and be seen as bluish and dark. We all have this to a certain extent but if it's very noticeable, your genes may be to blame.

Anything that causes your skin to go pale, such as anaemia, dehydration and lack of sleep – or a hangover – will also cause dark circles to appear more obvious.

Fix it: Make sure you're eating enough iron-rich food, drinking plenty of water and getting enough sleep. Look for an eye cream that contains vitamin K and/or skin-lightening agents, such as liquorice root (as in *StriVectin-SD Eye Cream*, details above), and use an under-eye concealer.