

Options to Get Rid of Eye Wrinkles

Unfortunately one of the by products of aging process is the appearance of wrinkles. In many occasions, one area that seems to be a wrinkle magnet is the eye area. There is nothing as discouraging as under eye wrinkles for instance. They make you look tired and older than your real age. If you add to them bags and circles, you can find it extremely difficult to look your best. For those beginning to see the lines appear, finding an effective eye wrinkle treatment is very important because it can help making their outside age reflects what they feel inside. Natural options Not every solution to the problem of eye wrinkles has to include major surgeries. In fact, there are natural ways to fight the signs of aging and get rid of eye wrinkles. The first place to start is improving the quality of your skin is from within. Make sure that you are drinking plenty of water every day. It is important to keep your skin free of toxins. It is also essential to avoid the sun and make sure that you apply a good quality sunscreen every day. Another simple natural way to help reducing the appearance of eye wrinkles is to make sure that you get sufficient sleep every night. Lack of sleeping creates baggy eyes that accentuate the wrinkles around your eyes. Once you are sure you are hydrating your skin from the inside and getting sufficient sleep, there are several other natural things you can do to improve the appearance of your eyes. Take time every day to sooth your eyes with a cooling compress. Cucumber slices can work effectively for this purpose. If you have a cold cream that you like, you can store it in the refrigerator so you will give added comfort when you apply it to the skin around your eyes. Tea bags, after your steep in water and then cooled them off are also a great soothing compress to apply at the end of a long exhaustive day. Over the counter options There are some over the counter solutions to help you getting rid of eye wrinkles. While most of these solutions are impermanent at best, they can be really helpful if used on a daily basis. If you decide to use over the counter treatments to get rid of eye wrinkles, you need to look for products that contain effective ingredients, such as Retinol, alpha hydroxy, and vitamin C. Read the labels cautiously and look for these ingredients that can help increasing the amount of collagen that your skin produces. To use an anti-wrinkle eye cream, first you should clean the skin. Then you can tone the skin by taking special care to treat the area around the eyes gently. Apply the eye cream around the contour of the eye, gently moving away from the eye. You can apply anti-wrinkle eye cream two times a day. First is in the morning before applying makeup and second is at night before going to bed. By using an anti-wrinkle eye cream habitually, you can keep the skin around the eye toned and supple, reduce the look of dark circles, diminish fine lines, and bring younger look back. Professional options When over the counter methods do not show sufficient result, there are always professionals available to help you get rid of eye wrinkles. These surgical procedures tend to be the most permanent solution to aging process, but many procedures will eventually have to be repeated as the aging process continues. One last note though, if you choose to go to a plastic surgeon to get rid of eye wrinkles, make sure he is certified and has a good record of satisfied clients. One example of professional ways to begin fighting back the signs of aging is through Botox injections. This eye wrinkle treatment is an effective way of diminishing the lines around the eyes. Botox injections are a relatively simple procedure. It involves the injection of small amounts of Botox under the skin. In fact, this is a toxin that paralysis the muscles and cause them to relax, which in the end will smooth out the wrinkles. Botox injection does need to be repeated as the results diminish over the time. Another eye wrinkle treatment that may be an effective method for you is a chemical peel. There are several chemicals that can be used in this procedure, such as alpha hydroxy and trichloroacetic acid. A light peel can be completed as short as in fifteen minutes, but the deeper the peel the longer it needs for the chemicals to absorb through the layers of skin. After the chemical is removed, the skin will peel off. Again depending on the depth of the peel, the skin typically may react to the chemical peel by becoming very red or possibly loose some of its color.

About the Author

Cindy Heller is a professional writer. To learn how to get rid of eye wrinkles, please visit <http://www.getridofeyewrinkles.net>.

Source: <http://www.articlesoft.com>