

around the eyes. The results will continue to improve over the next 12 months as new collagen is produced. Fractional laser and medium- to deep-peels will also improve the quality of skin around the eyes.

3. Lush Lashes

Lush lashes can do wonders to enhance our eyes but they can also severely damage your natural lashes. Therefore my advice is to only use lash extensions for the short term and make sure that you have them applied by a lash specialist.

Strip lashes are my favourite special occasion accessory. Being a daily and reusable product, they will not adversely affect the health of your natural lashes. Opt for 'remy hair' natural lashes with a flexible base that curves easily with your natural lid contours. Application takes practice but once you have mastered it you'll be hooked!

Eyelash growth promoters, both synthetic and botanical, are hugely popular right now. Be guided by your skin therapist for the best growth promoter as the right product can improve the appearance of your natural lashes in just a few weeks.

Mascaras come in numerous formulas and brush types promising volume and or length. However artificial pigments in mascara can have a negative impact on the health of the lash follicle with prolonged use. Aim to invest in products with a safe ingredient profile with mineral pigments rather than FD&C dyes. .

4. Diet and lifestyle

Your skin is a product of both external and internal influences. Here are some simple tips to optimise the appearance of the skin around your eyes:

- Avoid squinting and UV damage by wearing sunglasses
- Reduce your salt intake as this contributes to excess fluid retention and puffiness
- Take adequate vitamin C and iron oral supplements to reduce dark circles
- Adopt a low sugar regimen to avoid collagen cross linking AGEs
- Consume seeds, nuts and fish rich in essential fatty acids.
- Stay hydrated! Drink more water and include green tea as part of your liquid consumption
- Get at least seven hours sleep each night
- Keep alcohol intake low as it leads to skin dehydration

The aim is to be the very best version of yourself, at any age. Always remember that the skin around the eyes is highly sensitive and requires specifically designed products that avoid high levels of artificial fragrance, SLS and alcohol. With the right products, treatments, lifestyle and advice, it is possible to have eyes that transform your face and literally light up the room. ■



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