

Reduce Eye Bags

11 Things You Can Do Yourself To Minimize Under Eye Bags



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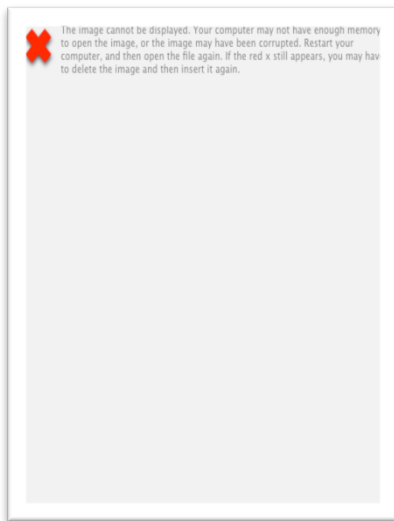
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Letter From The Author

Do you suffer from under-eye bags or dark circles? Under-eye bags are a natural effect of aging, but they can also be caused by lack of sleep, allergies, and habits that promote water retention. Under-eye bags are a cosmetic concern that can make people appear tired or under the weather. Here are some tips how to reduce the appearance of under-eye bags with *Quick Fixes*, *Long-Term Strategies* and *Cosmetic Solutions*.

I want to give you a little background information on myself so you know that what I am going to educate you on is not only from my own personal experience but also from that of patients and friends who I have worked with.



I have been in beauty industry since 2002 and have been internationally trained at the School for Estheticians and Cosmetologists in Stockholm, Sweden. I have a masters in fashion, print and beauty makeup. My main work experience is with top plastic surgeons in the Los Angeles area.

My passion for the health and wellness of our bodies has led me to engross myself in my different facets and has led to the creation of new advanced skin and body treatments. We realized that a combination approach to address a patients concerns leads to better results and a high satisfaction rate.

Quick Fixes

1. Drink plenty of water

Under-eye bags are often caused by the retention of water due to high salt concentration in the area. You might wake up with bags after eating a salty dinner or crying; whether it's from tears or food, salt can draw water to your face and cause it to collect under your eyes. Avoid salty foods, and stay away from coffee and alcohol that cause you to become dehydrated.



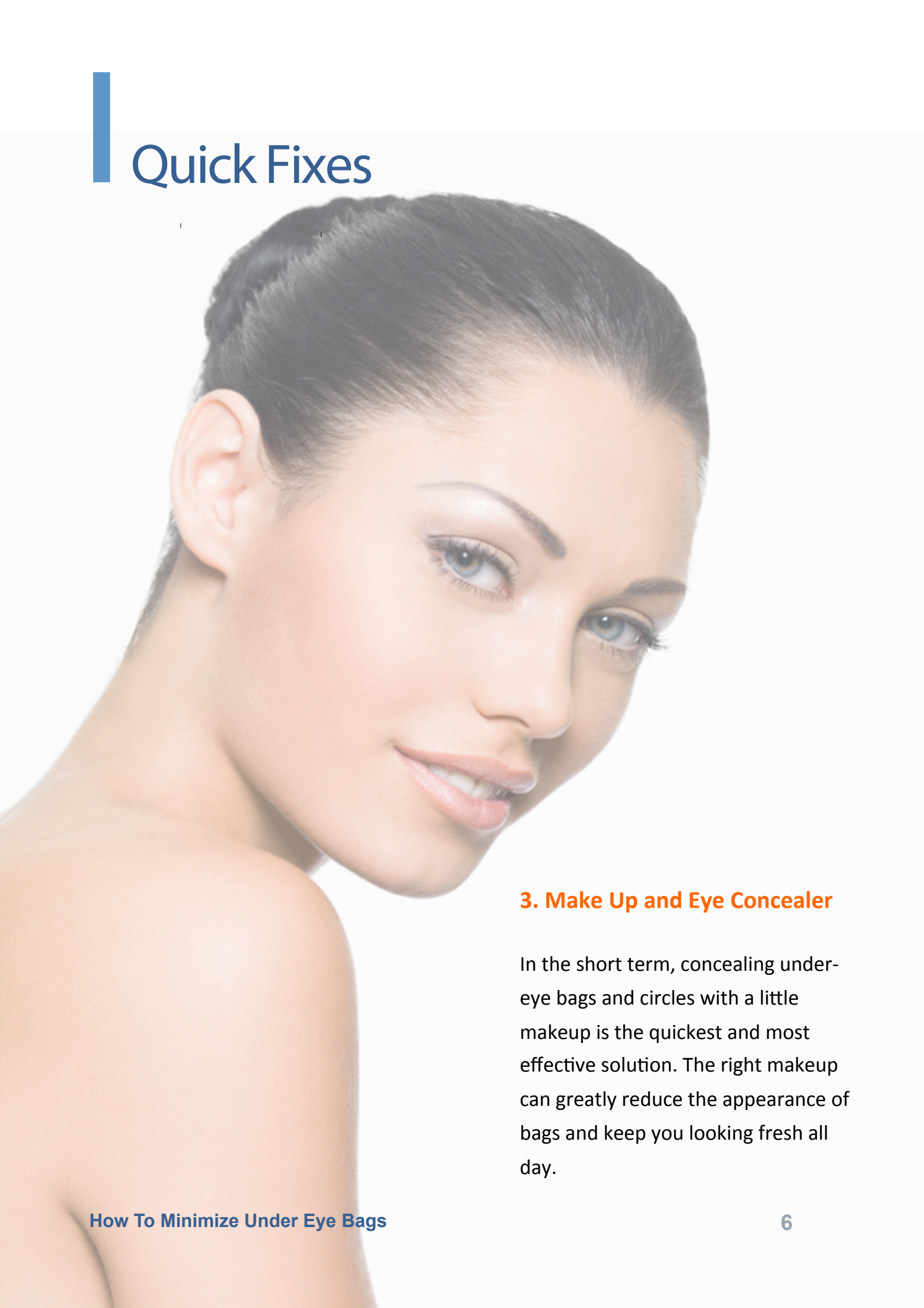
Quick Fixes

2. Sooth Your Eyes With Something Cool

You've probably heard that placing cucumbers over your eyes will help reduce bags, but it's actually the cool temperature that soothes the area. Cucumbers happen to be the perfect shape, size and texture to treat under-eye bags, so go ahead and slice one up - just make sure it's been chilling in the refrigerator beforehand.

If you don't have a cucumber, wet a few teabags and chill them in the freezer or refrigerator before placing them over your eyes. Use a soothing tea, like chamomile or peppermint, so you get the benefits of aromatherapy at the same time.





Quick Fixes

3. Make Up and Eye Concealer

In the short term, concealing under-eye bags and circles with a little makeup is the quickest and most effective solution. The right makeup can greatly reduce the appearance of bags and keep you looking fresh all day.

Long Term Strategies

1. Treat your allergies

Under-eye bags are often the result of allergies that lead to inflammation in the face. Since the skin around your eyes is thinner than skin on the rest of your body, fluid tends to collect there and puff out the skin.

2. Change your sleeping position

People who sleep on their stomachs or sides have a greater chance of waking up with under-eye bags, since these positions allow fluid to collect under the eyes during the night. Side sleepers may actually notice that the eye on the side they sleep on has more puffiness than the eye on the other side. Try to sleep on your back more often than your side 😊



Long Term Strategies

3. Treat your face gently

Since facial skin, and especially under-eye skin, is thin and fragile, it's easy to damage and weaken, which can lead to even bigger bags.

5 easy things to follow to protect your skin:

1. Wash and dry your face gently. Scrubbing your face clean and then rubbing it dry with a towel can weaken the skin around your eyes. Use a good eye makeup remover to gently wipe away makeup, I recommend [Purity Solution](#) or [Benefit Clean](#) (both from Cosmedix), then splash your face with water a few times and pat it dry with a soft towel.
2. Use a good Eye Cream, [Opti Crystal](#) and [Eye Genuis](#) from Cosmedix are phenomenal for that sensitive eye area.
3. Moisturize your face every day and night. Making sure your face, and especially your eye area, gets enough moisture because it helps the skin retain elasticity and strength.
4. Use sunscreen every day even during winter. The sun's rays can cause the thin skin around your eyes to become even more fragile. [Tizo 3 Age Defying Fusion](#) from Tizo or [Reflect](#) from Cosmedix are two of my favorites.
5. Always wash your face before bedtime. Never go to bed with makeup on your face that will irritate your eyes all night.



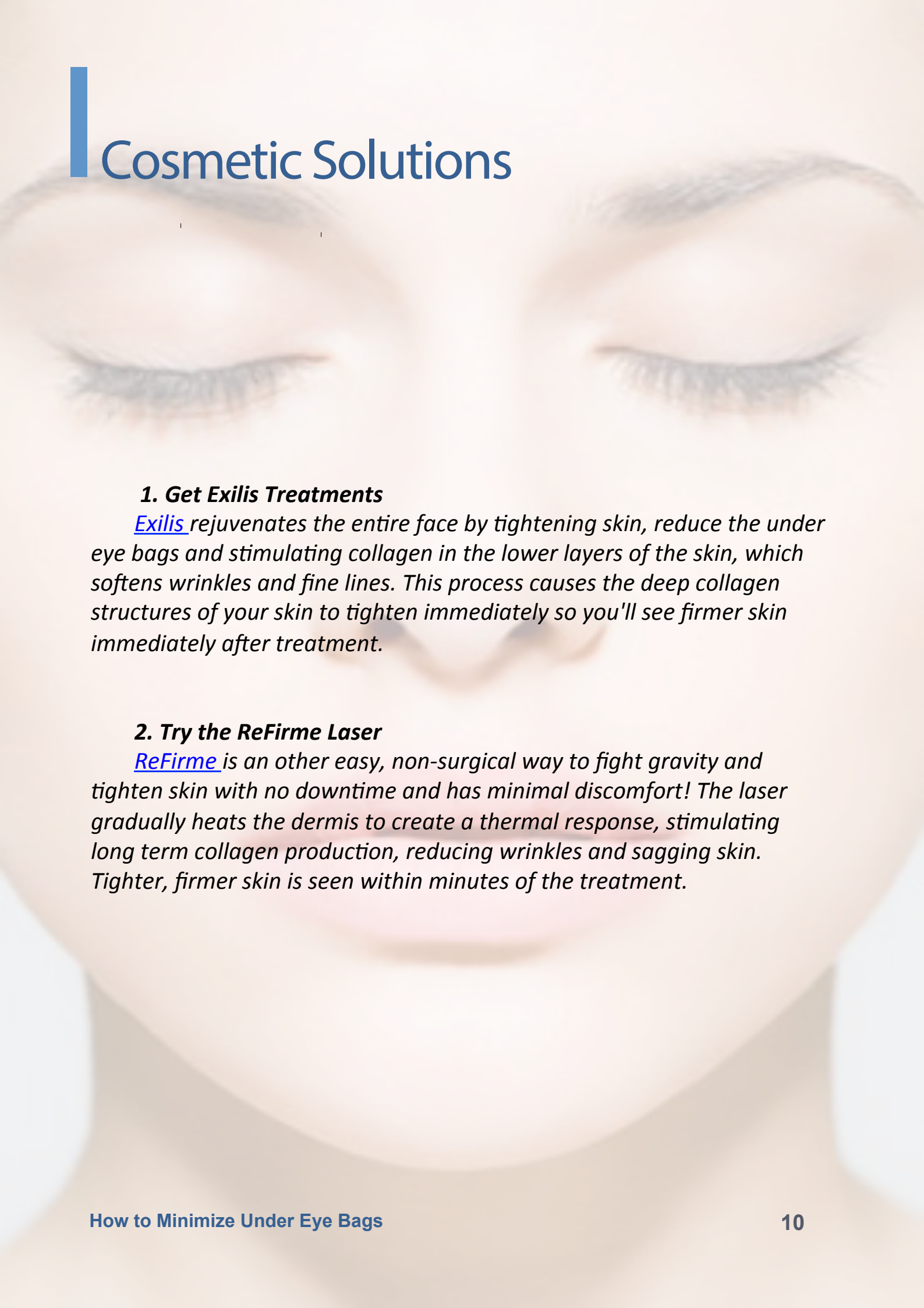
Long Term Strategies

4. Change your dietary habits

A salty dinner paired with a few cocktails is fine every once in a while, but if you make it a daily habit it can have a long-term effect on your eye bags. Years of water retention in the facial area can lead to permanently stretched-out bags.



Drink more water
Minimize alcohol consumption
Eat less salty foods
Consume more veggies and fruit



Cosmetic Solutions

1. Get Exilis Treatments

[Exilis](#) rejuvenates the entire face by tightening skin, reduce the under eye bags and stimulating collagen in the lower layers of the skin, which softens wrinkles and fine lines. This process causes the deep collagen structures of your skin to tighten immediately so you'll see firmer skin immediately after treatment.

2. Try the ReFirme Laser

[ReFirme](#) is an other easy, non-surgical way to fight gravity and tighten skin with no downtime and has minimal discomfort! The laser gradually heats the dermis to create a thermal response, stimulating long term collagen production, reducing wrinkles and sagging skin. Tighter, firmer skin is seen within minutes of the treatment.

Cosmetic solutions

3. Dermal Fillers

Bags or circles caused by aging won't respond to lifestyle changes, but getting a hyaluronic filler can improve the appearance of the under-eye area. The filler is injected under the eyes to make the contours of the eye socket appear more youthful. [Restylane](#) is the preferred filler in this area.



4. Surgery

As people age, fat deposits move down from the eyeballs and accumulate in the under-eye area, leading to bags. Blepharoplasty is the process of removing or changing the position of the fat that has accumulated, followed by a laser treatment to tighten the skin in the area. It's an excellent solution with minimal downtime when it comes to procedures.

Conclusion

Under Eye Bags are not the most attractive feature to have, but there are things that you can do to prevent them from forming and reduce the appearance existing ones.

*The **Quick Fixes** are exactly what the name say, a “quick fix”. These you can start doing immediately like drinking more water, sooth your eyes with something cool cucumber or cold tea bags and use a girls best friend, make up and eye concealer..*

*The **Long Term Strategies** is little more of a life style change. Taking care of your skin and body with good dietary habits, using the correct skin care and getting sufficient sleep (possibly laying on your back). Also taking care of your allergies in a right way.*

***Cosmetic Solutions** would be laser treatments and fillers. If you have very big heavy under eye bags, your cosmetic solution might need to be surgery.*

Under-eye bags are a cosmetic concern that can make people appear tired or under the weather. Hopefully with these tips you can reduce that appearance and start looking your best again.