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6 AFFORDABLE WAYS TO GET RID OF DARK CIRCLES

article I saw online

Let's start out with some real talk about dark circles, shall we? Your favorite celeb, blogger, or even supermodel more than likely deals with an issue relating to his or her under eyes. It's extremely common and even though it's frustrating, it's not the end of the world. Okay? Whew! Now that we've got that out of the way, there are a few ways to make your eyes look at bright and awake as possible. Eye creams and treatments can get extremely expensive and unfortunately, a lot of them just don't do what they claim. Of course I'll continue to share the best under eye products as I find them, but for now here are a few affordable treatments for dark circles.

MICRONEEDLING

Dark circles aren't really "circles" at all. The skin around your eyes is so thin and delicate that what you're really seeing is blood pooling underneath the skin. Microneedling gives tiny (and usually painless) injuries to the skin, triggering it to boost collagen and thicken to heal itself. You can get this done at a dermatologist or buy an at-home product. If you decide to do it at home be sure to apply a serum before and after using.

TURMERIC

Turmeric is an amazing DIY ingredient because of it's anti-inflammatory properties. You can mix it with raw honey or Greek yogurt and use it as an under eye mask. Be careful, though. It stains everything!

PILE UP ON PILLOWS

To keep blood from pooling under your eyes, sleep with your head elevated with extra pillows and try sleeping with a pregnancy pillow to train yourself to sleep on your side if you're a stomach sleeper.

ANTIHISTAMINE

If your dark circles start to look worse around allergy season, you're not alone. Try taking an antihistamine every day during allergy season. A normal, over-the-counter product is totally fine.

COLLAGEN CREAMS

Another cause of under eye darkness is thin skin. To plump up this area look for a cream with collagen in it. Tap it gently into your skin with your ring finger and be sure to use a very light touch.

FOODS

The following foods and oils can be applied to under eyes to help lighten and soften delicate under eye skin: almond oil, cucumber, raw potato (you can grate them first, soak a cotton round in the juice, then apply them to your eyes for 15 minutes), tomato, and coconut oil.