



LOOKING UP

Try these brilliant anti-ageing hacks for younger, brighter looking eyes today!

Our eyes might be the windows to our soul, but boy do they give the game away when it comes to showing our age! Dark circles, wrinkles, puffiness and eye bags can really pile on the years, so it makes sense to give our precious peepers the TLC they deserve. "Ageing around the eyes is probably the most common problem for my clients," says Dr Jules Nabel, medical director of the Omniya Clinic (omniya.co.uk) in London's Knightsbridge, adding that poor lifestyle habits such as lack of sleep and an unhealthy diet are often the main culprits when it comes to less than sparkling eyes. The thin and delicate area also takes a more noticeable battering from UV damage and environmental stress, as cosmetic surgeon Dr Jonquille Chantrey (drjonquille.co.uk) explains. "The skin around the eyes is often the most obvious in terms of ageing, which presents as crow's feet, crepey skin, puffiness and dark circles." Luckily, we've got loads of tricks up our sleeve to give you a fresh-faced gaze. Here's how to turn back time with our brilliant anti-ageing eye tips!

WOW YOUR BROWS!

"Defining the brows can really open up the eye," says Ada Choi, founder of 001 Skincare (001skincare.com). "Use a pencil or powder just slightly lighter than the hairs – usually a tone with a slightly ash base looks better than those with a lot of warmth in them." Try Iconic's Sculpt & Boost Eyebrow Cushion (£26.99, iconiclondon.com) for natural-looking results at home.



CHOOSE THE RIGHT PRODUCT

"The skin around the eyes is very fragile and therefore needs a different product from the rest of the face," explains Alison Nowell, skincare expert at Finders Spa. "As you age, collagen will become depleted and cell renewal slows, making your skin appear dull and lifeless, so using an eye cream can address a multitude of issues." Look out for products containing popular actives, including retinol, peptides, hyaluronic acid and vitamins A, C and E for brightening and firming. We love Dead Sea Spa Magik's Diamond Range Age Response Eye Cream (£17.95, shopforspa.com) and ZO Medical Hydralift Eye Brightening Repair (£65, zo-skinhealth.co.uk).



TRY EYE YOGA

Exercising your eyes is a great way to lift saggy muscles – making you look younger and brighter in minutes! Try the following simple technique from face yoga guru Danielle Collins (faceyogaexpert.com):

STEP 1 Put both of your middle fingers together between your eyebrows, then apply pressure to the outer corners of your eyes with your index fingers.

STEP 2 Look up and start to move the lower eyelids upwards, making a strong squint. Then relax and repeat the movement six more times.

STEP 3 To finish, squeeze your eyes shut for 10 seconds, then relax.

ZAP YOUR WRINKLES

Many clinics offer laser therapy to smooth out bags and wrinkles, and now you can do it in the comfort of your own home. Tria's brilliant Age Defying Laser and Eye Wrinkles Correcting Laser (£299, triebauty.co.uk) is a revolutionary at-home device that uses targeted beams of light to correct fine lines in just two minutes a day.



"Put two teaspoons in the freezer overnight then wrap them in muslin cloths and press them gently against your eyes to reduce puffiness in the morning"

BANISH DARK CIRCLES

As we get older, our skin loses elasticity and gets thinner, which means the underlying blood vessels can become more visible, resulting in those telltale pesky shadows. Using a decent concealer (try Nude By Nature Flawless Concealer, £20 from nudebynature.com) is a great way to brighten your face and give your

eyelids the appearance of a subtle lift. Here's your step-by-step guide to shadow-free eyes:

STEP 1 Pick a yellow-based formula that's at least two shades lighter than your skin tone.

STEP 2 With a small brush, apply a dab along the lower lashes to the innermost corner of your eyes and the hollows of your nose. You can also use your ring finger, which has a naturally light touch and added warmth to tap and gently blend.

STEP 3 A dusting of a sheer, loose, yellow-toned powder locks the concealer in place for the day.

LIVEN UP YOUR LASHES

Applying your mascara properly can make all the difference when it comes to a bright-eyed look. First, curl your lashes – try heating your curlers for 15 seconds with your hairdryer to really lock it in. When applying your mascara (we love Benecos Super Long Lashes, £7.95 from benecos.co.uk), make sure that the brush starts right at the base of the lashes, as close as you can get to the lid. Then wiggle the brush as you move it along the length of the lash – this builds thickness and aids separation.



"Using a white eyeliner pencil on the waterline inside your lashes will instantly brighten your eyes"

SURGERY-FREE SOLUTIONS!

If you're after a permanent fix – and your wallet can stretch to it – these new cosmetic procedures will give you excellent results without the need for surgery!

Nitrogen Plasma

Known as the 'no-knife facelift', top consultant plastic surgeon Dr Ali Juma's Neo Gan Evo treatment uses nitrogen plasma technology for deep tissue remodeling of the eye area to effectively reduce bags and wrinkles. Costs from £800 from alljuma.co.uk

PURSE-FRIENDLY PICK: Marula's new Rejuvenating Eye Treatment is packed with powerful ingredients such as peptides, vitamin E and marula oil to combat the signs of ageing. £45, marula.co.uk



Radio Frequency

A much cheaper and less invasive alternative to a traditional surgical eye lift, the Sublative RF Skin Resurfacing treatment at Premier Laser Clinics uses radio-frequency energy to smooth away wrinkles. Costs £250 at londonpremierlaser.co.uk

PURSE-FRIENDLY PICK: SKYN Icelandic Relief Eye Cream is rich in arctic botanicals, which contain potent stem cells to stimulate skin rejuvenation and reduce the depth of wrinkles. £17.50, marksandspencer.com

Ultrasound

HIFU Lab's high-intensity focused ultrasound at the Medical & Aesthetic Clinic in London renews the delicate skin of the eye area while reducing sagging and drooping without the need for surgery. Costs £200 from mclcliniclondon.co.uk

PURSE-FRIENDLY PICK: Evolve Organic Beauty's new Hyaluronic Eye Complex is an instant pick-me-up for jaded eyes and plumps our wrinkles in minutes. £16, evolvebeauty.co.uk

