

## 10 Dark Circles under Eyes Treatments that Work for Most People



Dark circles under the eyes are also known as shadows or dark rings

They can make one look older and tired even after getting enough sleep. To know how to take care of the discoloration, understand the causes first.

Most of the common causes include lack of enough sleep, a poor diet, stress, aging, hereditary, crying for long and sitting in front of a computer for long hours.

Other causes include thinning of the skin below the eyes and excess pigment. Taking too much salt and alcohol leads to water retention in the body which can also result in puffed eyes and dark circles. What are the treatment options available?

### **The Common Causes To Keep In Check:**

If you are not having enough sleep, it goes without saying you should sleep more. Eat healthier meals and limit the time you spend on your computer. Exercise not only keeps you fit but deals with all manner of stress. When sleeping, lie on one or two pillows. This helps drain fluids from your face lowering the chances of dark circles forming. Other than this, here are common dark circles under eyes treatments.

#### **Cucumber - an Oldie But Goodie:**

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Place a few thick [slices of cucumber on your eyes](#). The astringent powers of cucumber relieve the dark circles. For better results, place the slices in the refrigerator for 30 minutes before using them. The cooling effect will compress the blood vessels around eyes promoting more blood flow. You can also use the cucumber together with lemon juice. Blend then strain the juice from the cucumber and mix with the lemon juice. With a cotton wool, apply on the dark circles. Leave it for up to 15 minutes then rinse it off. You can repeat this procedure every day until all the dark circles are gone.

### Almond Oil

Almond Oil is one of the most effective dark circles under eyes treatments. This oil has a lot of skin benefits that originate from the high minerals and vitamins concentrations it has. Rub a few drops around the circles before you sleep then rinse the oil off the following morning. The oil helps even the skin under your eyes. Its nutrients also nourish the skin making it stronger and healthier and less prone to discoloration. Apply the oil for as long as you experience the dark circles.

### Lemon Juice

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Apply freshly squeezed lemon juice under the eyes then rinse off after 15 minutes. Alternatively, you can use one table spoon of lemon juice together with turmeric powder, two table spoons of tomato puree, and besan.

Make a thick paste then apply under the eyes. Lemon juice on its own can sting, but when you mix it with other ingredients, it becomes more tolerable. Wash off the paste after 10 minutes. You can apply the mixture two or three times a week.

### **Uncooked Potatoes**

Potatoes can be used the same way as cucumbers. Use of raw potatoes is one of the most common dark circles under eyes treatments. Cut thick slices then place them on the eyes for up to 30 minutes. They have a bleaching effect that lightens the discoloration around the eyes. Another easier way of using potatoes is by grating them to extract the juice. With a cotton wool ball, apply the juice over the circles up to the eyelids. Leave it for up to 15 minutes then rinse with water. This process can be repeated twice every day.

### **Tomatoes**

Tomatoes have been known for their bleaching effect. If you want to lighten the dark circles under your eyes, simply using tomatoes can do the trick. Apply freshly made tomato juice on the discolorations then wash off after 20 minutes. You can also mix it with lemon juice to get the same effect but if it burns just use tomato juice on its own.

Drinking a glass of tomato juice mixed with salt, mint leaves, and lemon juice can also help. Take two or more glasses every day when the juice is still fresh.

### **Coconut Oil**

Extra virgin coconut oil can help lighten the dark circles under the eyes. Apply a few drops every day then rinse off after 30 minutes. Alternatively, you can let it stay overnight then wash off in the morning. Another advantage of using coconut oil is that it prevents lines and wrinkles forming under the eyes. Its moisturizing effects nourish and keep the skin healthy.

### **Rose Water**

Other than being a good skin toner, rose water has significant skin soothing effects. It brightens tired eyes and rejuvenates the skin. Its astringent properties are beneficial in relieving the puffiness and circles that form under the eyes. How do you apply rose water? Soak cotton pads in the solution then place them on the eyes for up to 20 minutes. Make sure the eyes are closed. You can do this twice a day for several weeks until you achieve the desired effect.

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### **Tea Bags**

Place the tea bags in a glass of hot water for about two to three minutes then remove and squeeze off the liquid. Put them in the refrigerator for twenty minutes. When they are cool, place them on your closed eye lids for about twenty minutes. Chamomile tea bags are the best bet for dark circles.

### **Turmeric**

This is a well-known antioxidant but can also be used to minimize dark circles under the eyes. You can mix turmeric and pineapple juice before applying on the circles. Wash off after 15 minutes. You can repeat the procedure two or more times in a week.

### **Cold Presses**

Ice cubes or any other cold press can be placed on closed eyelids to help blood flow more efficiently. This reduces the puffiness and circles.

These dark circles under eyes treatments are simple remedies anyone can try at home. The best thing is, they are inexpensive and readily available. If the dark circles do not go away, it might be time to seek advice from a professional. Dark circles caused by hollows under the eyes cannot be treated using usual remedies but by filling. A specialist will be able to tell the cause of the dark circles after a careful analysis of your lifestyle and health. After this, proper treatment procedures will follow. It is also important to note the real cause of the discolorations and take the necessary precautions.