

7 Natural Home Remedies to Get Rid of Baggy Eyes



Appearance is important to most people, which is one reason people do their best to improve their looks at all times. One of the most stubborn appearance issues that some deal with is dark circles under the eyes. The following are seven natural home remedies you can try.

1. Potato Relief

Chill a potato for about an hour, and cut two relatively thin slices from the potato. You want to close your eyes. Place these slices over your eyes, and just relax for about 15 to 20 minutes. This should help relieve some of the puffiness.

2. Milk Balls

Dipping cottonballs in some chilled milk and placing them over your puffy eyes for around 20 to 30 minutes should help relieve that puffiness in the same way that potatoes would help. All that water retention should be decreased, giving you back your pretty eyes.

3. Vitamin E Balls

Some people deal with more than water retention. This means you may have some swelling action forming within your eyes. You want to take out enough chilled water to fill about 1/4 of a small bowl. Add a few drops of vitamin E, and mix well before dipping cottonballs in the blend. Place the cottonballs over your eyes for 20 minutes to help reduce the swelling.

4. Cucumber Eyes

Cure Eye Circles

Helping You Clear Up Bags Under Your Eyes Naturally

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You have probably seen people place cucumber slices over their eyes, right? Well, these slices are usually chilled. The slices help relieve swelling and reduce water retention. It is an ancient remedy that has worked for ages. Just relax, and keep the slices in place for 25 minutes.

5. Tea Bag Trick

Moisten two tea bags in cold water before letting them chill in the fridge for at least 30 minutes. You want to take these bags from the fridge, and place them over your eyes when they are cold enough. Keep them on your eyes for 25 to 30 minutes to help reduce your baggy eyes.

6. Spoon Trick

Those who do not want to use any of the previous solutions mentioned might want to try the spoon trick. You will need to use place four spoons in ice cold the water. Then, place two spoons on your eye until they warm up. Replace the warm pair of spoons with the chilled pair while you let the first pair get cold again. Do this until you see the bags disappear.

7. Egg Whites

Eggs are good for a lot of things, including your hair and skin. They help tighten up your skin, and they also clean. Furthermore, egg whites can be used to reduced water retention, too. All you have to do is place some egg whites on your eyes for about 20 minutes, and then rinse it off like you would normally. You should see major differences when you try this remedy.

These are just seven natural home remedies you can try to reduce those puffy eyes, but there are bound to be more, so be open-minded. You should also try to figure out what you did to make this happen. Sometimes, it happens when you do not sleep much or due to some allergic reaction. Find out so that you can prevent this from happening again.