

How to Get Rid of Black Circles Under Eyes From Home



If you have black circles underneath your eyes, then it is possible to improve your facial appearance in the comfort of your own home with several important but easy tips.

1: Get Enough Sleep At Night To Look Your Best

Lack of sleep is one of the major causes of dark areas beneath the eyes, but you can get more rest by maintaining a regular bedtime schedule. Keep your bedroom dark at night so that you won't feel restless, and don't try to sleep in a bedroom that is too hot or too cold. Replace an old saggy mattress with a new one that will support your back, and also, buy a new pillow at the same time.

2: Keep Your Home Clean To Eliminate Allergens

You might have allergies to the pollen, pet dander or dust in your home, but by eliminating the contamination, you will prevent dark circles underneath your eyes. To get rid of allergens, vacuum and dust your home frequently along with washing the draperies. Make sure to change the filter in your home's furnace and air conditioner once a month to remove additional allergens.

3: Consume a Healthy Diet That Is Rich In Iron

When you have dark areas underneath your eyes, you might have anemia. This condition is caused by a lack of iron in your blood. It is easy to cure most types of anemia by changing your daily diet to include:

- Spinach
- Red meat
- Raisins
- Lentils
- Broccoli

Cure Eye Circles

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- Dried apricots
- Potatoes
- Sardines

You can also find dietary supplements that contain iron, and within a few weeks, your facial appearance will improve.

4: Don't Rub At Your Eyes or Face

If you rub at your eyes or face, then you might irritate the sensitive skin and underlying tissues, leading to ruptured blood vessels underneath the eyes. When you want to rub at your eyes frequently, you may be compensating for poor vision, and you might need eyeglasses. Alternatively, you may have dry eyes, and by rubbing at your eyes, you will create tears to lubricate your eyes. Instead of rubbing at your eyes, use eye drops a few times a day.

5: Drink a Lot of Water

Dehydration can lead to black circles underneath your eyes as your blood vessels rise to the surface of your skin. If you have dark areas around your eyes frequently, then you aren't drinking enough water on a daily basis. You should drink a minimum of eight glasses of water each day, but when it is hot outside, you must drink more water.

6: Change Your Prescription Medications

If you are taking a medication, then check its side effects. Some types of medications can change the body's blood flow, causing your blood vessels to dilate. The skin underneath your eyes is thin, and you will notice black circles underneath your eyes. When you suspect that your medication is causing dark areas beneath your eyes, talk to your physician about changing your prescription.