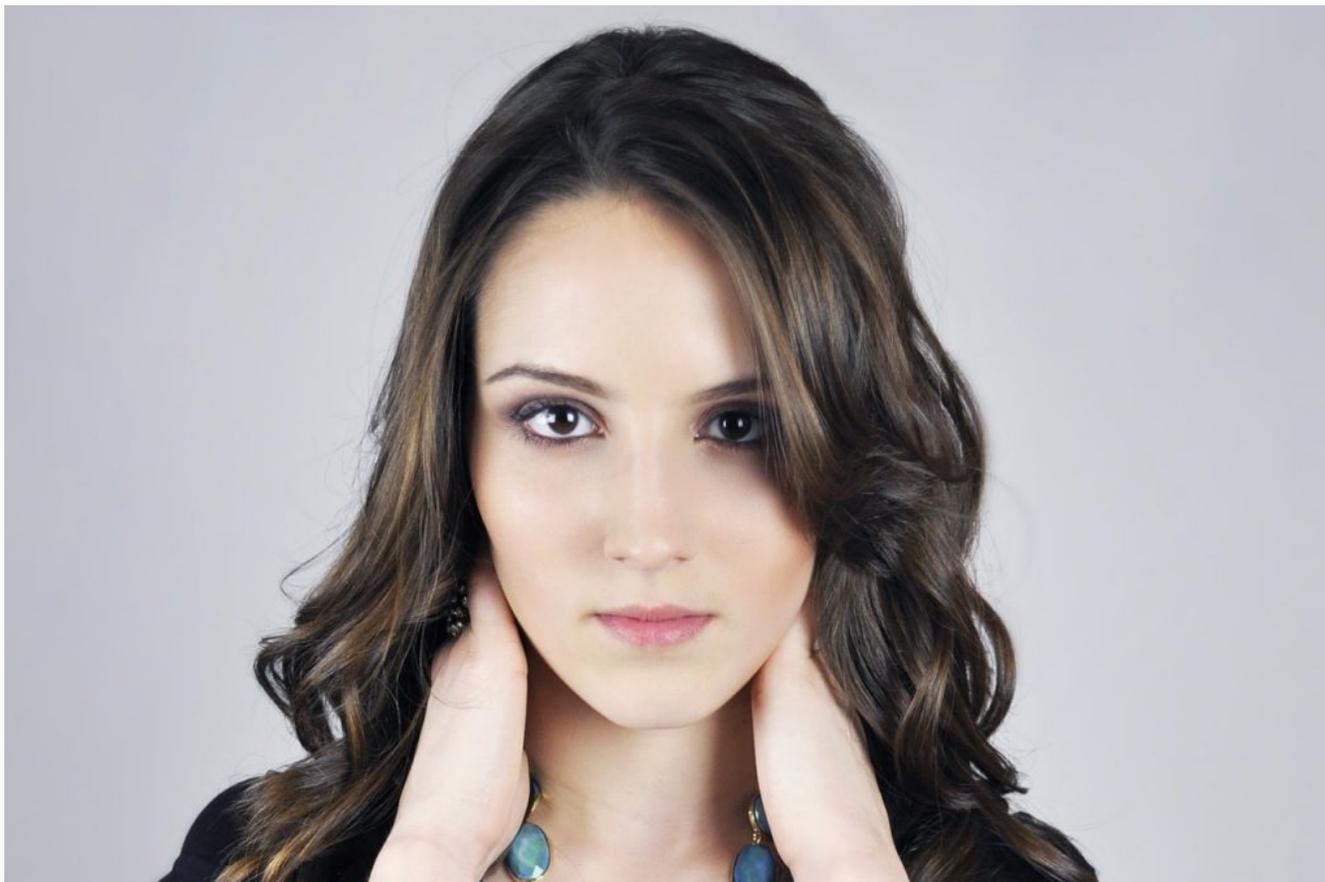


Top 5 All Natural Treatments for Dark Circles Under The Eyes



Dark circles are a problem that every person on this planet has experienced....

They are such a common problem that you are guaranteed to develop dark circles at least once in your lifetime.

Dark circles are essentially a dark discoloration of the skin beneath your eyes.

The Most Common Causes Of Under Eye Bags

Cure Eye Circles

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Dark circles under the eyes can be caused by many different situations and factors. The most common factors that cause dark circles are:

- Heredity
- Aging
- Mental or physical stress
- An unhealthy diet
- Dry skin
- Dehydration

The most common situations that cause dark circles are:

- Prolonged crying
- Prolonged staring at a computer screen
- Lack of sleep
- Hangovers

The Affected

Dark circles are a skin disorder that knows no gender. Both men and women have equal chances of being affected by dark circles. This is because the factors and situations which cause dark circles will affect everyone once in their life.

The Treatments That Tend to Work Well Across All Boards

-Cucumber Slices

Cucumber slices work miracles on dark circles. The reason for this is that cucumbers possess chemicals that act on the skin to tighten it and reduce the puffiness and swelling that comes with dark circles. Cucumbers also act a mild astringent. They are both refreshing and soothing.

I have a more in-depth Article on using [cucumbers for dark circles under eyes here](#).

-Lemon Juice

Lemon juice has the same skin-tightening and astringent properties as cucumbers. In addition, they

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act as an antibacterial to kill bacteria. Lemon juice can also lighten your skin to reduce the darkness of your circles. A word of caution - do not get the lemon juice in your eyes. Only apply it to the skin beneath your eyes.

-Coconut Oil

Coconut oil is a miracle moisturizer for your skin. Coconut oil not only moisturizes your skin, it also tightens pores, is anti-inflammatory, and soothes irritation.

Simply massage a dab of it into your dark circles every night before bed. In the morning, rinse your face with lukewarm water. Repeat this process for a week to see amazing results.

-Tea Bags

Your daily cup of tea can do more than just taste good and give you a boost of energy. The caffeine and antioxidants in tea are highly beneficial for treating your dark circles. You can use most types of tea bags to treat your dark circles. Instructions for preparing the tea bags and the different benefits for the types of tea can be found [here](#).

-Cold Compress

This is a tried and true method for treating dark circles. Take a clean washcloth and soak it in cold water or cold milk, wring out the excess fluids, and then place it over your closed eyes for several minutes. Alternatively, you could use ice cubes in a cloth, a frozen bag of vegetables, or a chilled tea bag.