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# 8 ways to actually get rid of your dark under-eye circles

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No one wants to see dark circles when they look in the mirror. Getty Images/Mark Mainz

You wake up, look in the mirror, and see dark circles under your eyes. But how did that happen? You slept for 8 hours last night — isn't that enough? There are actually many factors that cause under eye circles but fortunately, there are also many easy fixes.

INSIDER spoke with celeb makeup artists and dermatologists to find out what simple lifestyle changes you can make to reduce those dark circles.

Sleep more.



Get some shut-eye. [Chris J Ratcliffe/Getty Images](#)

The number one action you can do to reduce dark circles under your eyes is sleep, according to Maryam Zamani, oculoplastic surgeon and founder of [MZ Skin](#).

"Dark circles can be accentuated by lack of sleep because of the dilated blood vessels, and that is why we need our Z's!" Zamani told INSIDER.

More sleep will increase the blood flow and nutrition to the under eye area and alleviate dark circles, according to Ami Mallon, global corporate educator for [Osmosis Colour Mineral Cosmetics](#).

Try a soothing technique.



Cucumbers under your eyes apparently work! Disney

Cold cucumbers are a great way to soothe the area under your eyes and reduce swelling and redness, according to Dr. Anna Guanche, [a renowned specialist and celebrity dermatologist](#).

They work because they can contract the blood vessels that can be easily seen and they have a high water content that helps to hydrate the skin around the eyes, according to Zamani.

You can also try the good old "cold silver spoon" trick on your under eye bags as the spoon will soothe the area, according to Streeter's artists, [Stoj](#).

Make sure you're eating healthy.



Make sure you're eating your fruits and veggies. Ian Walton/Getty Images

Another simple solution is to be more aware of what you're eating and drinking. According to Zamani, intaking a lot of salt and alcohol can cause puffy lower eyelids. She recommends a low-sodium diet and less alcohol in order to reduce fluid retention under the eyes.

Additionally, your caffeine and sugar intake is important to keep down. It will lower the chance of dehydration and glycation — the hardening and breakdown of collagen — Mallon told INSIDER, which will help clear up your under eye area.

Exercise regularly.





A good sweat session can help. Dirima/Shutterstock

Exercise gives you energy, which will lower your need for caffeine and will assist in alleviating under eye circles, according to Mallon.

Additionally, exercise [can improve blood flow and circulation, which may cause less blood to pool under your eyes](#), according to Livestrong.com. Workouts that energize your entire body, such as cycling or running, are ideal.

Note that [exercise will not permanently reverse your dark circles if you have thin skin or broken blood vessels](#)— it is just a temporary fix.

Beauty products can cover up dark circles.



Nothing wrong with some good concealer. [golubovystock/Shutterstock](#)

When it comes to finding the right beauty products to get rid of your under eye circles, Zamani recommends starting off with an eye mask as they are great for soothing, hydrating, and tightening skin.

After the eye mask treatment, Stoj recommends a highlighting pen such as [YSL Touché Eclat](#) to brighten the area around the eyes and to follow that with a concealer on top.

The key is not to over-apply concealer as it can cause clumping or creasing under the eye. Too much powder over your concealer will make the lower lid lines look crinkly, according to Troy Jensen, celebrity makeup artist.

Don't rub your eyes.



Resist the urge. Shutterstock

A huge no-no is rubbing the area around your eyes. You'll want to avoid rubbing or pulling on the delicate skin under your eyes at all costs, Dr. Guanche told INSIDER.

As you age, your skin begins to thin out and the skin under your eyes is already quite delicate. You'll want to take care of that area, according to Stoj, to [avoid breaking tiny blood vessels around your eyes creating those unsightly circles](#).

To avoid that urge to rub your eyes, be sure you aren't allergic to anything you put near your eyes such as your cleanser, mascara, eyeshadow, or eye cream. If it burns and itches, avoid it, Dr. Guanche told INSIDER.

Drink lots of water.



You should be doing this anyway. Shutterstock

A very easy-to-do thing is to drink more water. [Staying hydrated is key when it comes to getting rid of the bags under your eyes.](#)

When you are dehydrated, your body responds by retaining water, leading to puffiness, and under-eye bags, according to Allure.

To avoid this, [drink eight ounces of water eight times a day, which is the daily recommended amount,](#) though it can vary based on your height, weight, and gender.

Permanent solutions are an option.





This is the more permanent route. [Fotos593/Shutterstock](#)

For a long-term solution, there are permanent options. [Filler for tear troughs involve tiny injections, which expand the tissues of the tear trough, making the area under the eyes look healthier and smoother.](#)

Microneedling is another option [involves using fine needles to create tiny puncture wounds in the top layer of skin.](#) It results in [increased collagen and elision production, which works to reverse the signs of aging,](#) according to Reader's Digest.

The list goes on when it comes to permanent medical fixes, according to Dr. Guanche, but it comes down to how far you want to go and how much you are willing to spend.