



EYE CANDY

IF OUR EYES ARE THE WINDOWS TO ANYTHING, IT'S OUR AGE, NOT OUR SOUL. HERE, SOME SERIOUS SKIN EXPERTS OFFER THEIR TAKES ON THE BEST TREATMENTS AND PRODUCTS FOR KEEPING EYES LOOKING YOUNGER LONGER.

In an ideal world we would like to go to bed and wake to see no dark circles, crow's feet or puffiness in the mirror: if only those signs of ageing could miraculously disappear with a good night's sleep. While that wish is almost impossible to grant, help is at hand with a raft of treatments and products that can minimise those time bandits. Here are three different beauty solutions to help us see the world through younger-looking eyes.

DARK CIRCLES

DOCTOR'S ADVICE:

Dr Catherine Stone, from The Face Place in Auckland, believes dark circles are often due to structural changes in the bones and soft tissue around the eyes. "This creates hollowing. The fastest way to treat this is with dermal filler, as you instantly see the hollows improve or disappear." But, she warns, it's essential to choose a qualified appearance-medicine doctor. "This is one of the most difficult areas on the face to treat with fillers, and can result in puffiness, visible lumpy product or a blue-grey tinge to the skin if the filler isn't added in the correct place." The actual treatment is relatively speedy: filler is injected just under the skin into the hollow under the eyes, and instantly plumps up the under-eye area, immediately erasing dark contours and with it, the circles.

Allow an hour and expect to pay \$750-\$995.

SKIN THERAPIST'S ADVICE:

Lauren de Vries, from More Than Skin Spa in Auckland, believes a combination of thinner skin, lack of sleep, hyperpigmentation (brown spots) and sun exposure causes darkness. Her advice is a detoxifying massage and specific sea and plant extracts to help clear and correct. Her treatment of choice is Decléor Vital Eyes. "A specialised freeze-dried mask containing brown algae will detoxify the eye area and make dark circles less visible. And the addition of olive oil extract prevents dryness. A specific pressure point and drainage massage that comes with the treatment also helps to reduce congestion and a take-home tailored eye cream completes the service."

Ideal as a lunchtime therapy, allow 30 minutes and \$86 for the Decléor Vital Eyes Treatment.

BEAUTY EDITOR'S ADVICE

Spending time outside without large-framed sunglasses is a no-no and the best prevention for sun damage and any ageing concerns under the eyes is making sure your eye cream contains a sunscreen. A quick fix for eliminating darkness is using an antioxidant-rich eye cream with ingredients such as vitamin C, green tea, idebenone, or coffeeberry extracts. Some of the best such eye creams include: PRIORI CoffeeBerry Radiance Eye Serum, \$102 1; Shiseido Bio-Performance Super Corrective Eye Cream, \$115 2; Guerlain Orchidée Impériale Eye Serum, \$410 3. And for those who spend lots of time outside, Shiseido Sun Protection Eye Cream, \$57 4; is a sunscreen specially made for the eye area.





CROW'S FEET

DOCTOR'S ADVICE:

Wrinkles are the result of constant movement from smiling, squinting, laughing and rubbing your eyes – habits that are impossible to control. According to Dr Stone, a simple and effective solution is Botox. "This repeated creasing breaks down collagen fibres in the skin. We can repair this damage quickly when we are younger, but as we age, our skin cells get lazy and don't repair naturally. Using a neuromodulator such as Botox (in the frown lines between the eyes, under the eyes, and around the mouth) helps to reduce the contraction of this muscle, which minimises the creasing of the skin, giving it space to repair." Stone says in the past, applications of Botox would completely freeze the muscles around the eyes, leaving you expressionless, but today's trend is a "less is more" approach. "A softer, more natural look is more desirable, where you can still smile and 'twinkle' your eyes."

Allow 30 minutes and expect to pay \$360-\$560.

SKIN THERAPIST'S ADVICE:

De Vries says natural movement and sun damage all add to the loss of collagen and arrival of wrinkles. There are lots of options for those looking to firm the eye area. Her treatment of choice is a non-surgical Dermalift Eye Treatment. For facial muscles and the skin around the eyes, it's an electrical workout for the skin. "Using a safe electrical current to stimulate and tighten the muscles around the eye area, the current stimulates the body's production of collagen and elastin, the very support that keeps skin firm and plump."

Dermalift Eye Treatment: allow 30 minutes and expect to pay \$65.

BEAUTY EDITOR'S ADVICE:

There is a temptation to hide wrinkles with make-up. However, this causes foundation and powder to pool in them and further accentuates lines. Mix a dab of concealer with your eye cream and press it under the eye area. Avoid powder at all times. Also skip wearing heavy eyeliner under the bottom lash line. Concentrate the eyeliner on the top lid only, close to the lash line. Another great tip is to drink a large glass of water before bed; the fine lines around your eyes are more prominent when skin is dehydrated. Keep skin well hydrated and lines will be less noticeable when you wake.

Some of the best eye creams to treat this include: Clinique Repairwear Anti-Gravity Eye Cream, \$86 ⁵; Elizabeth Arden PreVage Anti-Aging Eye Cream SPF 15, \$195 ⁶; Kiehl's Powerful Wrinkle Reducing Eye Cream, \$72 ⁷; and Lancôme Rénergie Yeux Multié Lift, \$133 ⁸.

PUFFINESS

DOCTOR'S ADVICE:

Puffiness is one the trickiest concerns to treat, says Dr Stone. "So many factors, such as the prominence of the under-eye fat pad, reduced lymphatic drainage, allergies or sinus problems, all contribute to the eyes looking puffy. Often, skin is fine and crêpey-looking under the eye area as well." One excellent treatment for this concern is PRP (Platelet-Rich Plasma). "It helps to visibly thicken skin and rejuvenate both the upper and lower eyelids at a cellular level. PRP uses the healing parts of your own blood, so it has an excellent safety history." PRP involves a series of tiny injections of your plasma back into the fine, loose skin, then your body works to improve the levels of collagen and elastin, slowly and naturally firming the texture and tone. However, results are not visible straight away; it can take a few months to see an improvement.

Allow 90 minutes and expect to pay \$795-\$995.

SKIN THERAPIST'S ADVICE:

"Puffiness is generally caused by fluid build-up around the eye. Lack of sleep, poor diet, a high salt consumption, alcohol, nasal congestion and hay fever all worsen this complaint," says De Vries. Her treatment of choice is Joyce Blok Youth Eye, Lip and Neck. "A specialised mask and eye gel are applied to treat puffiness, followed by a lymphatic drainage eye massage, which helps to flush away the fluid build-up around the eye area." De Vries swears by keeping a cooling eye gel on hand. "It works wonders to treat puffiness and can be used daily and reapplied throughout the day over makeup to prevent puffiness and signs of fatigue."

Joyce Blok Youth Eye, Lip and Neck treatment: allow 45 minutes and expect to pay \$85.

BEAUTY EDITOR'S ADVICE:

One of the most incredible ways to take away puffiness is with Skyn Iceland Hydro Cool Firming Eye Gels, \$30 (available on ebay). Placed on closed eyelids for 10 minutes, they smooth creepiness, reduce puffiness and are ideal before a function (or after, if you have had too much wine). To cover puffiness with make-up, always choose a concealer that is one shade darker than your natural skin tone; going lighter will only accentuate the problem.

Some of the best eye creams to treat this include: La Mer The Illuminating Eye Gel, \$220 ⁹; Environ AVST Eye Gel, \$66 ¹⁰; Estée Lauder Advanced Night Repair II Gel Eye Crème, \$110 ¹¹; Joyce Blok enhanced care eye contour gel, \$42 ¹².

