

HOW TO GET RID OF PUFFINESS UNDER EYES

A lot of people wake up in the morning and are greeted by puffiness under their eyes, commonly called eye bags. A lot of them, especially the female folk try to conceal these eye bags under eye makeup, but only about half of them succeed in doing that. Sometimes, eye makeup even draws more attention to the puffiness under the eyes which could attract concerned looks from your colleagues at work. But what causes puffiness? This is what we will be treating in this article as well as the remedies anyone with eye bags can implement to get rid of them permanently.

What Causes Puffiness?

Puffiness under the eyes is as a result of an abnormal buildup of fluid in the soft part of the eye socket under the eyeball and can be caused by tension, insomnia, stress or hereditary factors. It could be because you consumed some food the previous day that had a little too much salt therein, or stayed up half the night. If you have also been crying, your eye will get puffy as a result of the salt content in your tears. Salt can make your body retain fluids, and by so doing, your skin becomes excessively hydrated leading to the puffiness you see under your eyes in the morning.

The consumption of excessive alcoholic beverages can also lead to eye puffiness, as it sets your body off to retain fluid under your eyes. Some moisturizer, as well as oil-based makeup, can also be responsible for the puffiness under your eyes as a result of the irritation triggered by the components of the makeup and overhydrating of the skin.

Sometimes, the swelling disappears within a few hours after you get up from bed because your body soaks up the fluids, but sometimes it doesn't, making you look older than your years and are usually tough to hide under makeup. Persistent puffiness of the eye could be as a result of aging or hormonal changes.

Remedies on How to Fix Puffiness

The first step towards getting rid of puffiness under your eyes is to find out the causal agent. You need to know what is causing the issue and take action to remedy the situation. If your goal is to get rid of puffiness under your eyes, follow these suggested steps outlined below:

- i. Start making use of gel-based or water-based makeup. These types of makeup do not cause irritation to the skin directly under your eyes.
- ii. Using of essential oils - Get hold of chamomile essential oil for it contains anti-irritant as well as anti-inflammatory properties which aid in shrinking body tissues. This characteristic is very helpful in getting rid of eye puffiness. Mix about two drops of chamomile essential oil with two ounces of witch hazel, which is another substance known for its skin-tightening effects and astringent properties. Allow the solution to chill inside a refrigerator and then use balls of cotton to dab the chilled mixture under your eyes.
- iii. You can also use the heel of the palms of your hands to rub off the puffiness under your eyes. Just place the help of your palms lightly on the puffy area under your eyes, and then slowly rub the puffiness from the inside out i.e. from the bridge of your nose to the corner of your eyes. You can do that several times. It helps a lot in ridding the eyes of puffiness.

So there you have it. If any of these suggestions don't work for you, you may consider seeing a dermatologist and have your skin examined to determine whether the puffiness under your eyes is as a result of hormonal changes or if it's hereditary.