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It is no secret that under eye dark circles tend to make people look a lot older than their age. Far from beautifying, this discoloration of

the under-eye skin sometimes turns into a cause of worry and low self esteem, as they make you look tired, stressed, older and depressed. Dark

circles come about for a number of reasons that may or may not be in your control. These may be hereditary in some cases, caused by stress in

some or a gluten intolerance, or even allergies and sometimes inadequate sleep. Other causes include pigmentation irregularities, sun

exposure, nasal congestion, lifestyle factors such as poor nutrition or excess alcohol consumption, smoking, excessive caffeine intake, etc.

Regardless of the reason, people suffering from this skin ailment are constantly on the lookout for how to reduce dark circles from under

their eyes.

There are a number of dark circle treatments available these days. Some of the most popular ways of reducing under-eye dark circles include

home care techniques as You can place cool tea bags over your eyelids daily for 10-15 minutes. It is believed that the tannin in the tea helps

in reducing swelling as well as discoloration. You could also use a frozen spoons or ice cubes and place them on the eyelids. The coolness

helps the skin rejuvenate. Potato juice has bleaching agents in it that may help in reducing the dark circles to a great extent. All you have

to do is dab on the juice all over the discolored area and leave it on for 20-30 minutes. Wash it off with clean water. You may also use

cucumber juice in the same way.

But even after going through such treatments, it is most vital to take good care of your eyes and skin for long-lasting results. The above

tips would give a short term effect. Thus for long lasting results non surgical therapies like face sculpting or face rejuvenation to remove

dark circles are recommended. Radio frequency essentiallyprovide a facelift without surgery, but such treatment is highly helpful in the

reduction of dark circles under the eyes. The skin is warmed softly being targeted by radio frequency waves. This helps the collagen rise to

the top of the skin, strengthening the skin around the eyes and reducing dark circles under the eyes.

Mesotherapy with Meso lift solutions of Vitamins and anti-oxidants rejuvenate the cells and tissues making them metabolically active. Collagen

and elastin production is stimulated. It removes free radical damage, and thereby tighten loose skin giving an anti aging effect.

It may be advisable to invest in a good under eye gel or cream. Here Insta Face Glow Cream and Insta Night Cream can be applied as a day and

night application so that it has time to work on the skin without any contact with dust or harsh sunlight.

Diet plays a crucial role in the maintenance of your skin. As far as dark

circles are concerned, one should incorporate carrots, cabbage, spinach, papaya and mango, which are rich in beta carotene in the daily

intake. Vitamins are important and you should also drink plenty of water to flush out all the toxins in the body.

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