

How do I care for the skin around my eyes?

Undereye skin is our body's most delicate. Here's how to protect it.



story highlights

- The skin around the eyes is our body's most delicate.
 - It's also under constant strain from our muscle movements and busy lifestyles.
 - Keep skin hydrated and use antioxidant-rich skin care products for optimal skin health.
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The skin around our eyes is a study in extremes. On one hand, it's among the body's most delicate and is often the first place premature signs of skin aging appear. On the other hand, the skin around our eyes is subjected to constant strain. In addition to the hours we spend squinting at smartphones and computer screens, we make over 100,000 eye movements per day – many of which happen quicker than a blink of the eye!

Fortunately, following a few everyday skin care tips can help the skin around your eyes look and feel its healthiest:



get enough sleep

1 in 3 adults don't get enough sleep – contributing to eye fatigue and the appearance of dark circles. Can't sleep? Try limiting screen time before bed, or incorporate relaxing essential oils into your p.m. routine.



go for an antioxidant boost

Antioxidants are key in preventing premature skin aging. Choose an eye treatment with Vitamin C to give eyes a brightening boost: it's ultra-potent, but gentle enough for the delicate eye area.



hydration is key

Dermalogica eye treatments deliver daily hydration to keep the skin around your eyes glowing. P.S.: drinking enough water helps your skin stay healthy and hydrated!



don't forget the sunscreen

Shield delicate skin against environmental damage with a mineral-based SPF. (And a pair of sunglasses!)



use a light touch

Since the skin around the eyes is so delicate, avoid rubbing it or being too rough: lightly pat on eye treatments with your ring finger, and apply from the outer corners in to avoid unnecessarily stretching skin.