

**Client: WeStyleAsia.Com**

## **How To Get Rid of Eye Bags Naturally.**

*Pack your eye bags! Because freshness is moving in.*

Image Source: <https://www.pexels.com/photo/person-woman-eyes-face-4636/>



Eye bags are one of the most troubling things to have on your face because unlike dark circle, eye bags are a little trickier to cover up especially if they're big. However, how much you sleep may not be the only reason you are getting those eye bags.

Cutting your salt and alcohol intake will help immensely. Ensuring that you are properly hydrated with a balanced diet will also play a part in how severe your eye bags get. However, eye bags can be hereditary as well so you may want to see if any family members have similar eye bags.

Fret not! We have a few tricks that you can try to rid yourself of those pesky bags! Do keep in mind that these remedies will work differently for everyone so take your time and keep at it.

## 1) Cucumbers



Image Source: <http://www.heartofablond.com/natural-eye-treatment-and-tips-for-eliminating-dark-circles/>

Ah, the age old remedy, it's a beauty hack that has worked for years but we have a little different method of using it. Instead of putting a slice over your eyes, crush the cucumbers into a paste and let it sit on your eye bags. Allow it to sit for 20 minutes before rinsing off with water. This works better if you allow the paste to cool in the fridge before application. Repeat daily until you see the desired results.

## 2) Potatoes



Image Source: <https://www.pexels.com/photo/potatoes-144248/>

Potatoes are the holy grail of food, I swear! You can do almost anything to it and it will taste good and now, they are about to save your skin as well! Take an uncooked potato and slice it to fit under your eyes. Lay back and relax for 20 minutes before rinsing off with water. Repeat daily until you see desired results.

### 3) Aloe Vera



Image Source: <http://maneaddicts.com/2017/06/13/aloe-vera-hair-health/>

Cold Aloe Vera gel does wonders to the skin! It will be best if you could get hold of the plant but you can easily purchase pure aloe gel off the shelves. Apply it on with a brush or gently tap in onto your eye bags. You do not have to rinse it off as it readily absorbs into your skin. Do this twice a day until you see desired results.

#### 4) Cold Spoons



Image Source: <http://www.howtolivehealthy.org/how-to-get-rid-of-puffy-eyes/>

You spend nothing but 10 minutes of your time! Wet two metal spoons and place them into the freezer for ten minutes. Allow the curves of the spoon to sit your eyes for about 10 minutes. Repeat daily for desired effect. In fact, since this is a fast method, do it whenever your eyes are feeling tired.

## 5) Egg Whites



Image Source: <https://www.pexels.com/photo/food-eggs-85080/>

This might sound a little messy to some but bear with us. Grab an egg and separate the yolk. Beat the egg white until foamy and use a brush to apply under your eyes. Consider cooling the egg whites first before application to help reduce puffiness of the eyes. Repeat three to four times a week for desired effects.

## 6) Tea Bags



Brew a cup of any herbal tea for yourself and keep those tea bags. We personally love chamomile or green tea but you use any non-caffeinated teas as well. Chill the used bags and lay them on your eyes for 20 minutes. Doing this daily would be better but every alternate day would also get you the desired effect.

Other tips that will help reduce puffiness is to not wash your face with hot or warm water. Consider washing your face with either room temperature or cold water. Plus, rubbing your eyes is a huge No-No! Your eyes are sensitive and there are lots of blood vessels under your eyes that will readily break when you scrub at them. When applying any sort of cream or masks, do not rub it in. Instead, use the tip of your fingers and gently glide or tap only.

These tips will work after a while but if you have an important event or date coming up, we suggest investing in a good concealer. Good luck!