

Tips To Avoid Dark Circles Under Your Eyes

This can be an eternal problem for whoever who has been struggling to get over the dark circles. People do unwanted treatment and spending loads and loads of money. There is a constant struggle which can be easily treated by some treatments.

The cause of dark circles and puffy eyes is mainly due to lack of sleep and also disturbed sleep. This leads to development of dark circles which is very annoying. There are many home remedies which can be used to ward off these circles and puffy eyes.

Have a better style of living. Late partying and waking up should be avoided. Burning midnight oil is also not good. Having good sleep is always important. The food you eat is also important as it will make lot of difference on your face. Fresh fruits have lot of nutrients which can be very beneficial.

You can use chamomile tea bags which are good. You can keep them in the refrigerator for sometime and then use it to keep it over you eyes. Lie down in room without any disturbance and keep yourself away from stress. This will rejuvenate your eyes and would keep you fresh. You can also use cucumber, potato slices and cotton balls dipped in cold water for fresh and clear eyes.

Consume as much amount of water in day to avoid dehydration. As well avoid combine consumption alcohol with water to remain fresh. Vitamin E is very good for your health so consumption of that can help. Avoid going in the sun between noon to four as this is the time when the sunrays is its strongest. Wear sunglasses to protect your eyes from any strain.

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About the Author

Kevin Pederson manages sites related to hair and skin care, such as www.hair-n-skin-care.com. Information and tips on how to avoid dark circles.