



# ALL ABOUT EYES

WITH FRANCES FURLONG

**T**he moment you interact with someone, you look into the eyes. Eyes are the most expressive element of personality, tell a lot about you and are considered the mirror of the soul. The most common facial complaint from potential aesthetic clients is that they 'look tired' or they are concerned with heavy eyelids or puffy dark under eyes. This month I will focus on some of the most common problems and how they can be dealt with.

When we're feeling a little fatigued we are battling those pesky dark shadows under our eyes. But why do we get dark circles under our eyes when we're tired?

It's important to note that dark circles and eye-bags are two separate things, although they often appear in tandem!

- Dark circles are down to genes as much as lack of sleep
- The skin underneath your eyes is thin and covers muscles, fatty tissue and blood vessels. Dark circles are the result of light being reflected back from blood vessels sitting just below the skin's surface.
- How dark that area is has a lot to do with skin colour and thickness.

Why are they more prominent when you're tired, it's because your blood vessels increase in size!

## DAILY TIPS TO HELP DARK CIRCLES

- Limit your salt intake
- Apply your concealer in a triangle under your eye rather than along the dark area
- Use a daily vitamin C serum under the eyes and an SPF protector
- Nothing beats 8 hours sleep a night, exercise and a good diet
- Take antihistamines and allergy nose sprays as allergies will worsen the under eye area
- FACT - Gravity will also affect the skin under the eyes in time, causing tissue to droop a little.

## EYE TREATMENT OPTIONS: -

### Problem

Deep lines and creases around the outer eye often referred to as Crows feet : they are the fine lines and wrinkles around our eyes. For the most part they're caused by sun exposure, but certain lifestyle habits like smoking can make them worse. Years and years of smiling and squinting can also play a part in how they're formed.

### Solution

Muscle relaxing injections placed correctly really help to reduce the heavy smiling and squinting action that contributes to the formation of the lines. In some case a light dermal filler injection may be beneficial as a stand alone treatment or in conjunction with muscle relaxing treatments.

### Problem

Hollow sunken eyes, this is when you can see a hollow ring under the lower eye. Hollow eyes are caused by the loss of orbital fat in the lower eyelids, in many clients I see they often have a darker tone to the skin which exaggerates and highlights the problem more so.

### Treatment

A good hyaluronic acid based dermal filler injected deeply

can really help, in some cases choosing a product with additional depigmenting agents will help. Using a daily vitamin C or vitamin A based product can help to lighten and thicken the delicate under eye area skin as it is very thin naturally.

### Problem

Under eye bags as you age, the tissue structures and muscles supporting your eyelids weaken. The skin may start to sag, and fat that is normally confined to the area around the eye (orbit) can move into the area below your eyes. Also, the space below your eyes can accumulate fluid, making the under-eye area appear puffy or swollen. Several factors can lead to this, including:

Fluid retention due to changes in weather (for example, hot, humid days), hormone levels or eating salty foods.

Not getting enough sleep.

Allergies or dermatitis, especially if puffiness is accompanied by redness and itching.

Heredity - under-eye bags can run in families.

Also can be an indication of thyroid disease.

### Treatment

Lower blepharoplasty Surgery is a good solution to help resolve these problems. However many of my clients would not consider surgery or are too frightened. I am now able to provide them with a non surgical softer approach to help - Plexr, which is giving amazing results.

### Problem

Sagging loose upper eyelid skin, a common problem in many individuals, eyelid drooping is excess sagging of the upper eyelid. The edge of the upper eyelid may be lower than it should be (ptosis) or there may be excess baggy skin in the upper eyelid (dermatochalasis). Eyelid drooping is often a combination of both conditions.

### Treatment

Again surgical upper blepharoplasty is a good choice, but if it's not for you then again Plexr soft surgery treatments could be for you, normally 1-2 sessions are required and results can last around two years.

### Problem

Slight puffiness and first signs of under eye ageing or darker skin.

### Treatment

Perfect Skin's bespoke tired eye treatment consists of mesotherapy injections of vitamins and anti ageing solutions in conjunction with derma pen to strengthen and tighten the delicate skin. ■



Before

After

## THE DETAILS

Please call Michelle on 07508 404862 for further information.

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