

# Skin Care Tips to Get the Glow

## 5 Solutions for Dark Circles

WebMD Feature

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Whether your dark circles are from too many late nights, or they run in your family, you can fade them and brighten up your look. Start with these five fixes.

### 1. Try a Cream

Some ingredients can help. [Caffeine](#) tightens [blood](#) vessels and curbs puffiness. Ingredients like retinol and [vitamins](#) C and E can lighten undereye circles.

But these aren't a total cure. "I don't think there is one treatment out there that erases them, unfortunately," says Rebecca Kazin, MD. She is medical director of the Johns Hopkins Dermatology and Cosmetic Center.

### 2. Camouflage Them

You can hide dark circles with [makeup](#).

Match the color to your [skin](#) tone. "What you need is a shade that brightens you up under the [eye](#)," says celebrity makeup artist Sandy Linter.

Find a product that's right for your skin texture. "If you're dry, you want a light, thin makeup. And if you're oily, you can use a waterproof concealer, which is thicker," she says.

Don't put a big swoop of concealer under each [eye](#).

"Take your small camouflage brush and conceal the darkness in the inner corner of the eye and bring it down to the nose area," Linter says. "Blend it in, and that will lift the eye. It will lift the darkness."

Practice the technique. "Dark circles are really hard to hide because the skin under the [eyes](#) is thin -- thinner than the rest of the face," Linter says.

### 3. Bag Eyes

Have a cup of tea, and then pop the moist tea bags into your fridge. Let them cool off. Lie down, close your eyes, and put the tea bags on your eyelids for a few minutes.

Tea fights inflammation, and that may ease undereye puffiness and darkness, Kazin says.

### 4. Check on Allergies

Do you rub your eyes a lot because of itchy eyes or other [allergy symptoms](#)? All that rubbing can leave you with dark circles. They're sometimes called "allergic shiners."

Ask your doctor about medicines to ease your symptoms. Sometimes an [antihistamine](#) or eye drops can help.

### 5. Wear Shades

Use [sunglasses](#) that filter out UV light. "Wearing sunglasses helps, because you're not getting [sun damage](#) under the eyes that can cause darkening," Kazin says.

Dark shades will also cover up your dark circles. Bonus: They'll stop you from squinting, which can lead to crow's feet.

If you want more help with your dark circles, see your dermatologist. "You really need to be evaluated carefully to determine what is causing your undereye circles to target the problem most directly," Kazin says. "Then you'll get the best results."

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#### SOURCES:

Rebecca Kazin, MD, medical director, Johns Hopkins Dermatology and Cosmetic Center.

Sandy Linter, celebrity makeup artist.

Mishuishi, T. *Journal of Cosmetic Dermatology*, April 2004.

American College of Allergy, Asthma, & Immunology: "Ask the Allergist: What Are Allergic

Shiners?"

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**My Notes:**

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