

A dermatologist's top picks for products that care for the delicate skin around the eyes.

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Which Eye Cream Do You Need?

A top skin doc -- Rebecca Kazin, MD, of the Washington Institute of Dermatologic Laser Surgery -- dishes on products that protect against puffiness, crow's feet, and more:

1. Once Removed

Avène Gentle Eye Makeup Remover (\$18). "Since eyelid skin is so thin, airborne allergens that do not affect the rest of the face may bother the eyelids. When eyelids are sensitive or sting-y to the touch, avoid using facial washes or creams with potential irritants such as retinol, glycolic, or salicylic acid. If you wear eye makeup (<http://www.webmd.com/beauty/ss/slideshow-beautiful-eye-secrets>), use a gentle, noncomedogenic makeup remover like this, and avoid scrubbing."

2. Moist Wanted

CeraVe Eye Repair Cream (\$13.99). "Eyelid skin is thin and delicate and can become dry and flaky in cold weather, when skin is exposed to wind, dry climates, and indoor heating that zaps moisture from the air. Look for an eye cream infused with hyaluronic acid, jojoba, argan oil, almond oil, shea butter, and/or glycerin -- powerhouse ingredients that trap and hold water on the skin while creating a protective barrier to keep water from evaporating."

3. Out of Line

Neutrogena Rapid Wrinkle Repair Eye Cream (\$20.99). "Crow's feet, those fine lines around the eyes, are a result of cumulative sun damage (<http://www.webmd.com/melanoma-skin-cancer/ss/slideshow-sun-damaged-skin>), muscle contraction -- think squinting, laughing, smiling -- and skin thinning that comes with age. Eye creams with antioxidants such as vitamin E, C, idebenone, coffee berry extract, grapeseed extract, plus peptides or retinol -- the active ingredient in this eye cream -- work wonders to smooth and firm delicate eyelid skin."

4. Shrink Rap

100% Pure Organic Coffee Bean Caffeine Eye Cream (\$21). "Puffiness under the eyes can be caused by several issues, including fatigue, fluid retention, seasonal allergies, excess salt intake, and genetics. I recommend an eye cream that contains caffeine that will help tighten the skin, reducing the puffiness, and also help stimulate lymphatic drainage of fluid away from the under-eye area."

5. Block and Tackle

Clinique Superdefense Age Defense Eye Cream Broad Spectrum (\$39.50). "The skin around the eyelids is the thinnest on the body, and therefore more delicate and subject to daily damage from UV exposure. I recommend starting with a light, SPF-infused eye cream like this one early -- in your 20s -- to delay the visible signs of aging."

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6. Dark Secret

Olay Total Effects Eye Brightening CC Cream (\$22.99). "There are many reasons for under-eye circles, including chronic rubbing or a genetic predisposition. Look for eye treatments with skin-brightening ingredients like retinol, vitamin C, kojic acid, or licorice extract, which can be helpful for skin discoloration. This one contains niacinamide, a potent ingredient that improves elasticity and erases discolorations."

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SOURCES:

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