



THE PROMISE Tear troughs are the areas below your eyes that are often mistaken for dark circles or bags. That grey, hollow look is often caused by ageing, not tiredness. As early as your 20s, the fatty tissue beneath your eyes starts to reduce. To counteract this, Dr Glancey injects a fine grade of hyaluronic acid (a cushioning substance that occurs naturally in the body) into the groove beneath the eye to fill it out and give your eyes a younger look. It also helps reduce fine lines beneath the lower eyelid.

WHERE FROM AND HOW MUCH? It costs £400 and results last about 12 months. Visit www.glanceymedical.co.uk or call 0870 458 5483.

WHAT DOES THE EXPERT THINK? "Hyaluronic acid can definitely help with dark circles, but only if they're caused by hollows rather than prominent blood vessels," says Dr Lowe.

* Pixel laser

WHAT IS IT? A gentle, non-aggressive laser for use around the eyes.

HOW NEW IS IT? It's only been in the UK for a couple of months.

THE PROMISE Pixel is a resurfacing laser that gets rid of fine lines and pigmentation. The "fractional" laser means it only targets a section



* Freeze 24-7 Anti-ageing Eye Serum

WHAT IS IT? The first eye product from cult anti-ageing range Freeze 24-7, which counts Penélope Cruz, Halle Berry and Jennifer Aniston among its fans.

HOW NEW IS IT? This product has just become available online and is already a huge hit.

THE PROMISE The serum contains topical muscle relaxers, which

the makers say reduce the contractions that cause wrinkles and crow's feet – without any of the risks of Botox. It also contains antioxidants to protect the delicate eye area from the environment and fight ageing free-radicals. It promises an instant line-erasing effect – just dab the cool, tingly serum on to wrinkles around and under the eye, wait two to five minutes, then apply your moisturiser or make-up as normal.

WHERE FROM AND HOW MUCH? The serum costs £80.30 and is available at www.skinstore.co.uk.

WHAT DOES THE EXPERT THINK? "The antioxidants in this look good," says Dr Lowe. "But if you really want to stop muscle contractions around your eyes, it'll take Botox I'm afraid."

of your skin at a time, so it's much more gentle and the after-treatment redness only lasts for a couple of days. The laser penetrates the skin and creates a "micro injury". As your body works to heal this injury, your collagen production

speeds up, your skin tightens and the overall texture improves.

WHERE FROM AND HOW MUCH? Treatment costs £500 per area. Two or three sessions may be required. Call Court House Clinics on 0870 850 3456.

WHAT DOES THE EXPERT THINK? "Many new fractional lasers have sprung up since the original one, Fraxel, was launched two and a half years ago. It's great at rejuvenating the skin around the eyes," says Dr Lowe.



Tricks to take ten years off your eyes

"AVOID HARSH EYELINER PENCILS," says make-up artist Ariane Poole. "Use an eyeshadow and a fine-tipped brush to line your eyes for a softer definition."

"POWDER SHADOWS SETTLE INTO CREASES AND MAKE SKIN LOOK PAPERY," says Ariane. "Go for cream eyeshadows instead and choose pale shades with a slight sheen to keep eyes looking fresh."

"USING YOUR RING FINGER, MASSAGE FIRMLY AROUND THE BONE THAT SURROUNDS THE EYE, THEN PRESS FIRMLY ON EITHER SIDE OF YOUR NOSE,"

says holistic therapist Bharti Vyas. "This stimulates circulation to get rid of dark circles and puffiness."

"SLEEP WITH AN EXTRA PILLOW TO BANISH EYE-BAGS," says Ariane. "This model trick allows fluid to drain from your tissues so you won't wake up puffy-faced."

"DAMPEN TWO COTTON WOOL PADS WITH COLD MILK AND PLACE THEM OVER YOUR EYES FOR 15 MINUTES," says Bharti. "The milk will soothe and de-puff the eye area. It contains lactic acid – a very mild exfoliant, which has a natural brightening effect."