

# Aging eyes

## HOW TO KEEP THE YEARS AT BAY

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Forget being a window to the soul, eyes and their attendant wrinkles, circles and bags can often be a reluctant confession of age. The delicate nature of the skin around your eyes means fixes aren't always easy, says Bruce Brod, a dermatologist who teaches at the University of Pennsylvania. However, an array of products and procedures can make a difference. Here's what you can do:

	WRINKLES	HOLLOW-LOOKING EYES	BAGS, DARK CIRCLES
PRODUCT	Treat fine lines on thin skin with creams containing retinol, a vitamin A derivative. Boulder, Colo.-based dermatologist Jeanie Leddon likes Neutrogena Healthy Skin anti-wrinkle cream with retinol (\$14). Prescription-strength retinols like Retin-A are also an option, but Leddon cautions that they make skin extra-sensitive to sun.	"At a certain point, everything starts to drop down," says Leddon, giving the face an older, more hollow look. Unfortunately, not a lot of topical products can address this problem.	Everyone has a pad of fat beneath the eye, and as we get older and the muscles holding that fat in place become lax, a bag of fat can droop, Brod says. The thinner skin makes discoloration more prominent. Products containing topical vitamin C can help thicken the skin, he says. A mild bleaching agent known as hydroquinone can help with under-eye darkening.
PROCEDURE	For deeper lines, a dermatologist can inject hyaluronic acid fillers like Restylane into the area to plump up sagging skin, Brod says. This procedure starts at about \$400 for each syringe of product and lasts about six months.	For overall drooping eyes, Botox can be injected in the corners of the eyebrows to give a more uplifted appearance. A mild chemical peel can also tighten the skin's appearance, although this requires a few days of recovery time.	Hyaluronic acid fillers can also be injected into the bag to even out the puffy appearance and make eyes look younger.
LIFESTYLE	Sun damage is a major cause of wrinkles through time, so don't skimp on the sunscreen. Additionally, getting enough sleep and enough fluids can help plump up your skin cells.	Make sure you get enough rest. Lack of sleep can accentuate sagging in the already-thin skin beneath the eyes, Brod says.	Sometimes seasonal allergies can contribute to dark circles, Leddon says. Additionally, fatigue, dehydration and salty foods can exacerbate this problem.