



Under Eye *Circles*

More than 80% of all over-30s, men and women alike, somehow suffer from it: dark under-eye circles.

In addition to wrinkles and hyperpigmentation, dark circles around the eye area are one of the most common causes of dissatisfaction with a person's appearance.

And still it is claimed that those dark areas are a result of long nights or a bad lifestyle. In fact, dark circles do not only have something to do with lack of sleep.

Very often our genes are to blame - and the dark circles have been inherited.

Genetic dark circles

Dark circles are also called periorbital eyes and are defined by dark discolorations, mainly on the lower eyelid area.

In some cases, the dark circles may appear suddenly, for example in connection with acute health conditions such as iron deficiency. In many cases, however, dark circles are chronic and permanently visible. This is often due to genes, which is why these dark circles start to appear at

childhood.

Of course, dark circles can also be caused by lack of sleep. In this case the discoloration should be a short-term state only and sufficient sleep should again improve the appearance.

Permanent eye circles where physical causes can be excluded indicate genetic dark circles.

There are 2 typical eye circle types that can be identified by coloration: blue and brown circles.

Brown under eye circles - the persistent

Brown under eye circles are more common in the Asian and African-American region. They are easily recognizable by the brown or yellowish color of the lower eyelid, which in rare cases can also affect the upper eyelid. Responsible for the dark discoloration is a local hyperpigmentation of the skin - too much melanin is formed locally.

As these skin types usually tan very well, there is some genetic disposition and tendency to brown under eye circles. Other triggers for the development of this pigmen-

tation disorder are, in addition to UV light, local inflammatory processes or photosensitizing ingredients such as certain fragrances.

An efficient treatment of brown discoloration on the lower eyelid consists of 2 steps: The first is the usage of a good whitening product, e.g. in the form of tyrosinase inhibitors, to lighten the skin sustainably. Not every skin lightening active is suitable for the sensitive eye area though. Gentle active ingredients are for example glycyrrhetic acid or vitamin C.

In the second absolutely essential step is the daily use of a sunscreen with high UVA and UVB filters. On the one hand this prevents from further excessive melanin production and on the other hand the skin is more sun sensitive because of the whitening treatment.

Treating brown under eye circles requires a lot of patience. Visible results cannot be expected earlier than after 8 weeks. Even after a successful treatment, the use of sunscreen should be continued so that the reformation of brown eye rings is prevented.

Blue under eye circles - the common

Blue circles are the more common form and are based on a completely different cause. As the name suggests, they are characterized by a bluish-purple, sometimes reddish, discoloration. This coloration is primarily caused by deposits of blood components. The fine capillaries around the eye area are weaker than they should be - and thus permeable, which is why tiny particles of blood can leak out.

One of those blood particles is hemoglobin, a blood pigment which gives our blood the typical red color. This hemoglobin oxidizes and deposits with its colored degradation products (biliverdin, bilirubin and iron) in the upper and middle layers of the skin. As a result, this causes the typical bluish discoloration. To make it even worse, the skin of the eye area is 5 times thinner than the rest of the face - making it translucent, almost transparent and extremely sensitive.

To reduce blue under eye circles we need to support the body in breaking down hemoglobin and its degradation products. There are certain peptide mixtures available which are capable of doing this (for example the active

ingredient Haloxyl). Chrysin additionally stimulates an endogenous enzyme, which is significantly responsible in our body for the degradation of bilirubin.

Another essential factor in a successful treatment of blue circles is the stabilization of the sensitive blood vessels. For this purpose, the medicinal plant extract of butcher's broom can be used, which has proven its worth because of its blood vessel strengthening properties in products for couperose or venous disorders. In order to strengthen the thin skin, low concentrations of retinol (vitamin a) can be used, which supports collagen and elastin synthesis.

With the right active ingredients visible results can be achieved in only a few weeks.

Attention: not to be confused.

Not everything that looks similar to dark under-eye circles automatically belongs to one of these types.

Optically confusingly similar, yet completely different are swollen eyelids or tear bags.

Especially in the morning, the sensitive skin around the eyes tends to store lymphatic fluid due to our sleeping position at night time. This water retention causes the lower eyelid to swell, creating an optical shadow that may look like a discoloration at first glance. During the day, this swelling gradually fades away. If customers complain first and foremost about "dark under-eye circles in the morning", one can assume that swollen eyelids are the main cause.

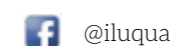
Also eye bags can easily be confused with dark circles - even if they have a completely different cause. Eye bags develop by sagging and aging of the lower eyelid, mainly due to a weakening of the muscles. The weakened muscles can no longer hold the fatty tissue behind the muscle, which is why it progressively comes forward and forms a visible tear sack. This additionally creates an optical shadow that can be mixed up with the appearance of dark circles.

Of course all those different types also can occur at the same time. This is why it is very important for the professional to analyse the visible symptoms well in order to find the appropriate treatment for the rejuvenation of the eye area.



Sarah White

Sarah, as a former international trainer for the cosmetic industry, travelled the whole world to give seminars to other professionals. Her passion is skincare with a focus on active ingredients. She believes that with the appropriate skincare, everyone can have beautiful skin. That's why she founded the skincare brand iluqua.



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