GRANDMA'S REMEDIES

7 Home Remedies that Remove Dark Circles Fast and Naturally

By bestfolkmedicine · 19/06/2018 · 2 min read



Dark circles under the eyes often develop due to excessive tiredness and may lower our self-esteem. Sometimes, they go away after a good night's sleep, but sometimes they do not. The latter may be a consequence of allergies or genetics. With this in mind, today's article is focused on showing you the 7 optimal methods to clear your skin of dark circles under the eyes completely naturally!

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7 Natural Remedies against Dark Circles under the Eyes

Tomato juice

Did you know that tomatoes are abundant in lycopene, an antioxidant that has the power to tighten and tone the skin? Apply a bit of tomato juice under the eyes and leave it for 10 minutes and then rinse it off with cool water.

Potato juice

Potatoes contain vitamin C which will rejuvenate and make the skin whiter. Grate one potato and squeeze out the juice. Dip two cotton pads in the juice and place them onto the affected area. Lie down and leave them for 10 minutes and then remove them. Rinse the face with water.

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Sweet almond oil

This oil will hydrate your skin and lower swelling. Put a couple of drops under the eyes before bed.

Cucumber

This veggie is rich in antioxidants that are beneficial for the skin and help it get a healthy and natural glow. Cut several cucumber slices and put them in the fridge for 30 minutes and then place them onto the eyes. Remove them after 15 minutes and wash the face.

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Black tea

Tea contains antioxidants, tannins, and caffeine and they are known to decrease puffiness and the dark circles under the eyes. You need one cooled cup of black tea and two cotton pads. Soak them in the tea and apply them under the eyes. Leave them for 15 minutes and then remove them.

Herbal ice cubes

Did you know that ice can tighten the skin and increase its elasticity? This smoothes wrinkles and lowers swelling. Herbal ice cubes will do the trick even better! You need to mix boiling water and a tsp of parsley, chamomile, and sage leaves and cover the content and leave it to cool down. Then, pour it into ice cube molds and put them into the freezer. When they freeze, use them to rub the areas under the eyes for 30 seconds in the morning.

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