

How to Get Rid of Dark Circles

The best ways to keep eyes looking bright, youthful, and well-rested.

When it comes to beauty maladies, there are a few standouts that seem to plague us all at some point: acne, wrinkles, and of course, dark circles under our eyes. Whether you're in a daily struggle against this panda-like pigment or only suffer from dark circles occasionally, sometimes maintaining [clear, bright, "I slept 8 hours" awake eyes](#) can feel impossible. But your quest against dark circles doesn't need to feel so dire. We've spoken with skincare experts on the essential secrets to keeping those shadows at bay.

THE BEST SKINCARE INGREDIENTS FOR DARK CIRCLES

Dermatologist Dr. Paul Jarrod Frank also suggests keeping an eye out for products with antioxidants like green tea and resveratrol as well as arnica, a compound that helps increase bloodflow to reduce darkness-causing swelling. (His personal trick to beat dark circles? [MDNA Skin Eye Masks](#) followed by ice cubes made from green tea.)

PRO TREATMENTS FOR DARK CIRCLES

Fillers, like hyaluronic acid-based Restylane or Belotero, are also an option to detract from the appearance of dark circles. "Filler under the eyes help camouflage dark circles and offset small bags by filling the under-eye hollows that can make one appear tired," says Frank. However, he warns that due to the sensitivity of the under eye area you should only ever get fillers in this area from an experienced healthcare provider.