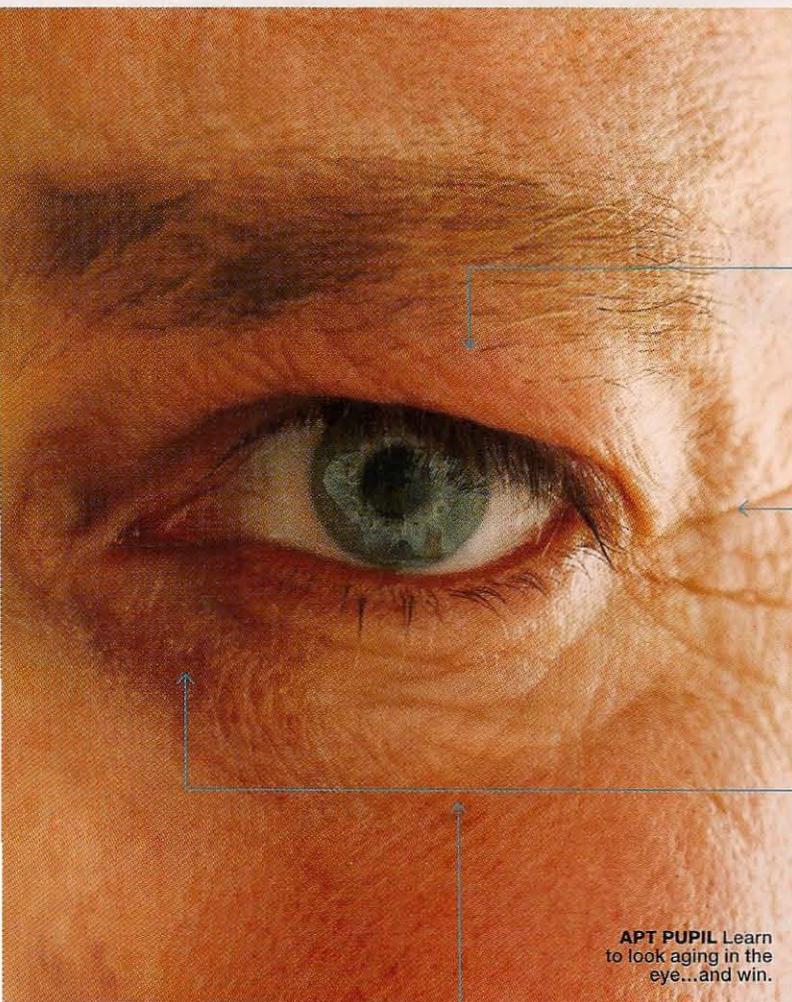


Boost Your Eye Q

Look younger longer with these cutting-edge fixes for common eye problems

Whether you've been burning the midnight oil at work or covering Midnight Oil at the karaoke bar, the skin around your eyes tells the world about your sordid past. "[Lack of] sleep has profound effects on the immune system and cell-repair systems," says Haideh Hirmand, M.D., assistant clinical professor of plastic surgery at Weill Cornell Medical College, in New York

City. Besides sun damage, loss of collagen is a prime reason men's faces show signs of aging. This protein gives skin its plumpness—a baby's cheeks have plenty of it; your favorite beatnik's mug doesn't. So if you want to avoid going under the knife in the future, adopt good habits and start using better skin-care products now. AMY LEVIN-EPSTEIN



PUFFINESS

The cause

Allergies, lack of sleep, too much alcohol

Surgical solution

Generally, puffiness is temporary, so surgery isn't necessary.



Cosmetic cure

Apply cool compresses and products containing vasoconstrictors (caffeine), anti-inflammatories (chamomile), moisturizers (vitamin E and hazelnut), and antihistamines, for allergies. Try Clarins Men Undereye Serum, \$27, clarinsmen.com.

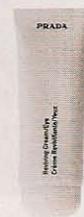
CROW'S-FEET

The cause

Too many years of smiling, squinting, and, most of all, exposure to the sun

Surgical solution

Botox immobilizes muscles that wrinkle skin, which softens the lines, and hyaluronic fillers smooth out the creases. **Downtime:** Minimal **Cost:** \$400 for Botox; \$600 per syringe for fillers*



Cosmetic cure

Use sunblock, and eat foods and buy products containing antioxidants such as green tea and vitamins A (retinol), C, and E, which stabilize the free radicals that attack collagen. Try Prada Reviving Cream/Eye, \$75, neimanmarcus.com.

DARK CIRCLES

The cause

Hollowness from aging, dehydration, genetics (hyper-pigmentation and vascular problems), and lack of sleep

Surgical solution

Injections of hyaluronic fillers (like Restylane) plump the skin and decrease hollowness. Other options include chemical and laser peels to lighten the circles. **Downtime:** Three to seven days for injections; minimal for peels **Cost:** \$600 per syringe for fillers; \$500 for light chemical peels*



Cosmetic cure

Use cosmetics made with vitamin K to fight inflammation, and those with vitamin A and peptides to stimulate collagen growth. Try Hylexin, \$95, hylexin.com.

BAGS

The cause

Reduced collagen and loss of muscle, causing sagging pockets of fat. (Men in their twenties and thirties can blame genetics.)

Surgical solution

A surgeon can contour or remove fat, skin, and muscle from upper and lower lids through a procedure called blepharoplasty. **Downtime:** One week **Cost:** \$2,500*



Cosmetic cure

No product has been shown to dissolve fat safely.

APT PUPIL Learn to look aging in the eye...and win.

*Prices vary nationwide.

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30-second health tip

Your body can build up a tolerance to redness-removing eye drops that contain vasoconstrictors (marked *tetrahydrozoline* on the label). If you apply these drops habitually, they can cause a rebound effect that makes your eyes even redder a short time after use. Instead, for dry, irritated eyes, use preservative-free artificial tears such as Moisture Eyes, GenTeal, Systane, or Refresh Tears as your go-to eye drops, recommends New York City optometrist Susan Resnick.