

EYES ON BEAUTY

—E.K.



If you frequently notice bags under your eyes, there are a few things you can do to look more refreshed. “The first thing I ask about is routine,” notes Dr. Yanet Diaz-Martell, an internal medicine physician and founder of **MD Health Spa** in Naples. This includes questions about getting enough sleep, staying hydrated, and minimizing alcohol, she notes, but also those related to skin care.

For daily skin care, Diaz-Martell recommends applying vitamin C, a hyaluronic-acid serum, and a moisturizer in the morning, finishing with a mineral-based sunscreen. In addition, she advises using retinol two to three times per week at night and exfoliating a few times per week as well, using medical-grade products.

Longer term, Diaz-Martell suggests facials every month or two and treatments like Sculptra that stimulate collagen production in your body, including under your eyes. If you do all this and still appear tired, try a day cream or concealer. “When you look tired and you’re retaining fluid, it can also be your lymphatic fluid that builds up,” Diaz-Martell adds, explaining that you can try massaging around the eyes. And if all else fails, she says with a laugh, “Get some coffee!” (ymdhealthspa.com) ■