

## **How to get rid of sunken eyes**

Sunken eyes are caused by thinning skin underneath the eyes due to the loss of fat. The reason for the thin skin is aging or heredity. Since the skin is very thin, the blood vessels around the eyes are more visible. The visible blood vessels cause dark shadows underneath the eyes. It's called as sunken looking eyes. This article shows you how to get rid of the sunken eyes.

### **Take Natural treatment to cure Sunken eyes**

You can make use of either surgical treatment or natural remedies to cure sunken eyes. An Eyelid surgery can correct this defect. But it's a highly risky job. The natural homemade remedy is not harmful and cost effective treatment. The illness signifies the lack of hydration in your body.

The dehydration causes inadequate removal of toxins from your body, inhibits oxygenation, creates a joint problem, dry mouth, less the amount of urine, weak muscle and headache etc. This is because of the lack of fluid in your body. Drink plenty of water that will make up solid tissues in your body and ensure you free from sunken eyes.

Allergies also cause sunken eyes and create the dark circles underneath your eyes. Fungus, dust, dust mites and pets infections are the root causes of allergies. Allergies cause some other diseases like sneezing, coughing, runny nose, itchy and watery eyes etc. To cure the illnesses of sunken eyes, stay indoors, take bath once you reach home and avoid using fans that will drive dust air into your house.

Losing weight also causes sunken eyes because the skin around your eyes becomes very thin and the blood vessels turn to dark. Actually this happens when you get age. Unfortunately, you cannot prevent the aging but slow down the aging process by wearing sunscreens and moisturizing your skin regularly. The over work load and stress can make you sleepless that will cause sunken eyes. I have my own experience. I did two jobs in the year 2005. I worked in an office in the daytime and in an internet cafe at night time. After two weeks, my face became very terrible. Then I quit the night job to have a good sleep. Sleep for 8 hours a day to get rid of the sunken eyes.

### **Home remedy and good diet to get rid of Sunken eyes**

Sunken eyes are often caused by swollen blood vessels. Cold compress is the only remedy to cure vessel swelling. Putting cold raw potatoes or cucumbers over your eyes for 15 to 20 minutes, you can bring back your eyes to the normal state. Finally rinse your eyes with warm water and apply moisturizing cream.

You can apply pineapple juice and almond oil over your eyes for 2 times daily. Avoid salty food that will retain water around your eyes. Avoid the consumption of tobacco, alcohol and caffeine because they contribute more to sunken eyes.

I Hope the article “How to get rid of Sunken eyes” would be useful to the readers.