Article Side
Best Ways to Handle Your Eye Puffiness by Faye Curtiz

Article published on January 23rd 2012 | Alternative Medicine

A remedy for puffy eyes is one thing that every person will need to use at one point or another. However, the initial step for your eye puffiness problem to be solved is by getting to its actual cause. Next, you will have to look for treatments and remedies to either eliminate the eye puffiness or hide it at the least. The great thing is that there are now various methods that will assist you in making this happen.

Eye Puffiness Under Your Eyes

What are the actual causes behind the development of under eye puffiness? There are various reasons, actually. The most usual reason is none other than the fluid intake. If you are an excessive alcohol drinker, you body will act naturally to it. You might also not get sufficient sleep which might also be the reason why your eyes look tired and baggy. Crying can also be one of its causes. In this instance, the excess salt coming from your tears might make the skin surrounding your eyes retain some excess water that can give them the puffy look.

Cures for Eye Puffiness

The most apparent cure for eye puffiness is avoiding their causes. However, it is obviously not an easy thing to do. What you will need would be an immediate eye puffiness remedy that must always be ready in case they occur. There are now numerous over the counter medicines as well as creams that can be effective in hiding and relieving the condition of eye puffiness. These things can be easily found in makeup aisles. However, you might also want to consider other natural remedies for eye puffiness.

Eye Puffiness and Its Natural Cures

â€¢ Place some cucumbers on top of your eyes while you lie down, preferably in a peaceful room. Yu might also use some raw potato slices. Leave them there for a minimum of 15 minutes.

â€¢ Lessen the sodium that you take in since this can naturally pull the excess water out your eye area.

â€¢ Witch hazel is also a great natural remedy for eye puffiness. You will only need to dampen witch hazel on cotton terry cloth and put this on top of your eyes while you lie down. Take some rest for a minimum of 15 minutes.

â€¢ Tea bag can also be used to treat eye puffiness. Here, you will only need to put a used eye bag on top of your eyes while you are resting. A type of natural element, known as tannin, is found out to be effective in relieving eye puffiness.

Article Source:
http://www.articleside.com/alternative-medicine-articles/best-ways-to-handle-your-eye-puffiness.htm
- Article Side

Faye Curtiz - About Author:
Faye Curtiz is an avid health and Beauty enthusiast and published author in Under Eye Treatment Reviews site and has expertise in a Bags Under Eyes, as to help other women by providing a Puffy

Eyes product review & tips specifically for them.

Article Keywords:
eye cream reviews, best eye cream, dark circles under eyes

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!