

Moisturising the eye lids

When choosing a moisturising cream for the eyelids, it's essential to select a product that's safe, gentle, and specifically designed for the sensitive skin around the eyes. Eyelid skin is thinner and more delicate than the skin on other parts of the body, making it more susceptible to irritation. Here are some tips for selecting and applying a moisturising cream on the eyelids:

1. **Choose Hypoallergenic and Fragrance-Free Products:** Opt for creams that are hypoallergenic and free from fragrances and alcohol to minimise the risk of irritation.
2. **Look for Ophthalmologist-Tested Products:** Products tested by ophthalmologists are generally safer for use around the eyes. They are less likely to cause irritation or harm if they accidentally get into the eyes.
3. **Ingredients to Look For:** Hydrating ingredients like hyaluronic acid, glycerin, and ceramides can be beneficial. Anti-inflammatory ingredients like niacinamide or aloe vera can also help soothe the delicate skin around the eyes.
4. **Avoid Heavy Creams:** Thick, heavy creams can be too rich for the eyelid area and might cause irritation or block pores. Lighter, gel-based, or serum-type moisturisers are often more suitable.
5. **Patch Test:** Before applying a new cream on your eyelids, do a patch test on another skin area to check for any adverse reactions.
6. **Apply Gently:** Use your ring finger to gently tap a small amount of the cream around the orbital bone, avoiding direct contact with the eyes. The ring finger applies the least pressure, which is ideal for the delicate eye area.
7. **Consult a Dermatologist:** If you have sensitive skin or a specific skin condition, it's best to consult with a dermatologist before trying new products on your eyelid area.
8. **Specific Products:** There are eye creams available that are specifically formulated for the eyelid area. These products are designed to provide the right balance of hydration without causing irritation.

The Independent newspaper did a review and came up with a number of products that may be worth considering.

1. La Roche-Posay pigmentclar eyes _ Best eye cream overall.
2. No 7 Protect and Perfect intense advanced eye cream – Best budget cream
3. Ren brightening dark circle eye cream best eye cream for brightening
4. CeraVe reparative eye cream Best eye cream for hydration
5. The Ordinary multi-peptide eye serum best eye for refreshing tired eyes
6. Burt's Bees 98.9% natural hydrating daily eye cream Best eye cream for sensitive skin
7. Mantle the eye smoother Best CBD cream
8. SkinCeuticals eye balm Best thick cream
9. Teoxane R(II) eyes Best cooling cream

American Academy of Ophthalmology suggest Vaseline a traditional remedy.

It's crucial not to use body lotions or facial moisturisers that are not meant for the eye area, as they may contain ingredients that are too harsh for the sensitive skin of the eyelids. If you experience any irritation, redness, or discomfort, discontinue use immediately and consult a healthcare professional.

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