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Chapter 1- Eye Care Basics



The eyes are one of the most essential and extremely delicate organs within our bodies. They react very differently to all sort of light, lotions, creams and anything that comes in contact with the area. The best method to take care of your eyes is prevention rather than any cure or remedy. Protecting your eyes from certain problems and diseases that can come about with aging is the best thing you can do. Proper eye care can slow down the signs of aging around the eyes and prevent macular degeneration. Take note that apart from taking care of your eyes at home and using safe remedies you should also get into the routine of having your eyes checked by a professional on a regular basis.

While there are a lot of things you can do at home to improve the look and strength of your eyes, there are some remedial measures that only a doctor can guide you on properly. Many children get into the bad habit of watching hours of TV close to the screen and the countless time you spend in front of the computer can really reduce your eyesight. You need to take note of this and do your best to protect your own eyes and the eyes of your family by taking certain precautions.

An example of this is ensuring that you cover the area around your eyes in a powerful sunscreen that is non-comedogenic. This means that it will not clog the pores but will still provide vital protection to the areas that need it most. You should also invest in a UV blocking pair of sunglasses. Don't just choose based on style when it comes to glasses and make sure that the glasses you pick out offer the protection your eyes need to make it through the day.

Because the eyes are the most delicate part of your skin, they are often the first parts of our body that can begin to show signs of aging. Before other areas are affected by wrinkles, it is common to notice puffy eyes and crow's feet appearing around the eyes. This is another reason why it is so important to take care of your eyes as much as you can, as early as you can. The more we age, the less our bodies continue producing a natural sebum which causes the skin to thin out and show

more visual problems. The sooner you begin taking steps to treat your eyes and prevent problems, the better off your eyes will be in the long run.

No matter how you go about taking care of your eyes it is important to always remember just how sensitive they are. You should never use any sort of scrub or facial mask on the area as it can really bother the thin skin in the area, or have negative side effects on your eyesight. The eyes are not meant to be treated with harsh chemicals or facial scrubs and that is why natural and organic eye care products are the best way to go about it. Remedies such as placing cucumbers on the eyes to relax and ingesting plenty of vitamin A and vitamin C can be some great ways to fight the signs of aging and keep your eyes happy, healthy and strong.

It is very important to have separate gels, serums and eye creams to take care of the skin around and below your eyes. You should not be using the same products on your eyes than on the rest of your body. With organic and home made recipes you can ensure that your eye care products are kept separate and are created with only one purpose in mind, and that is the health of your eyes.

It is quite difficult to get down to the basics of eye care, because it really is anything but basic. It is something that should not be taken lately and a part of your routine that should not be ignored. This does not mean that eye care has to be difficult or even take up too much of your time. Something as simple as taking the time out of your day to relax, close your eyes and think of something soothing can do wonders for your eyes and the surrounding skin and muscles. Another suggestion for basic eye care that is of the utmost importance but often ignored, is washing your face before going to sleep. Leaving make up on overnight, or not getting rid of the grime that can build up over the day, will often negate all the benefits of the recipes and products you use throughout the day. Scrub your face clean and resist using any sort of creams on your face or around your eyes before getting into bed. In some cases a night cream is appropriate, but that is it.

Your eyes crave attention and protection whether you are giving it to them or not. People often neglect to take care of them and even take them for granted. This is not something that you want to do. Cherish your eyes, keep them beautiful and keep them healthy by preventing problems before they arise. Remember that with eye care, prevention is far more beneficial than any cure or remedy.

Chapter 2- Why Homemade Organic Eye Care Recipes?



With so much focus on skin care these days, anti-wrinkle creams, and the abundance of eye care products on the market, it can be easy to get caught up in all the hype. The truth is that a number of these products are chemically produced and not necessarily safe for your skin, especially if you have sensitive skin. Homemade skin care is really beneficial for your body as it can provide you with many of the benefits of high end products, while being more affordable, organic and safer.

When it comes down to it, our eyes are the most precious part of our body. They are the doorway to everything that we do and allow us to take in and absorb the beauty that surrounds us in everyday life. Among all of the five sensory organs, the eyes are often deemed as the most important and most delicate. It is essential to take care of your eyes and prevent them from damage with the best kind of care possible. This is why so many people are choosing homemade organic eye care recipes. It is a safe, reliable and cost effective option. The best part of all is how simple and easy it can be to find the proper ingredients and start benefiting from such recipes. In fact, a number of the ingredients you will need may already be stashed away in your refrigerator or cupboards.

There are thousands, maybe even millions of different skin care and eye care products on the market right now, and the truth is that most of them all use a number of natural ingredients that you probably have access to in your home already. In these expensive products these natural ingredients are mixed in with a number of chemically enhanced ingredients. These ingredients are safe for the most part, but are not always necessary. If you have sensitive skin then there is no telling the reaction that you may have to some of these added ingredients.

That is not really a risk that you want to take, especially when it comes to your eyes.

This is not to say that the eye care products on the market are not reliable or effective, because they surely are. However, the fact remains that you can save a ton of money, take care of your eyes, and even look better by creating some of your own products in the comfort of your own home. Imagine opening the cupboards of your kitchen to realize that you have all the essential ingredients already that can help smooth the skin around your eyes, decrease wrinkles, and minimize the signs of aging all in one go. Could there be a more exciting feeling than that?

One of the biggest and best reasons for opting for homemade eye care products is the simple variety of solutions you can get, and in a completely safe way. There are a number of people that have extremely sensitive skin, and it can be risky to start using a lot of the chemically enhanced products out there. With homemade recipes you can ensure that you know exactly what is going into the product. You will be the one creating the recipe, so you can be sure that there are no harmful additives and no hidden ingredient that may damage your skin, or that you could have an allergic reaction too. When dealing with the eyes and eye care it is incredibly important to take all the precautions you possible can. The eyes are an incredibly vital organ and are something that you definitely want to play it safe with whenever you can. With these homemade recipes you know you are getting all the benefits without a lot of the risk.

One of the problems with a lot of the cosmetic and skin care products that are available in stores is that they are not created or designed with your specific needs in mind. They are targeted at mainstream skin issues and groups of people. With homemade and organic eye care recipes you can start tailoring products to your own needs. You can mix and match different recipes and ingredients to target your specific needs, desires and even find ways around specific allergies that you may have. By taking out certain ingredients, or adding new ones, you can begin to create products that were created solely with you in mind. You no longer have to invest hundreds of dollars in products that may not actually target the eye care issues you are having, or that may present adverse side effects.

There really aren't any specific reasons why you should not choose homemade, organic eye care recipes. The benefits are quite evident, proven and abundant. You can almost instantly begin saving money and ensuring that your eyes are protected and safe from any harmful ingredient. You may love to go out shopping from time to time, but what could be better than finding a recipe for eye care that allows you to pamper your eyes, without actually leaving the house? As you flip through some of these recipes you will begin to notice that many of the ingredients are already in your home, and you can instantly start creating them, using them and benefiting from them as soon as you want. If that is convenience and benefits all wrapped into one package, then what is?

Chapter 3- You Are What You Eat-Foods That Help Brighten Your Eyes



While there are an abundance of recipes, skin care products and solutions you can start creating for your eyes, the truth is that diet also plays a vital role in the health and usability of your eyes. Wrinkles and crow's feet are not the only things that you should be concerned about and it is also very important to take care of your eyes internally. Beauty and health is more than skin deep and your eyes are vital organs that allow you to go about your everyday life the way you do. You should always try to remember just how important a healthy and balanced diet is for your eyes, and try your best to consume some important foods.

Eating plenty of very colorful veggies and fruits is a great way to keep your eyes healthy and strong. On the other hand a diet that is high in sugar and saturated fat can affect your eyes in a negative way and increase the risk you may have for eye disease. No matter the eye care products, lotions or creams that you use, there are a lot of nutrients and vitamins that your eyes can only get from food and supplements. Cataracts and other eye conditions have been proven to be less prevalent in people who follow a steady diet that is full of minerals, healthy proteins, vitamins and omega-3 fatty acids. Your eyes aside, all diets should include a large number of colorful fruits and vegetables such as carrots, watermelon, cucumbers and the list could go on and on. You should aim for consuming five to nine servings of these colorful foods every day.

Dark green vegetables and bright colored fruits can give your body the most antioxidants which can reduce the damage that can occur over time to your eyes.



Lutein, which can be found in dark green veggies such as spinach, is one of the best antioxidants for your vision and the health of your eyes. On top of spinach, peas, broccoli and sweet corn also contain a large amount of Lutein. You can also turn to orange and yellow vegetables as a good source for Vitamin A and Vitamin C which are two more powerful antioxidants.

White flours and sugar can possibly increase the likelihood of you suffering from eye diseases, thus you should stick to whole grains whenever possible. 100 percent whole grain cereals and bread can provide you with a lot of fiber and slow down your body's ability to ingest sugar and starch.

Sticking to healthy fats can also help prevent the emergence of cataracts and keep your eyes moist over time. You can find omega-3 fatty acids in foods such as walnuts, fish, flax, and canola oil. A great tip for your eyes is to consume flax oil everyday and try to eat fish at least two times a week.



Consume a good amount of protein, but make sure that it is healthy protein. Cooking methods and the fat content of food can turn healthy protein into unhealthy protein. Macular degeneration can be brought on by the over consumption of saturated fats from dairy and meat products. Instead opt for lean meat, eggs, nuts and seafood as the best sources for protein. Eggs are also a great way to get some added Lutein into your body.

Salt is not your friend, and you should try and remember that. A diet high in sodium can greatly increase the risk of cataracts later on in life. Use less salt and search for foods in the grocery store that contain less sodium whenever you can. Your aim here should be to consume less than 2,000 mg of sodium in order to keep your eyes healthy, longer.

Do not neglect the importance of water and fluids in your diet. Fluids such as skim milk are a great source of calcium, which is great for your eyes. You can also get quite a bit of vitamins and nutrients from healthy fruit juices and vegetable juices that are sugar free. Keeping properly hydrated at all times can help keep your eyes moist as you age, thus preventing the formation of cataracts later on in life.

On top of the health benefits for your aging eyes, proper foods can also help a great deal in making your skin look its best. Some foods such as tomatoes, carrots and cucumber have diuretic properties which can help you digest and clean out your system. The healthier your body is on the inside, the healthier it will look on the outside as well. There have also been recent studies that have shown that dark circles can be caused due to a lack of iron in your diet. Enriching your nutrition plan with sources of iron can help heal dark circles and prevent them from reappearing. This is great news for all of us, as dark circles are often the number one concern when it comes to eye care treatment and products.

In other situations, dark circles can be attributed to kidney or liver problems inside your body. There are certain healthy, cleansing foods that can detoxify your kidney and begin the healing process from the inside out. Apple cider vinegar is a great way to start the detoxification process and is easy to find, and easy to fit into your diet. You can also look to sources such as watermelon seed and parsley to help clean out your system and bring some enriching benefits to your eyes. Please refer to my Free Report – **“Complete Body Detox Guide”** for complete instruction on how to detoxify internally, if you have any health condition please consult your doctor before going on a detox diet.

Supplements

Always make sure that your Multivitamin and mineral supplement has Lutein, Vitamin K, Iron and Lycopene apart from other standard vitamins and minerals. You also need to check if the supplement has moderate level of Vitamin A as excess Vitamin A can get deposited in the body resulting in Liver damage. Grapeseed Oil, Eyebright, Bilberry, Omega 3 and 6, Green Supplement(usually has a combination of Spinach, Kale, Collard and other green vegetables that are required for healthy looking eyes. Last but not the least drink 6-8 Glasses of water everyday, it might sound too simple but trust me Water can do Miracle for your health by flushing out unwanted toxins from your body.

It is important to remember that eye care is about more than just your appearance and using the proper products. A healthy and balanced diet continues to be an excellent way to improve the look and feel of your skin, while keeping you healthy as you age. Mix eye care products and recipes in with eye-healthy foods and you will be seeing further and looking better, longer.

Please refer to my Free Report – “Complete Body Detox Guide” for complete instruction on how to detoxify internally as well as externally to get healthy skin. It also has a list of foods, menu, herbs ,supplements and tips that can cleanse your body and help you get rid of unwanted toxins, making you look beautiful from the inside-out.

Complete Body Detox is not written by me however if you have any query about it please feel free to contact me.

Chapter 4- Banish Those Dark Circles

Dark Circle or under eye circle is one of the most common beauty problems. They could be very annoying because they can easily ruin your overall appearance by making you look ill, dull, tired and older. Have you ever wondered what causes these and how you can prevent them? Yes, with proper diet and lifestyle it can be prevented to some extent and if its hereditary or caused by age and other factors you can still tackle them with proven natural remedies.

Causes of Dark Circles

In many ways dark circles are the most common skin problem around the eyes and are the focus of a number of skin care products, recipes and remedies. But have you ever wondered what exactly causes dark circles? You may be surprised to find out that genetics are the number one cause for dark circles and your predisposition for dark circles is likely passed onto you by your parents, just like your eye color and skin tone. The same genes that are related to dark circles are the ones that cause capillaries to weaken around the eyes. On top of this, your skin tone and how light it is will also affect the visibility of these circles and make them look worse than they actually are at times. Let's take a quick look at some of the other causes of dark circles.

Nutrition

In some cases lack of certain vitamins in your diet can lead to dark circles. This is not as common as other reasons such as genetics, but has been found in some cases. If you are not sticking to a healthy and balanced diet full of vitamins, nutrients and vegetables, you are more susceptible to dark circles. In some instances, you can start to diminish the look of dark circles by changing up your diet, eating healthier and consuming more antioxidants. Also too much of salt and sugar intake can lead to dark circles.

Heredity

As mentioned previously, heredity is the most common reason for the appearance of dark circles. Many times the dark circles are actually blood vessels that can be seen through the skin. This is because the skin around the eyes is thinner than the rest of the skin on your body. Dark circles can be related directly to varicose veins in many ways and are a trait that is passed down by your parents. When your blood flows through these areas it can appear blue or dark in color. The lighter your skin, the more noticeable it becomes to yourself and others. On top

of this, if you have deep set eyes, then the shadow will also make the circles more obvious.

Allergies and Asthma

Certain conditions that lead to itchy eyes, such as allergies, can also make dark circles more evident. If you are constantly rubbing your eyes then the area can become sensitive and even bothered by the activity. In specific allergy seasons, hay fever and other allergies can cause people to notice more obvious dark circles and lines under their eyes. On top of those seasonal allergies, some food allergies can also make the area under your eyes appear darker. Finding out exactly which foods you are allergic too and treating your seasonal allergies, can sometimes reduce dark circles.

Anemia

Not consuming enough iron through your diet can also cause the appearance of dark circles. This is why a healthy and balanced diet is so important for the look and feel of your skin. Iron deficiency is the leading cause for anemia, which is a condition where not enough oxygen is able to reach tissues within the body. Skin can also become more translucent and pale during periods of menstruation or during pregnancy. This added paleness can make the veins below the eyes more obvious.

Fatigue

Many people feel that fatigue is the leading cause of dark circles, but this is not always the case. Yes it is true that lack of sleep can cause the skin to appear paler, but there are many other factors that are more prevalent in causing dark circles. However, a good night's sleep is important for a whole host of other ailments and health issues, so don't neglect the benefits of proper rest.

Aging

You will be hard pressed to notice evident dark circles on people younger in age. The older that people get, the more obvious dark circles can become. As you age, your skin starts to lose collagen and becomes even thinner around the eyes than it used to be. This thinness makes it appear more clear, which makes the blood and veins more noticeable. Certain constant facial expressions can also force a dark circle to appear more prevalent on one eye than the other over time.

Medical Conditions and Certain Medications

Poor blood circulation can also be another cause for dark circles. Engaging in more cardio exercise can increase the body's ability to circulate blood and can help reduce the visibility of this pesky skin problem. Dark circles under the eye

may also appear when you feel dehydrated or when your body loses too much water at one time. For instance, Kidney problem results in excess fluid retention and can make various body parts swell, including your eye area.

There are a lot of medications out there for certain ailments that cause your blood vessels to dilate. These same medications can create the circles under the eyes to appear darker. Because the skin around the eye is so thin and delicate, any subtle change can be noticed and that is why even a small shift in the medication you take can affect the look of your eyes. For instance, Vitamin A overdose may result in Liver problem which may cause dark circles around your eyes.

Stress

This cause for dark circles is not as scientifically proven as the others but stress has been linked with this skin care issue in a few cases. Stress can affect a number of things that go on within the body and can even lead to lack of sleep and fatigue issues. The healthier you are on the whole, the less obvious dark circles may be. The more stress you feel, the easier it is to be unhealthy or not take care of yourself as well as you should.

Exposure to Sun- Harsh rays of sun can easily burn your delicate eye areas so make sure you apply sunscreen to this area too.

Recipes For Dark Circles

Note: Never use your facial mask on your eye area because eye area is the most delicate part of your skin. Any ingredient that can dry out quickly like clays, powders and rough exfoliating agents should never be used on this area. Only Fruit juices, Fruit paste, natural gels like Aloe Vera, Cucumber and Oils are recommended for eye area.s

Cucumber Juice



Cucumber juice probably is the most used home remedy for Dark Circles and puffy eyes. Cucumber is rich in Vitamin C, Vitamin A, Folate, Silica, Caffeic acid , Potassium, Magnesium and Tryptophan. Caffeic acid and Vitamin C helps reduce puffiness, tryptophan increases circulation and silica improves complexion.

How to use

Take one small fresh cucumber with skin. Grate it and squeeze the juice. Pour it in an airtight container and refrigerate it. You can apply it with the help of a cottonball and rinse off once it dries.

Alternatively you can keep two thin slices on cucumber with skin on both the eyes and rinse off after 20 minutes.

You can keep it for 4-5 days and use it straight from the fridge, if its cold it helps reduce eye bags too.

This recipe can be used once a day until the dark circles fade.

Parsley and Spinach Tonic



Vitamin K is one of the least talked about Vitamin but skin care companies are already using it in their dark circle serums and creams because Vitamin K really works on dark circles and the best part is you don't have to run out to buy any exotic ingredient to make your own Vitamin K eye tonic. Parsley and Spinach are rich in Vitamin K and it might already be there in your kitchen.

How to use

Take one bunch of Parsley and one bunch of Spinach and blend it in a blender. Strain the juice with the help of a muslin cloth, apply it with the help of a cottonball and rinse off after 20 min.

You can keep it for 4-5 days and use it straight from the fridge.

This recipe can be used once a day until the dark circles fade.

Sugar Cane

Sugar Cane is rich in Glycolic Acids which gently fades dark circles.

How to use

Take one tbsp. fresh Sugar Cane juice and apply it with the help of a cottonball and rinse off once it dries.

You can do this every alternate day until your dark circles fade.

Mint and Kale

Peppermint is an excellent source of manganese, vitamin C and vitamin A and Kale is rich in Iron, Potassium and Calcium. This combination is very helpful in fading dark circles.

How to use

Take one bunch mint and one 50 gms kale, blend it in a blender and pour it in an airtight container. You can apply it with the help of a cottonball and rinse off once it dries.

You can keep it for 4-5 days and use it straight from the fridge.

Sweet Almond Oil



Sweet Almond oil has been used in Ayurveda for thousands of years to treat dark circles. High content of Vitamin E in Almond oil helps fade dark circles gradually.

How to use

Take 2-3 drops sweet almond oil and apply it on the dark circles, massage the eye area gently for about 2-3 minutes until the oil gets absorbed. Do this everyday before going to bed until your dark circles fade.

Vitamin E Oil

Vitamin E Oil is very effective in dealing with dark circles. All you need to do is prick one Vitamin E Gel Caplet (Vitamin E Capsule is available at any medical store but ask for natural vitamin E Oil because there are many synthetic Vitamin E Oil on the market) and apply it on the dark circles.

Do this everyday before going to bed.

Tomato



If your Dark Circles are the result of sun exposure then tomato is the best remedy you can ever find. Lycopene rich tomato can reverse the damaging effect of harsh sun rays. Tomato is also rich in Vitamin C, Vitamin K, Iron, potassium and other essential vitamins and minerals.

How to use

Take one fresh tomato, blend it in a blender and pour it in an airtight container. You can apply it with the help of a cottonball or hand and rinse off when it's about to dry.

Do this everyday until your dark circles fade.

Rose Water



Rose Water is another Ayurvedic remedy which helps fade dark circles. Always use organic Rose Water because most of the commercial rose water have synthetic fragrance and preservatives which can worsen the condition. If you do not have organic Rose Water then you can pick some rose petals from your own garden, grind it to a smooth paste and apply. Rinse off after 20 minutes.

You can use this everyday until the dark circles fade.

Neem and Aloe Vera



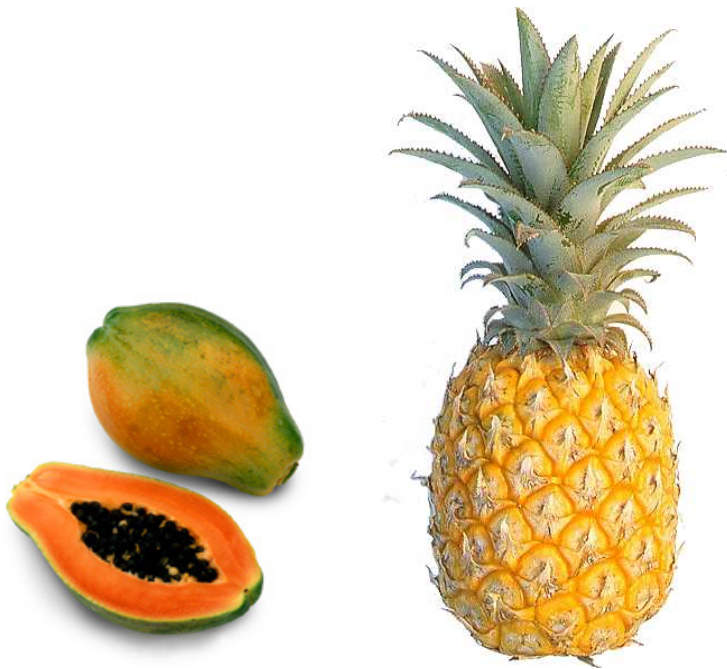
Neem and Aloe Vera are another Ayurvedic remedy which is very effective in fading those dark circles.

How to use-

You will need some fresh Neem leaves and aloe vera gel, Aloe Vera might already be there in your garden just cut a small part and take out the gel. Grind the Neem leaves and add it to Aloe Vera Gel and apply it on your dark circles, rinse off after 20 min. You can use this recipe everyday until your dark circles fade.

Papaya and Pineapple

Papaya is rich in enzymes called Papain and Pineapple is loaded with enzyme called Bromelain. When these two ingredients are mixed together they make a powerful exfoliator and they exfoliate without irritating or bruising your delicate eye area.



How to use

Take 3 tbsp Papaya Pulp and one medium slice pineapple. Blend them in a blender and apply the mixture on your eye area, careful not to let it get into your eyes because pineapple's acidic property might sting your eyes. Rinse off after 20 minutes but don't let it dry completely.

You can keep the remaining mixture in the fridge and use it up to 3 days.

Green Tea Bags

"Better to be deprived of food for three days, than tea for one." (Ancient Chinese Proverb)

Green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). Green Tea has anti-inflammatory properties and can help with Dark Circles as well as Puffy eyes. Caffeine present in Green tea is what helps reduce puffy eyes and fades dark circles.



How to use

- a. Boil some water as if you were making a normal tea beverage, and dip 2 Green Tea bags as usual.
- b. Gently squeeze out the brewed teabag after about 5 to 8 minutes for best results, and allow it to cool.
- c. Place it on the eyes and relax for 20 minutes.
- d. Take the teabags off and see an improvement in your dark circles and puffy eyes.

Note: You can do the same thing with Mulberry or Chamomile Tea to get rid of Dark Circles.

You do not have to rinse it off.

Potato and Honey

Potato has a special enzyme called Catecholase which gently bleaches your skin and fades dark circles and reduces puffiness. Catecholase is an enzyme which is present in Apple also that is why apple and potato turn brown when they are cut and left outside for sometime. But the same Catecholase lightens skin if applied fresh. Potato is also rich in vitamin C and Potassium. Honey is recommended because potato can dry out your skin.



How to use

Take one small potato and one tsp. honey. Grate the potato and squeeze the juice or you can use the blender to make a paste and strain the juice with the help of a muslin cloth. Mix the potato juice with honey and apply it on the dark circles, rinse off after fifteen minutes.

This recipe will not only lighten your dark circles but also reduces puffiness.

Apple and Milk Cream

Like Potato Apple also contains Catecholase which can lighten those dark circles. Apple also contains Tannin which helps in reducing dark circles.

How to use

Take one apple(preferably green) and blend it in a blender. Mix it with one tbsp. Whole milk cream and apply. Rinse off after 20 minutes. You can use vegetable glycerin or honey if you don't have whole milk cream.

Botanical Serums and Creams

Aromatherapy essential oils can play a great role in skin care. Dark Circles can be faded with the help of some essential oils.

Immortelle Serum

You will need-

½ oz Rosehip Oil

5-6 drops Helichrysum or Immortelle Essential Oil

Take ½ oz/15ml Rosehip Seed Oil and pour it into a dark glass bottle with dropper. Now add 5-6 drops Helichrysum essential oil and shake well. Apply it every night before going to bed. Helichrysum oil is expensive but you will need only a few drops to prepare your serums and creams which is still better than spending a fortune on ineffective commercial eye creams/serums.

Due to its regenerative properties, Helichrysum Oil works wonders on fresh and old scars(even surgical scars) and Stretch Marks too.

You will have to invest a little on some ingredients but its going to last you more than a year and moreover you are going to get an absolutely safe, fresh and effective products.

Green Tea and Licorice Dark Circle Cream

½ oz/15ml Sweet Almond Oil

½ oz/15gm Shea Butter or Almond Butter

1/3 oz/ 10gms beeswax

1/3 oz/10ml Rose Water

½ teaspoon Liquid Lecithin

A pinch of Green Tea Extract

A pinch of Licorice extract

3 drops Geranium Essential oil

3 drops Grapefruit Seed extract(natural preservative)

1 Vitamin E Gel Caplet(Pierce and squeeze it when adding it to the recipe)



In a double boiler place beeswax and shea butter along with sweet almond oil.

In another saucepan heat rose water(do not boil) over very low heat. Remove it from the stove and add green tea and licorice extract and stir, add liquid lecithin and finally add Geranium Essential oil, vitamin E oil and grapefruit seed extract .

Beat oil and wax mixture rapidly and pour the rose water mixture into this mixture. Make sure you whip it properly so that no lumps form. Once it cools, pour it into an airtight glass jar. Use it whenever required. Use spatula to remove the cream from the jar because it might get contaminated if you use your hand every time.

How it works

Sweet Almond Oil, Shea Butter and Vitamin E moisturize, Rose water hydrates, Geranium Oil improves blood circulation around the eye area , Green Tea and Licorice soothe and fade dark circles naturally.

Chrysin Dark Circle Cream

½ oz/15ml Rosehip Seed Oil

½ oz/15gm Mango Butter

1/3 oz/ 10gms beeswax

1/3 oz/10ml Rose Water or Chamomile Water

½ teaspoon Liquid Lecithin

A pinch of [Chrysin](#)

3 drops Carrot Seed Essential oil(optional)

3 drops Grapefruit Seed extract(natural preservative)

1 Vitamin E Gel Caplet(Pierce and squeeze it when adding it to the recipe)

In a double boiler place beeswax and mango butter along with rosehip seed oil.

In another saucepan heat rose or Chamomile water(whichever you are using but do not boil) over very low heat. Remove it from the stove and add chrysin and stir, add liquid lecithin and finally add Carrot Seed Essential oil(if you are using it) , Vitamin E Oil and grapefruit seed extract .

Beat oil and wax mixture rapidly and pour the rose water mixture into this mixture. Make sure you whip it properly so that no lumps form. Once it cools, pour it into an airtight glass jar. Use it whenever required. Use spatula to remove the cream from the jar because it might get contaminated if you use your hand every time.

How it works

Rosehip Seed Oil, Mango butter and Vitamin E moisturize, Rose water hydrates, chamomile water soothes(you can use either rose water or chamomile water, floral water is also known as floral hydrosol so do not get confused), Helichrysum

is a wonderful essential oil that can fasten the healing process(Helichrysum oil is used for scars and stretch marks too) and Chrysin is a naturally occurring flavone chemically extracted from the blue passion flower and it works wonders on even the most stubborn dark circles. Famous brand Hylexin uses Chrysin as their active ingredient and it sells for \$95 for ½ ounce but now you can make your own Chrysin serum at home for a fraction of the cost. One tube is enough to make 8 oz/240gm cream.

Eyebright Dark Circle Cream

½ oz/15ml Rosehip Seed Oil
½ oz Sweet Almond Oil
½ oz/15gm Shea Butter
2/3 oz/ 20gms beeswax
1/3 oz/10ml Cucumber Hydrosol
½ teaspoon Liquid Lecithin
A pinch of Eyebright Extract
3 drops Helichrysum oil(optional)
3 drops Grapefruit Seed extract(natural preservative)
1 Vitamin E Gel Caplet(Pierce and squeeze it when adding it to the recipe)



In a double boiler place beeswax and shea butter along with sweet almond and rosehip seed oil.

In another saucepan heat cucumber hydrosol (do not boil) over very low heat. Remove it from the stove and add eyebright extract and stir, add liquid lecithin and finally add Helichrysum Essential oil, vitamin E Oil and grapefruit seed extract. .

Beat oil and wax mixture rapidly and pour the rose water mixture into this mixture. Make sure you whip it properly so that no lumps form. Once it cools, pour it into an airtight glass jar. Use it whenever required. Use spatula to remove

the cream from the jar because it might get contaminated if you use your hand every time.

How it works

Rosehip seed oil, sweet almond oil and vitamin E moisturizes, cucumber hydrosol is very soothing and cooling, Carrot Seed Essential Oil regenerates new cells and fades dark circles, eyebright extract helps fade dark circles. Eyebright is often used as an active ingredient in most of the organic eye creams.

You can use these oils and extracts to experiment and create your own serums and creams.

Essential Oils for Dark Circles

Helichrysum Essential Oil

Geranium Essential Oil

Sandalwood Essential Oil

Rose Essential Oil

Extracts for Dark Circles

Eyebright Extract

Chrysin Extract

Cucumber Extract

Green Tea Extract

Licorice Extract

Butcher's broom Extract

Yarrow Extract

Horse Chestnut Extract

Papaya Extract

Mulberry Extract

Note: Whether you are using liquid extract or dry extract percentage should be no more than 2% if it is highly concentrated, extracts at New Direction Aromatics

are not highly concentrated so you can use it according to your need.

You can also mix these extracts with your Toner or Floral Water/Floral Hydrosol and apply it around your eyes. (Do not exceed 2% if its highly concentrated)

Carrier Oils For Dark Circles

Sweet Almond Oil

Rosehip Seed Oil

Neem Oil

Castor Oil

Calendula Oil

Seabuckthorn Oil

Chapter 5- De-puff Those Eye Bags

Unlike what many people think when it comes to skin care, products and lotions are not always the best or most reliable solutions. When it comes to puffy eyes there are a number of causes that are often overlooked. The truth is that many times people spend hundreds of dollars on certain beauty products only to find themselves still dealing with the saggy, puffy eyes. In many instances one can only find true relief by finding out the exact causes of puffy eyes and relieving themselves by getting rid of, and dealing with these causes.

If you find yourself getting really tired of that exhausted look and the swelling around your eyes, then one of the following causes may be the reason. This doesn't always mean that there is some quick fix cure or remedy for all problems, but finding the root of the problem is a great way to get started. If you describe your eyes as always looking puffy and sometimes even feeling painful then there may be a few reasons including;

Causes of Puffy Eyes

Crying

Often times after letting some tears roll down your face you may notice that your eyes look a bit puffier and feel a little bit uncomfortable. This is mostly due to how much salt is in your tears and how the skin reacts to the salt after a healthy does of crying. Salt forces the skin to retain more water which can instantly make them swell up in size. But this does not last long as eventually the salt is washed away into the bloodstream and the puffiness decreases.

Allergies

This is probably one of the most common causes for puffy eyes and for many individuals it is a commonly reoccurring problem. Sickness can also result in swelling around the eyes. If your allergies tend to get out of hand then you are probable already on an allergy medication, or at least should be. If you find that these over the counter medications are not enough, then you should consult a doctor to look into a more serious remedy for your certain situation.

Fatigue

If you simply did not get enough shut eye in one night then your eyes can also appear puffy and people may notice the big bags under your eyes. Your body tends to be unbalanced and retains more water when you are not sleeping as well as you should be. You should not only try and get enough hours in bed, but

should also focus on getting uninterrupted sleep by turning off all the lights, the TV and your phone.

A Salty Diet

Consuming too much salt will cause your body to retain water in a number of areas throughout the body. The less salt and sodium that you ingest throughout the day, and the more salt you cut out of your diet, the more you may notice a decrease in the puffiness around your eyes. Not only will less salt fight puffy eyes but it can help in a number of other healthy ways for your lifestyle.

Alcohol

Drinking excessively can also cause your eyes to swell and give it that puffy look. The ingredients in all kinds of alcohol also force your body to retain salt around the eyes and in many other places. After a heavy night of drinking you may feel your feet or hands appear swollen, and notice that your eyes look saggy and puffy.

If you are noticing that you are dealing with puffy eyes quite a bit, then you will definitely want to take a look at your diet and your overall health. Avoiding things such as excess alcohol and salt can do wonders for the look of your eyes, and also try and get a full night's rest more often. While there are a number of healthy and proven natural remedies and recipes, the cause of puffy eyes often goes much deeper than that.

Remedies For Puffy Eyes

These are the recipes that can reduce your eye bags but its better to prevent it rather than spending time in curing it. Cutting down on sugar, salt, alcohol, changing sleep pattern and including water and other detoxifying fruits and veggies can definitely keep them at bay.

Before trying any recipes try splashing your face with cold water as soon as you wake up which will shrink the pores and reduce puffiness.

Cucumber Slices

Cold Cucumber Slices are probably the most used home remedy for puffy eyes.

How to use

Take 2 chilled cucumber slices (make sure the slices are thin), place it on both the eyes and relax for 20 minutes. You can do this 2-3 times a day if the dark circles are stubborn.

Green Tea and Rose Water



How to use

- a. Boil some water as if you were making a normal tea beverage, and dip 2 Green Tea bags as usual, add rose water and refrigerate it for fifteen minutes.
- b. Gently squeeze out the brewed teabag after about 5 to 8 minutes for best results.
- c. Place it on the eyes, lie down on your back and relax for 20 minutes.
- d. Take the teabags off and see an improvement in your dark circles and puffy eyes.

Note: You can do the same thing with Red Raspberry Tea or Rosemary Tea to reduce puffiness.

You do not have to rinse it off.

You can also pour it into the ice tray and use it whenever you want. Just wrap the ice cubes in a muslin cloth and place it on your eyes, place it on the eyes for 5 seconds and take a break for 5 seconds, do this 5-6 times.

Cold Spoon Cure

Try putting 2 metal tablespoons in the fridge and use them whenever you need by placing the backs against your eyes.

Potato Poultice

Take one raw potato, grate it and place it in a muslin cloth. Keep it in the refrigerator for about fifteen minutes. Remove and place it on both the eyes, press gently against the eyes until the swelling is reduced.

Watercress

Watercress is rich in Iron, Potassium, Vitamin A and C. It can reduce puffy eyes and brighten your eye area.

How to use

Take a bunch of watercress, blend it in a blender and refrigerate it for 20 minutes. Dip a cotton ball into the watercress liquid and place it on both the eyes and relax for about 20 minutes.

Aloe Vera Gel

Take one tsp. Aloe vera gel and apply it on puffy eyes. You can also make your own aloe vera gel if you have aloe vera plant in your home. All you need to do is cut one leaf, scrape the gel from the leaf and refrigerate it.

Cucumber Gel also works really well on puffy eyes and dark circles.

Note: You can also add some botanical extracts to Aloe vera Gel to make it more effective. Cucumber extract, Green Tea extract, Red Raspberry extract, Ginseng extract etc. can be added at 2%. You just have to heat Aloe vera gel for about 30 seconds and add the extract and mix well. Whether you are using liquid extract or dry extract percentage should be no more than 2%.

Hazelnut Serum

Hazelnut oil has astringent properties and it works on puffy eyes very well.

Pour one 15ml/1/2oz Hazelnut Oil into a dark glass bottle and add 5-6 drops Grapefruit essential oil. Shake well and store it at cool, dry and dark place. Massage your eye area for about 5 minutes whenever required.

Make sure it does not get into your eyes because Grapefruit Essential Oil can irritate and sting your eyes.

Chapter 6- Crow's Feet Be Gone

Your eyes are the first area to show the signs of aging because it is much thinner.

Our skin loses its moisture and elasticity as we age, resulting in wrinkles, saggy skin and liver or age spots. **Elastin** and **Collagen** are two main proteins of connective tissues that allow many tissues in the body to resume their shape after stretching or contracting but the levels of Collagen and Elastin decrease with our age which makes our skin weak, thin and loose. So what causes skin damage? **Free Radicals** are the culprit behind the aging process. One free radical can lead to a chain of free radicals that damage our skin and this process is called **Oxidation**. Slowly it will start damaging our skin cells by taking the moisture away, leaving our skin feeling dry, de-hydrated, itchy that ultimately results in Wrinkles. Apart from Wrinkles, Crow's feet and Uneven Skin Tone it will also make our skin saggy and baggy. And here comes our rescuer, **Antioxidant**. Antioxidants are nutrients in our foods which can prevent or slow the oxidative damage to our body. They fight free radicals and prevent and repair damage done by these free radicals.

Repeated muscle movement from smiling, laughing, and squinting also creases the skin.

So eating foods rich in Antioxidants and applying antioxidant rich fresh fruits veggies and herbs on this area can reduce crow's feet.

Recipes For Crow's Feet

Egg White

Egg whites not only takes care of crow's feet but also reduces eye bags.

How to use

Break one egg, separate egg white and beat it well. Dab it around your eyes and rinse off after fifteen minutes. Do not let it get into your eyes.

Nourishing Avocado Under Eye Cream

To make this recipe you will need;

5 drops [Sweet Almond Oil](#)

3 ripe Avocado slices

1 tsp. Plain Mayonnaise



Blend Almond Oil, Mayonnaise and Avocado to make a smooth paste. Dab around eyes and leave on for 5 minutes and wipe off. Do this every night before going to bed to keep Crow's Feet and Fine Lines away.

2 in 1 Eye Serum

This Eye serum is good enough to fade wrinkles as well as dark circles. This Serum takes care of your crow's feet as well as dark circles. Rosehip Seed Oil, Carrot seed Oil and evening Primrose Oil moisturize, strengthen eye area and lighten dark circles and Sweet Almond Oil, Castor Oil and Vitamin E Oil deeply moisturize.

For this recipe you will need-

1 oz. Sweet Almond Oil
3 Tsp. Vitamin E Oil
3 Tsp. Castor Oil
3 drops Carrot Seed Oil
1 tsp. Rosehip Seed Oil
1 Evening Primrose Oil Capsule

Mix these ingredients together and store it in a dark glass bottle. Apply this every night before going to bed. You will love this eye serum.

Basic Anti-Wrinkle Eye Serum

If you don't have all the ingredients mentioned above you can try this simple recipe.

Mix 1 oz. Sweet Almond Oil with 3 Tbsp Castor Oil, 3 tsp Vitamin E Oil and one Evening Primrose Capsule. And you are done. Store it in a dark glass bottle and apply it every night. This is a wonderful serum which can fade your crow's feet and wrinkles.

Gotu Kola Firming Cream

Gotu Kola is an ayurvedic herb which has skin tightening properties so if you have saggy eye area with crow's feet it can be of great help.

Recipe-

½ oz/15ml Virgin Coconut Oil

½ oz/15gm Shea Butter

1/3 oz/ 10gms beeswax

1/3 oz/10ml Rose or Spikenard Hydrosol

½ teaspoon Liquid Lecithin

5-6 drops [Gotu Kola Extract](#)

3 drops Carrot Seed Essential oil

3 drops Grapefruit Seed extract(natural preservative)

1 Vitamin E Gel Caplet(Pierce and squeeze it when adding it to the recipe)



In a double boiler place beeswax and shea butter along with Virgin Coconut Oil.

In another saucepan heat rose water or Spikenard water whichever you are using(do not boil) over very low heat. Remove it from the stove and add gotu kola extract and stir, add liquid lecithin and finally add Carrot Seed Essential oil, vitamin E oil and grapefruit seed extract .

Beat oil and wax mixture rapidly and pour the rose water mixture into this mixture. Make sure you whip it properly so that no lumps form. Once it cools, pour it into an airtight glass jar. Use it whenever required. Use spatula to remove the cream from the jar because it might get contaminated if you use your hand every time.

Fading Crow's Feet with the help of Oils

Massaging the eye area with one or a combination of some of these oils also fade crow's feet.



Castor Oil
Sesame Oil
Argan Oil
Borage Seed Oil
Seabuckthorn Oil
Pomegranate Seed Oil
Rosehip Seed Oil
Extra Virgin Coconut Oil
Extra Virgin Olive Oil
Flax Seed Oil

You can also add these Essential Oils up to 3% to your carrier oil.

Spikenard Essential Oil

Frankincense Essential Oil

Rose Essential Oil

Patchouli Essential Oil

Neroli Essential Oil

Carrot Seed Essential Oil

Fading Crow's Feet with the help of Fruits

Fruits that are rich in antioxidants can save your eyes from premature aging. They not only fade crow's feet but also fade dark circles and brighten up your eye area.



Take a fruit of your choice (from the list below) , blend it and apply it on your eye area and rinse off after fifteen minutes.

Kiwi Fruit

Strawberry

Blueberry

Banana

Apple

Carrot

Avocado

Cranberry

Guava

You can also mix these fruits with yogurt, honey or milk and apply for better moisturization.

Chapter 7- Exercise Your Eyes

Simple and gentle eye massage, exercises and Yoga can greatly help your eyes. These exercises are for puffy eyes, crow's feet and overall strengthening of eye area.

Always use a few drops of Carrier Oil before performing any facial massage.

Exercises and Massage

Exercise #1

Sit upright and relax. Keep your eyes closed and lift your eyebrows as high as you can. At the same time stretch your eyelids down in the opposite position. Hold this to the count of 5, relax and then repeat 5 times

Exercise #2

Sit straight up with your eyes closed and relax. Keep your eyes closed and look down as far as possible. Alternate and look as far up as possible. Repeat this 5 times.

Exercise #3

Place three of your fingers under the eye and pull it down. Keep your eyes closed all the while and count to 10, then release. Repeat this exercise 5 times and you will notice a reduction in the puffiness around your eyes.

Exercise #4

Gentle self-massage can decongest the eye area and reduce fluid retention making your eyes look awake.

Close your eyes and gently press your ring finger underneath the eyes, gently tapping from the inside corner to the outside corner. Do this ten times in the morning and ten times before going to bed.

Yoga For Sparkling Eyes

Nothing can enhance your beauty better than bright and sparkling eyes. Pranayama is the best Posture which can make your face glow and eyes sparkle. There are different forms of Pranayama, Bhramari is one of those techniques which can greatly enhance your health and beauty.

Pranayama is all about breathing and posture. Pranayam supplies oxygen to the entire body, and exercises the lungs, the stomach and its surrounding organs, clears up your skin and makes your face and eye glow. Process is really simple but don't go by its simplicity, it is considered to be one of the most powerful breathing technique that can actually improve your health and enhance your beauty.

How to perform

Sit in a suitable relaxed posture like Padmasana (lotus pose), keep your legs like the image below.



Image- **Lotus Pose or Padmasana**

Cover your ears by pressing tragus with the help of thumbs of your hands. Place your index fingers on the forehead and let the remaining 3 fingers close your eyes. Inhale through both the nostrils, taking a real slow deep breath. Keep your mouth closed and begin slowly exhaling, making humming sound of a bee like "hmmmm". While doing this concentrate your mind on Agnya Chakra (between eyebrows) as if you were meditating.

Do this for about 5 minutes twice a day, once as soon as you get up and once in the evening, later you can increase the time to ten minutes twice a day.

Note: Always keep a gap of at least 2 hours between your meal and Pranayam and **Never** hold your breath while doing Pranayam.

Bonus Recipe:Skin Brightening Soap



Bonus Recipe:Skin Brightening Soap

Dull and Lifeless skin can make you look tired and ill. Try this Skin Brightening Soap which is very gentle on skin because it is SLS and chemical free and loaded with natural ingredients that can immediately brighten up your face.

You will need-

[3 oz SLS Free Melt and Pour Soap Base](#)

One Vitamin E Gel Caplet(Pierce and squeeze it into the recipe)

3 Drops Grapefruit Essential Oil

3 Drops Sweet Orange Essential Oil

1/2 Tsp. [Cucumber Extract](#) or [Papaya Extract](#) (You can use the remaining extracts in your Toner, Facial Masks, Lotions and Creams, little goes a long way)

Steps-

Grate the soap base. Melt this grated soap base in a double boiler. Do not let the base get any hotter than 160 degrees. When the base is completely melted, add vitamin E capsule. Remove from heat and set to cool for a bit. When the first small trace of skin starts forming, add Grapefruit and Sweet Orange Essential Oil. Gently stir to cool bar some more, then gently stir in Cucumber or Papaya extract, whichever you are using. Pour the mixture into desired mold. be. This also makes a perfect gift.

Just sprinkle some dried Marigold flower on top as it is setting, tie it with a colorful ribbon, wrap it with Cellophane and gift it to your near and dear ones.

Note: This soap contains Grapefruit and Sweet Orange essential oils which will make your skin photosensitive so make sure you don't step out in sun without applying your sunscreen lotion or cream.

Recommended Resources

[Here You can buy Certified Organic Essential Oils, Carrier Oils, Herbal Extracts, Amber Bottles, Jars etc.](#)