



SIMPLE SOLUTIONS TO BRIGHTEN TIRED EYES

*It is often said that **our eyes are the windows to our souls**. A quick glance can reveal our current states of emotion, with happiness, fatigue and exhaustion being most visible. The delicate eye area is also vulnerable to early signs of ageing.* By Dr. Christine Cheng

Many people express frustration at looking chronically tired despite getting adequate rest. Eye bags, fine lines and hollowing under the eyes (tear trough) are common signs of ageing. So if getting the prescribed eight hours of sleep every night and religiously applying the latest eye creams don't solve these problems, is it time to resort to surgery?

WHAT ARE PERCEIVED AS EYE BAGS CAN BE FROM A VARIETY OF CAUSES:

On a young person, particularly someone who squints from myopia, eye bags could be due to over-activity of the eye muscles (orbicularis hypertrophy). Such eye bags are usually well-defined and more obvious when the person squints. Eye bags due to this condition are also closest to the eyelids. Such eye bags respond well to Botox, which has an added effect of widening the eye aperture, resulting in larger eyes!

Eye bags can also be caused by excess fat tissue in the area under the eyes. There are 3 distinct fat pads, lying in a straight row below the eyes. These herniate out below the eye muscles, causing a distinctive bulge slightly lower in the tear trough area. There is a large genetic component to these fat pads, which are also diet and exercise resistant. They don't go away even if you go on a diet. Traditionally, surgery was needed to remove the excess fat. With greater experience with Mesotherapy, some doctors now inject the fat-dissolving cocktail directly into the fat pads, thus reducing the need for an operation. Up to 3 sessions may be needed for optimal results.

As a person gets older, the quality of facial circulation and lymphatic drainage reduces. The stagnation of toxins and fluid produces puffy eye bags. The size changes from day to day and also varies at different times of the day. As the situation tends to worsen with time, the





extra fluid collection stretches the skin in the delicate eye area. Outside of eyelid surgery to remove the excess skin, there have been few effective treatments available till now.

Simply Aesthetic Rejuvenation & Contouring Clinic has introduced their Signature Advanced Biomatrix Eye Treatment program which targets this very difficult problem. Combining exfoliation to brighten up dull eyes, lymphatic drainage to remove excess fluid and an anti-ageing cocktail delivered through a freeze-dried collagen Biomatrix eye mask, marked reductions are seen with eye bags in just one session! The results last for weeks and there is zero downtime involved.

This treatment is also useful in the treatment of the last type of eye bags. These are caused by fat atrophy in the ageing face. In

Asians, the loss in fat volume is often in the inner part of the cheeks, right under the eyes. Light reflects in these hollow tear troughs as dark shadows, resulting in complaints of dark eye bag formation. The collagen in the mask and the co-administered cocktail plumps up the hollows and stimulates skin regeneration in the area, producing a more youthful fullness, thus reducing the need for filler injections in that area.

Other signs of ageing in the eye area are generally related to wrinkling: the crow's feet spreading out towards the hair line and the crinkly fine lines under the eyes. Both respond well to a combination of Botox, which prevents the wrinkles from getting worse, and chemical peels, which stimulate collagen production and reduce the appearance of fine lines. Further skin

tightening treatments may be needed in more advanced cases. Radiofrequency skin tightening and meso-lifting can be considered under such circumstances.

So say goodbye to tired eyes and unsightly eyebags. Check out the wide range of non-surgical anti-ageing solutions at Simply Aesthetic.



Aesthetics doctor and anaesthetist **Dr Christine Cheng** operates Simply Aesthetic Rejuvenation & Contouring Clinic. For more information, please visit www.simply-aesthetic.com

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Our Medical Services include: Botox, Fillers, Chemical Peels, IPL, Microdermabrasion and Mesotherapy (melt fat & cellulite, lift face & loose skin, stimulate hair growth). Our comprehensive weight loss service includes the Food Intolerance Test, a Nutrition Consultant, a Fitness Consultant. Advanced contouring technology accelerates and enhances our slimming treatments.