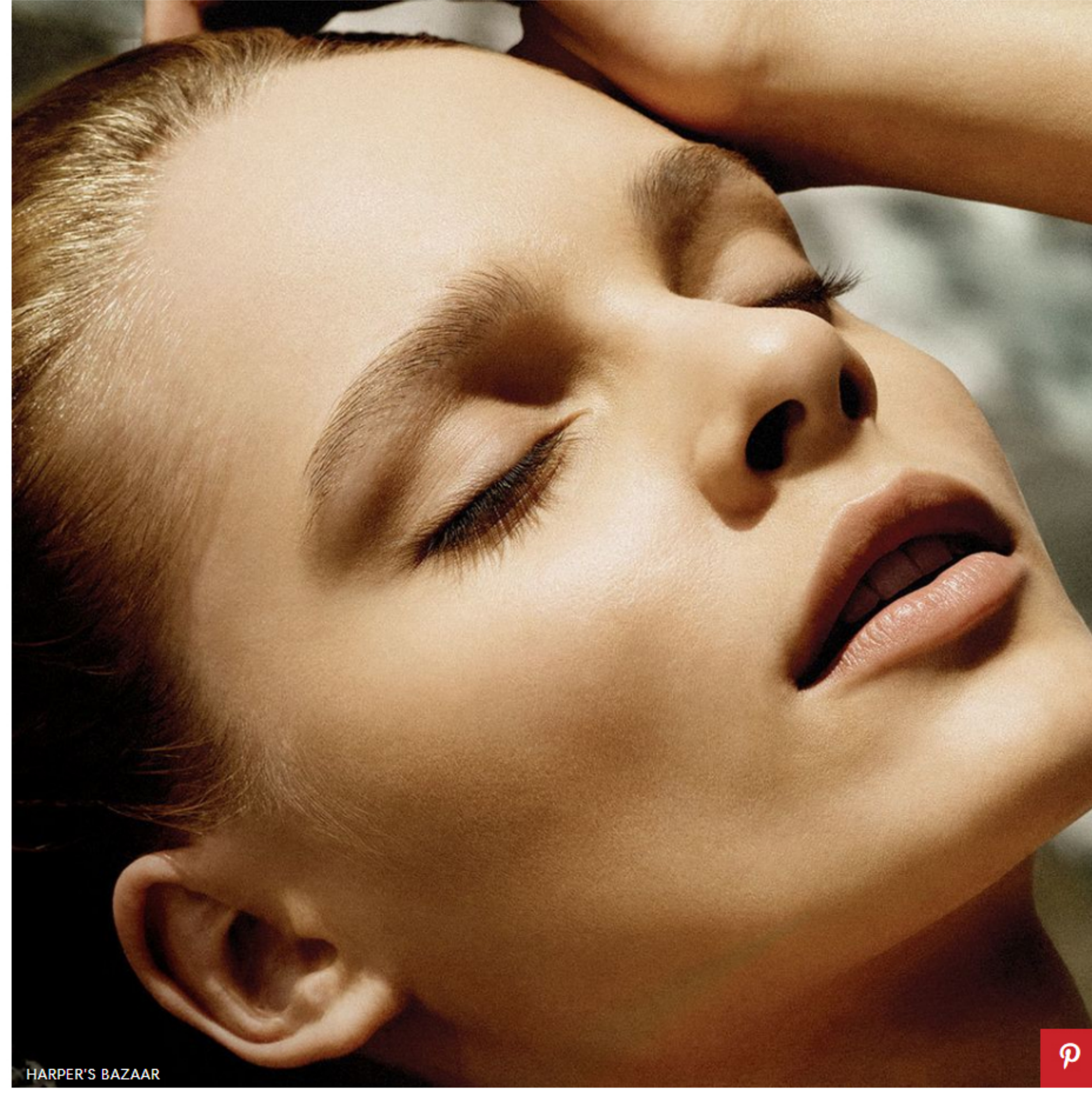


We earn a commission for products purchased through some links in this article.

#SkinSchool: 'Crow's feet' causes and treatments

How to treat lines around your eyes

BY VICTORIA HALL AND BRIDGET MARCH / MAR 19, 2019



It's no secret that our eyes are one of the first areas to show the signs of ageing. The skin here is 40 per cent thinner than the rest of our face, making it more delicate. While so-called 'crow's feet', AKA the fine lines and wrinkles around the eye area, are totally normal, they're also one of the most common ageing concerns. Should they bother you, here's the *Bazaar* guide to preventing and reducing them.

What causes lines around the eyes?

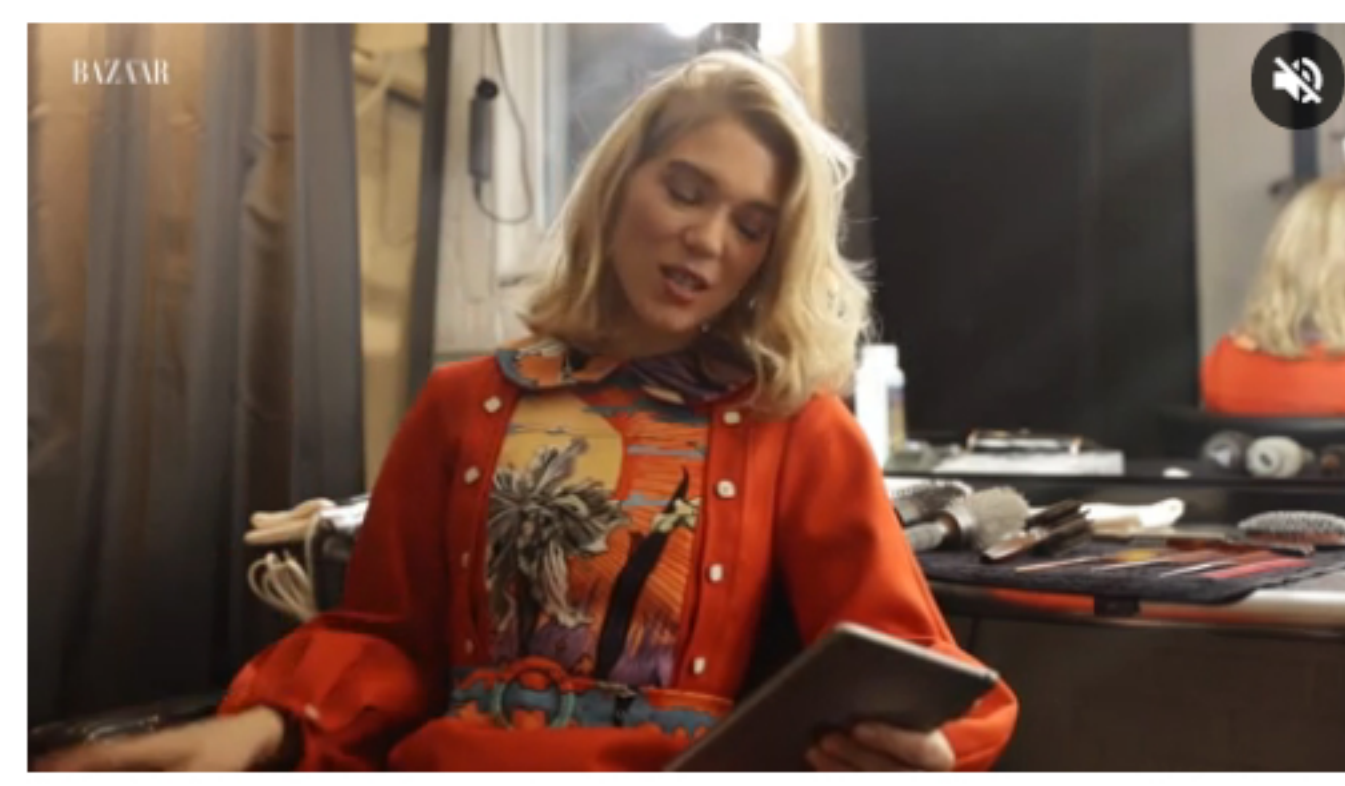
"A combination of loss of skin elasticity and collagen, and skin movement are the main causes of crow's feet," explains Dr Michael Prager, one of London's most sought-after aesthetic doctors. As we age, our skin loses elastin (its stretch) and collagen (its plumpness), but sun damage, free radicals and hormone changes elevate this. On average we blink 15–20 times a minute (that's 20,000 times per day), causing the facial muscles to crinkle and almost constantly move. Blinking aside, Mr Kambiz Golchin, a facial plastic surgeon, says "all facial movements, whether they are happy or sad, will eventually cause lines and wrinkles." So when we collectively eye rolled at [Kim Kardashian admitting she doesn't laugh often for fear of ageing](#), she's not misguided - sad though her commitment is.

How can you prevent them?

While not blinking - and forgoing smiling - isn't an option, we can help to protect the area against environmental damage such as UV rays and pollution by using good quality antioxidant eye care and SPF.

MORE FROM HARPER'S BAZAAR

Léa Seydoux's guide to Parisian style



Celebrity facialist Kate Kerr explains: "During the day your eye care should be all about prevention and protection. When it comes to the eyes, we are looking for the same outcome as the rest of the face, a thickening and strengthening of the skin and it's the same ingredients that do that. The main benefit of specific eye

creams is that they generally also target key eye concerns such as under eye circles, loss of collagen and fine lines and wrinkles." Eye-specific skincare is generally formulated to be thinner in texture and with a lower concentration of active ingredients, reducing the chance of irritation.

We earn a commission for products purchased through some links in this article

Bazaar recommends: [Zelens Triple-Action Advanced Eye Cream](#), and [SkinCeuticals Mineral Eye UV Defense SPF 30](#) for day, and [La Roche-Posay Redermic \[R\] Retinol Eye Cream](#) or [AlumierMD Retinol Eye Gel](#) (sold through professionals) for nighttime.

			
SHOP	SHOP	SHOP	SHOP
Zelens Triple-Action Advanced Eye Cream, £80	SkinCeuticals Mineral Eye UV Defense SPF 30, £28	AlumierMD Retinol Eye Gel, sold through professionals	La Roche-Posay Redermic [R] Retinol Eye Cream, £25.50

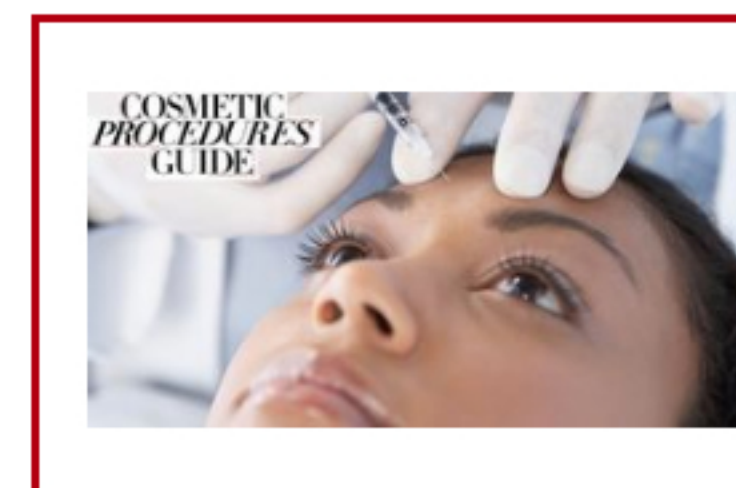
What treatments help minimise crow's feet?

Botox and fillers

"Traditionally, crow's feet were treated with Botox. The idea was that if we don't move, we don't see the lines," says Dr Prager. However, this doesn't address the lack of collagen. As a result, Dr Prager takes a two-pronged approach: "I go easy on the muscle relaxation (Botox), so the area still has movement, and I add a bit of collagen into the skin using dermal filler injections."

For suitable patients, Mr Golchin recommends injectables too, but he says that in this delicate area you should practice caution. "Serious complications such as double vision or droopy eyelids, are thankfully rare. Occasionally puffiness around the eyelids can occur, but this is usually temporary and will resolve spontaneously." Do note that injectables could actually prevent you from smiling naturally. "Wrong placement or excessive use of products can create an unnatural look," he explains. There's not smiling out of choice, and then there's not smiling because you *can't*. "Choosing an experienced qualified practitioner is a must."

RELATED STORY


	10 tips for finding the right Botox clinic
---	--

Skin tightening

Mr Golchin says that "As well as the injectables we often need to tighten the skin using skin tightening machines and energy devices such as radio frequency."

London-based aesthetician Renée Lapino also advocates the use of radio frequency for crow's feet, working with the temperature-controlled device Lumenis NuEra. She explains that when using an attachment designed specifically for the face and smaller areas, it "emits radio frequency waves or thermal energy deep into the skin, combining massage with heating to increase circulation around the area of the eyes". A treatment takes about 10-to-15 minutes, is pain-free, and – Lapino says, "you can expect crow's feet to look visibly reduced, softened and a lifted." Improvements should show after one treatment, with optimal results after four-to-six.

RELATED STORY

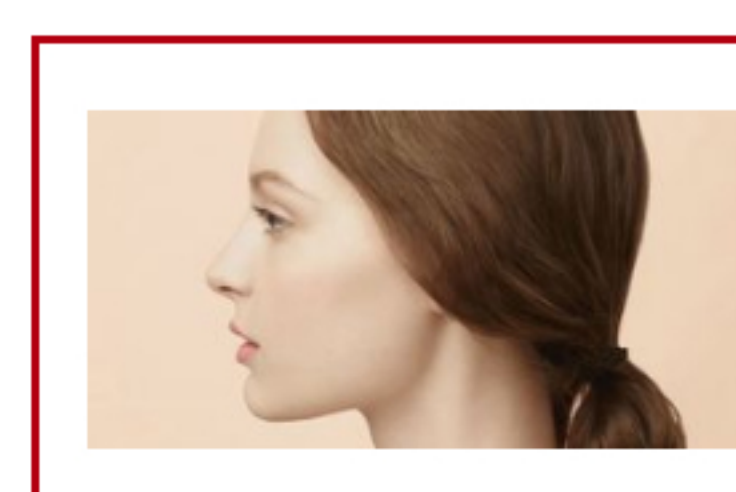
	#SkinSchool: What are radiofrequency facials?
---	---

Microneedling

Sitting between injectable and topical treatments that promise to counteract the visual effects of ageing lies microneedling, the use of a handheld device that creates controlled skin injury.

Dr Prager tells *Bazaar*: "When there is a small bit of bleeding, platelets leave the blood vessels and get exposed to the surrounding tissue. This causes a reaction whereby the platelets excrete hormones and growth factors which cause the stimulation of fibroblasts and other collagen producing cells to start increasing their production. This in turn results in more elastic and rejuvenated skin."

RELATED STORY

	#SkinSchool: Microneedling made simple
---	--

Facial acupuncture


A nice alternative to microneedling is beauty acupuncture. A pioneer in this area, Dr John Tsagaris, is a renowned doctor of Traditional Chinese Medicine. He explains, "Beauty acupuncture works by remodelling the skin, encouraging more collagen and elastin production, creating firmer and more resilient skin around the eyes." It's not painful, and there's no downtime. "It also improves microcirculation that helps with puffiness and discolouration issues," he adds. Visit Dr Tsagaris at the [Harrods Wellness Clinic](#).

Lasers

For more serious skin tightening, Mr Golchin uses laser in his practice. "In particular I use a Co2 laser because this is a resurfacing laser," he explains. "It allows for the production of brand new skin which has more collagen and, more importantly, more elastin." The result is rejuvenation of the skin on the eyelid and underneath the eyes.

Be prepared for potential pain, though: Laser treatment is commonly compared to the sensation of a rubber band snapping against the skin, but the level of discomfort depends on your tolerance and the depth of treatment. It goes without saying that you should choose your practitioner carefully.

RELATED STORY

	What to ask yourself before going under the needle
---	--