

## 8 Beauty Solutions for Puffy Eyes



A lack of hydration is a key reason the skin around your eyes may appear puffy, and a heavy-duty hydrator may help. "Moisturizing before bedtime is very important, and greasy ointments or rich creams work best," says Gary Goldenberg, M.D., an assistant clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai. "Aquaphor (\$7; [drugstore.com](http://drugstore.com)), which is widely available and fairly inexpensive, works great."