

# Women's Health

## The 5 Best Eye Massagers, According To Editor Testing

The high-tech Therabody Smart Goggles are our top choice.

By [Korin Miller](#) Published: Mar 17, 2025 3:20 PM EDT

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# The 5 Best Eye Massagers, According To Editor Testing

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Health content on TikTok goes in waves, but the latest obsession seems to be eye massagers (kinda like face massagers but for your eyes). Take a cruise through your feed and you'll see a bunch of people wearing these funky-looking goggles, while swearing the devices help do everything from easing tension headaches and migraines to lulling them to sleep. Some even claim to de-puff your eyes, which got my attention.

As a chronically under-slept, frequently stressed human, I'm the target audience for these massagers. I have eye puffiness I wish wasn't there, deal with tension headaches, and can't always relax on demand. But I also have a healthy skepticism about anything my TikTok algorithm delivers, making me wary of investing in one of these devices.

- **Best Eye Massagers**

## **SmartGoggles (2nd Generation)**

- **Best Overall Eye Massager**

## **Therabody SmartGoggles (2nd Generation)**

### **Eyeris 1**

- **Best User-Friendly Eye Massager**

## **Renpho Eyeris 1**

## **Warm & Cool Eye Energizer**

- **Best Eye Massager for Eye Bags**

## **Geske Warm & Cool Eye Energizer**

After polling two eye doctors, two dermatologists, and a neurologist, and actually using these machines myself, I discovered there is some value in using an eye massager. "Eye massage can feel incredibly relaxing," says W. Christopher Winter, MD, a neurologist and sleep medicine physician with Charlottesville Neurology and Sleep Medicine and host of the Sleep Unplugged podcast. These devices can help you chill out after a stressful day, lower the risk of tension headaches, and even support good sleep, he explains.

On the skin front, a good eye massager can improve circulation and promote lymphatic drainage to lower eye puffiness, says Gary Goldenberg, MD, a dermatologist practicing in New York City. A light eye massage may even help with eye strain and dry eye, according to Zachary A. Coates, OD, an assistant clinical professor in The Ohio State University College of Optometry.

If that all sounds promising to you, it's worth considering adding an eye massager to your life. To help you narrow down the field, we consulted with five doctors for input on important elements and safety features to consider in these devices. We also tested seven of the most popular eye massagers out there before narrowing down our top picks. While these didn't magically obliterate headaches or completely eliminate puffiness, they delivered noticeable results.

## **What To Consider**

## **Noise**

Some eye massagers promise to be quieter than others but, in reality, it's impossible for any device that vibrates and massages to be noiseless. Still, if you're choosing an eye massager to help relieve headaches or tension, you'll likely prefer one that's on the quieter end. It can be tough to know upfront which products meet that criteria, making it important to pore over the reviews of a massager you're considering. All of the massagers we chose made some level of noise, but not so much that it was distracting.

## **Ease of Use**

As with most things in life, you're probably not going to use an eye massager that's overly complicated. Some massagers are operated by an app, while others have buttons on the machine that you press to adjust the pressure and temperature. Certain massagers also have designs that are more intuitive than others. Ultimately, you want something you can turn on and use within seconds.

## **Comfort**

The whole point of using an eye massager is to feel comfortable, but some massagers feel better against your face than others. Look for highly padded options, as well as devices made with smooth materials, like silicone or cotton.

## **Weight**

Eye massagers will have a little heft to them, given that they contain mini motors to deliver relief. But a massager shouldn't be overly heavy. Otherwise, you run the risk of it feeling uncomfortable or even sliding down your face during use.

## **Adjustability**

There are two elements to mull over here. For wearable massagers, an easily adjustable strap is a must. But it's also crucial to make sure you can toggle between different intensity levels and temperatures, if your go-to massager offers that, to ensure you're getting the most comfortable experience possible.

## **Battery Life**

Eye massagers are usually rechargeable devices, but battery life can vary. If you're fine recharging your massager after every use, this is unlikely to be a big concern for you—we had no issues with any of the devices dying on us during testing. But if you know that you tend to be forgetful when it comes to plugging in your gear, it's probably best to opt for a massager with a longer battery life.

## **How We Chose**

You're not born knowing how to pick the perfect eye massager. That's why we consulted with a range of physicians—two eye doctors, two dermatologists, and a neurologist—to learn more about features to consider, as well as qualities to steer clear of. Keeping that advice in mind, we pored over information and reviews of the top eye massagers out there, before narrowing the field. After that, we tested seven eye massagers, evaluating each on factors like comfort, ease of use, battery life, and adjustability. Decompress with these.

## **Best Overall Eye Massager**

### **Therabody SmartGoggles (2nd Generation)**

Therabody isn't screwing around with its popular SmartGoggles. The second generation version of this eye massager looks and feels high quality, from the moment you pull it out of the box.

The Cadillac of eye massagers has the most cushiony padding of any of the devices we tested, creating a gentle but snug hug around your eyes when it's slipped on. A thick, adjustable strap allows you to get a secure fit and completely blocks out all light.

But while the massager looks and feels great on, the technology loaded into this device is where it really shines. The SmartGoggles are controlled by the Therabody app, which will have you up and running in less than five minutes. There, you can cruise through a range of preset treatments designed to address a slew of things—general relaxation, sleep preparation, guided meditation, and even focus for when facial tension is distracting you. These programs gently pipe music through your phone that you can crank up or down, depending on what you're in the mood for. Manual buttons on the top of the massager make it easy to adjust the heat and massage level mid-session, too.

The SmartGoggles have a built-in sensor to keep tabs on your heart rate and adjust the massage based on what it picks up. This massager is on the quieter end, although it's not noiseless. It's also a little heavy, although you're packing a lot of technology in a small space. Surprisingly, it doesn't weigh you down once it's on thanks to all that padding. The only major downside of this massager is the price tag. At \$199, it's significantly more expensive than other options out there. Still, when you factor in all of the features this massager delivers, nothing else comes close.

## **Best User-Friendly Eye Massager:**

### **Renpho Eyeris 1**

The Renpho Eyeris 1 has a ton of social media buzz behind it, and the hype is valid. This massager is inexpensive (a fraction of the cost of our top choice, when it's on sale) and simple to use right out of the box.

This massager has just three buttons—power/mode change, sound, and compression—making for a relatively simple experience. Once you turn it on, the device immediately gets to work massaging your eyes and temples. It even tells you in advance what it's going to do, which we thought was a nice feature in something you have to blindly use.

The Eyeris 1 pipes music through the massager, although there is a silent option if you prefer a quieter experience. This massager is also lightweight for a comfortable feel. This isn't as heavily padded as our top pick, the Therabody SmartGoggles, and it doesn't offer nearly as many options or block the light as well. But if you want a heated massager that's cozy and intuitive to use without a high price tag, this is definitely worth considering.

## **Best Eye Massager for Eye Bags:**

### **Geske Warm & Cool Eye Energizer**

While most eye massagers are designed to help you relax, Geske's Warm & Cool Eye Energizer zeros in on puffiness and dark circles. This handheld device is incredibly popular (it's sold out in several places) and is packed with features to make tackling eye issues a breeze.

The massager syncs up to an app, although you can control it manually. It also has heating and cooling features, switching between both temperatures in seconds. The app offers guided massages to get the most out of your use, along with a skin scan to let you know how things are going. You can spell out your cosmetic concerns on the app, which then essentially gives you an itinerary of how to tackle your issues—that's a handy feature, especially if you're not totally sure what you're doing with beauty gear (hi).

We found the cooling feature to be best for tackling eye bags, but the warm temperature just felt nice after a long, stressful day. While Geske doesn't specify a battery life, we noticed during testing that it needed to be recharged more

than the larger wearable options. That said, this is a highly portable, easy-to-use massager that goes to work quickly on eye bags—and it and feels good while it's doing it.

## **Best Budget Eye Massager:**

### **Homedics Eye Massager with Heat**

You don't need to spend a ton to get a hands-free eye massage at home. The Homedics Eye Massager with Heat straps on with the help of an adjustable velcro strap and quickly gets to work.

This lightweight massager is controlled by two different buttons on the side, which thoughtfully have raised surfaces that make them easy to identify, even when you're strapped in. Flip between three massage programs and two heat settings to find the feeling that's right for that particular moment.

This eye massager is a little different than the other wearables in our guide—it has a soft shell and feels like an eye mask, making it more comfortable to wear to bed than some of its bulkier counterparts. It's also incredibly lightweight and has an almost squishy feel on your face. It even has a long (three hour) battery life that rivals that of our top choice, the Therabody SmartGoggles.

The Homedics eye massager isn't the most high-tech option you'll find and doesn't create a perfect black-out experience either. But it's incredibly comfortable to wear, straps on fast, and gets the job done. For \$50 bucks, that's pretty great.

## **Best Hands-Free Hot and Cold Eye Massager:**

### **Sharper Image RealTouch Eye Mask Massager Hot and Cold**

Most wearable eye massagers only deliver heat. But if you want a hands-free hot and cold experience, the Sharper Image RealTouch Eye Mask Massager Hot and Cold is here to help. This mask moves between hot and cool settings quickly, allowing you to get that just-right temperature on demand.

The mask uses air compression to deliver your massage, letting you toggle between settings with the help of two buttons on top. If you prefer sound with your massage, the RealTouch mask lets you stream whatever you want through Bluetooth. So, you can unwind to the sounds of Taylor Swift, Beyonce, and whatever else your heart desires.

The inside padding is molded to create a snug, black-out situation. It also feels really comfortable on. The strap uses velcro for a tight fit, which is helpful. However, we found during testing that our hair got caught in it if we weren't careful. The battery life is also on the shorter end, but we didn't find it to be an issue. Overall, the Sharper Image RealTouch is a great choice if you want to add a cooling massage to your day without having to use your hands.

## **Meet the Experts**

- Zachary A. Coates, OD, is an assistant clinical professor in The Ohio State University College of Optometry.
- Gary Goldenberg, MD, is a dermatologist practicing in New York City.
- W. Christopher Winter, MD, is a neurologist and sleep medicine physician with Charlottesville Neurology and Sleep Medicine and host of the Sleep Unplugged podcast,
- Joshua Zeichner, MD, is director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City.

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