

SHEFINDS / BEAUTY / THE ONE DRUGSTORE DARK CIRCLE PRODUCT YOU SHOULD NEVER BUY, ACCORDING TO A DERMATOLOGIST

The One Drugstore Dark Circle Product You Should NEVER Buy, According To A Dermatologist

December 6, 2018 by JUSTINE SCHWARTZ



Subscribe to our newsletter for daily updates from SheFinds.

email address

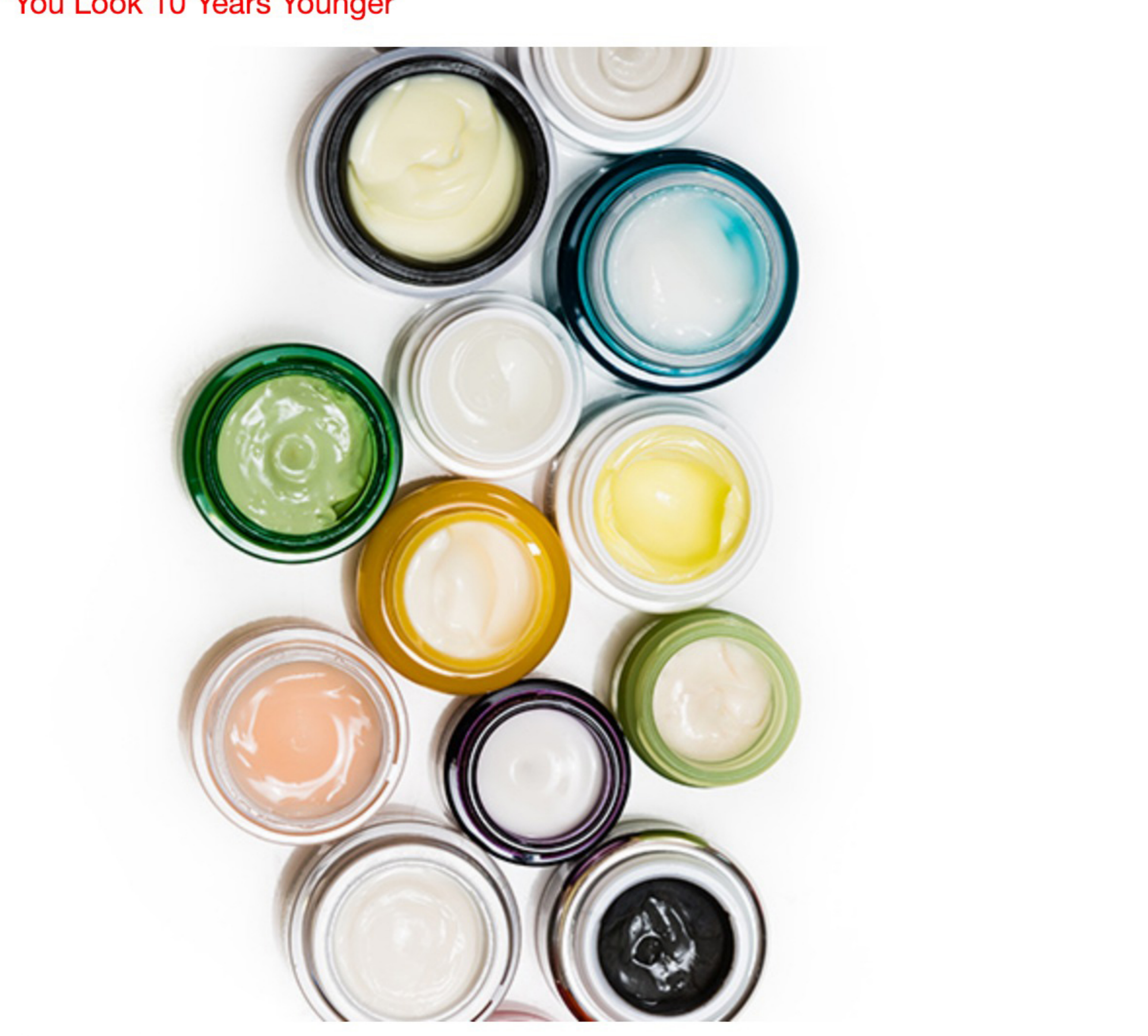


Age, tiredness, allergies—a number of factors can contribute to those dark circles that appear underneath your eyes. Some of them are out of control and *whatever* the cause, the treatment—short of aging backwards and getting twice as much sleep—is likely a skincare product.

But, are over-the-counter ones effective enough to be worth your dollars? Are there products that do more harm than good, ie. they irritate your skin or cause under eye circles and redness to be *worse*?

We spoke to the country's leading skincare experts to discover the dark circle products you should be very careful snatching up in the drugstore:

READ MORE: [5 Best Eye Creams For Dark Circles & Puffiness That Will Make You Look 10 Years Younger](#)



Vitamin K

"Vitamin K is used in many eye creams because it helps combat darkness under the eyes by shrinking the blood vessels. However, **allergic reactions to this ingredient have become quite common, typically in the form of itchy or irritated skin,**" celebrity esthetician [Renée Rouleau](#) tells us.



Glycolic Acid

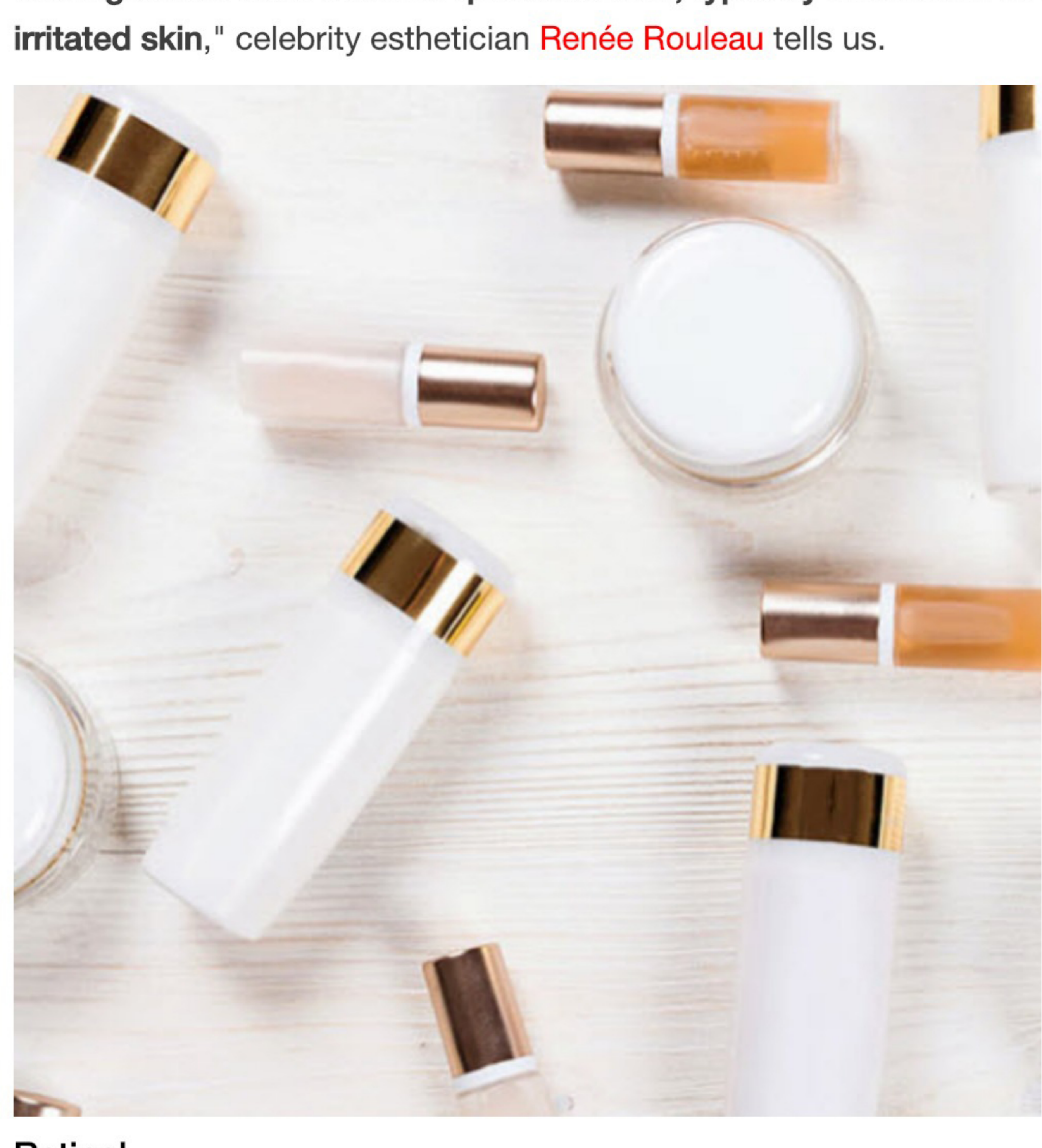
"Any ingredient that irritates the skin should be avoided as it can make the skin more pigmented," Dr. Hal Weitzbuch, M.D., M.S., F.A.A.D., Founder of [JuveTress](#) tells us.

"Harsh ingredients like strong glycolic acid or tretinoin may irritate thin eyelid skin even if tolerated on other areas of the face. The best thing to use under the eyes is a moisturizer that makes your skin feel healthy and doesn't irritate.



Vitamin K

"Vitamin K is used in many eye creams because it helps combat darkness under the eyes by shrinking the blood vessels. However, **allergic reactions to this ingredient have become quite common, typically in the form of itchy or irritated skin,**" celebrity esthetician [Renée Rouleau](#) tells us.



Retinol

"While Retinol can be a very effective ingredient for a lot of people, for others it may just be too harsh. **Some people may experience inflammation or irritation with Retinol** so I recommend trying it to see if it is right for you and if not, discontinue use," Renée explains.



Rubbing It

Additionally, how you apply the products is also equally important. "Try to avoid applying the eye cream too close to the lash line as the product will end up in yours eyes, picked up by the eyelashes," Renée advises.

"Also, avoid tugging or rubbing the skin around the eye as it is already more sensitive than the rest of the skin on your face. Apply in a gentle, patting motion and massage in circular motions using your ring finger. This stimulates stagnant blood flow, which can be a contributing factor to why you are seeing dark circles in the first place."