



Answers for beautiful eyes

Our experts weigh in on matters ranging from banishing dark circles to better-looking brows.

By Maria Ricapito

Q I overplucked my brows and now have some blank spots. How can I fill them in without looking fake?

To avoid getting carried away while tweezing, invest in a magnifying mirror, but step back every few seconds to evaluate your handiwork from a distance. "Your brows are sisters, not twins," says Malynda Vigliotti, proprietor of Boom Boom Beauty Bar in New York City. "They'll never be identical, but they should have similar proportions." If your brows have any slight gaps, fill in with brow powder (rather than pencil) for a natural look.



Q How should I adjust eye makeup when wearing contacts or glasses?

Glasses: Draw attention to your eyes behind the lenses. "Create a dramatic outline with liner, and use black mascara on both top and bottom lashes," says New York City-based makeup artist Reiva Cruze. Then try a slightly brighter-than-usual shadow. **Contacts:** "Choose makeup that will wash out easily via blinking if it flakes into your eyes," says Susan Resnick, OD, a New York City-based optometrist. This means using cream shadows instead of powders and avoiding mascaras that contain fibers (usually labeled "thickening") and waterproof formulations, which require oil-based removers that can stick to lenses. Finally, line eyes outside the lashes instead of inside, which blocks tear ducts that help keep eyes naturally moist.

Q I'm starting to notice lines around my eyes. How can I stop them from becoming worse?

"Look for an eye cream containing vitamin C, retinol, or niacin," says Ariel Ostad, MD, clinical assistant professor in the department of dermatology at New York University Medical Center. "They help reduce collagen breakdown and stimulate collagen production, which helps to reduce the appearance of fine lines." It is also important to use a proper moisturizer, which helps to further hydrate the skin and therefore prevent inflammation. EmerginC Eye Serum (\$49) contains humectant hyaluronic acid, plus vitamins C and E and soothing chamomile.



Q How do I change my eye makeup but still look like me?

"Use contrasting colored eye pencils to line the top eyelid," says Kimara Ahnert, a makeup artist and founder of a cosmetics line and studio in New York City. "If you have green eyes, use a wine color. If you have brown eyes use navy, and if you have blue eyes try gray." We like Estée Lauder Double Wear Stay-in-Place Eye Pencil (\$19) in seven long-lasting colors. The foam tip on the top of the pencil easily gives the perfect smoky, smudged effect.



Q How can I prevent dark circles under my eyes?

"One of the main causes of dark circles is heredity," says J. Matthew Knight, MD, a dermatologist based in Orlando, Florida. "The blood vessels that lie underneath can be visible, creating a bluish or gray tint." This is especially obvious in lighter skin tones and also as we age and skin thins. While you can't combat heredity, take steps to mitigate dark circles by always using proper sun protection to help keep pigmentation in check. ☺

Maria Ricapito is contributing beauty editor for Cooking Light.

Shopping info.

Products are available at drugstores or department stores, with the following exception:

EmerginC: www.emerginc.com, 800-257-9597