



I Usually Wake Up With Dark Under-Eye Bags, So I Tried 4 Home Remedies To See Which Works Best



by VOLIA NIKACI

There's nothing worse than waking up to dark bags under your eyes in the morning. Whether those pesky under-eye circles are caused by genetics, seasonal allergies, a lack of sleep, or all three, you likely understand the frustration it causes.

As someone who has long battled with dark under-eye bags, I've used tons of expensive creams with no permanent results, so I decided it was finally time to test out some natural ways to get rid of them.

The internet is filled with interesting [home remedies for dark circles](#), and, as it turned out, I already had a lot of the ingredients sitting around the house. Since my bags come from a mixture of genetics and seasonal allergies, I knew I'd have my work cut out for me as I tested the different treatments in my search for the perfect home remedy.



What Causes Dark Circles?

So [what causes dark under eye circles](#)? You may not want to hear it, but dark circles and puffy eyes are usually inherited from our parents. While certain factors can promote the appearance of dark circles under eyes, genetics are primarily to blame. [Paul Jarrod Frank](#), a cosmetic dermatologist in New York City, has stated, "There is a strong genetic component to dark circles, which is out of people's control." Since the skin near our eyes is so thin, that leads pigmentation issues to increase.

And though we can't change genetics, we can take steps to minimize their appearance. Below are [three of the home remedies](#) I tried out to alleviate the appearance of my dark circles — and one that actually made a visible difference.

1. Almond Oil



The first product I used to get rid of my dark circles was was almond oil. I used 100% organic sweet almond oil since I knew the almonds used would be unrefined and pesticide-free.

To start, I washed my face before bed as usual and lightly applied a few drops of almond oil to my under-eye area. I circularly massaged the oil for a few seconds and then left it on overnight.

I did this for a week and noticed a significant difference in the mornings, as I woke up with less prominent dark circles.

2. Tomato Paste



The prospect of putting tomato paste on your face may seem unsavory, but I found this home remedy while on a deep search for dark circle treatments. The method requires the use of one tomato, lemon juice, turmeric powder, and gram flour. I tossed one chopped tomato, one tablespoon of lemon juice, and a pinch of both turmeric powder and gram flour into a blender, then mixed together the ingredients until it became a thick paste.

I saved the mixture inside a Mason jar and applied some of the paste gently under my eyes. I left it on for 20 minutes each time I used it. I repeated this method twice a week, and I did notice my skin tone evening out — but only very slightly.

3. Mint Leaves



Mint leaves are said to be very [high in vitamin C](#) and thus stimulate the production of collagen, making the skin under your eyes firmer and thicker.

To test this out, I placed some mint leaves into a blender until they turned into a paste. I then applied it gently to my under eye circles and left it on for 10 minutes. I felt like the mint leaves helped the skin around my eyes feel softer, but they didn't make much of a difference for the dark circles.

4. Caffeine Eye Serum



This caffeine eye serum recipe promised to remove dark circles and puffiness – two of my main problems.

For this serum I used:

- 1/4 cup organic ground coffee
- 1/3 cup sweet almond oil
- 2 tbsps. castor oil

I placed the organic ground coffee and sweet almond oil into a glass jar and let it sit for a week. After the week was over, I used a cheesecloth to strain the mixture into a bowl. I then added the castor oil into the bowl and mixed it all together. To keep the serum within easy reach, I placed it in a dropper bottle. I applied the serum to my dark circles every morning along with my usual morning routine.

This method gave me the best results. I noticed both my dark circles and puffy eyes were less noticeable in the mornings after each application.

Dark Circles: Before And After



After trying out all of these home remedies, I found that the best treatment for dark circles was the mixture of essential oils and coffee. It seems that the combination of caffeine and the vitamin E properties in almond oil worked quite well together. I'm so glad I discovered this treatment and will definitely keep using it in hope of removing my dark circles for good!

If you plan on testing out this dark circle treatment on your own, please make sure to **SHARE** for everyone else who could benefit from these tips!