

Take years off your eyes in just 5 minutes!



Eyes are one of the worst culprits for betraying our age – try these simple tricks to banish the tell-tale signs...

Hit the caffeine
Puffiness is most commonly caused by sluggish lymphatic drainage and poor fluid circulation. Gently tapping a caffeine-based cream into skin round the eyes gets everything moving again. No tapping necessary with Garnier Caffeine Anti-Dark Circles 2 in 1 Tinted Eye Roll-On, with a massaging rollerball built in, which conceals as it de-puffs.

Garnier Caffeine Anti-Dark Circles Eye Roll-On, £10.49



Avoid heavy moisturisers
The skin around the eye is one tenth of the thickness of that on the rest of the face, so your regular moisturiser will be too heavy. At night, try Kiehl's Midnight Recovery Eye, £24.50, John Lewis. Specifically formulated for the delicate eye area, this cream is also completely paraben, fragrance and oil free.

Use a light reflector
One survey found that winter could add five years to the eye area – it's thought the lack of sunlight makes bags look worse. The best remedy for dark circles is plenty of rest and a healthy diet. If you need a quick fix, try Lacura Concealer Pen. The tiny light-reflecting pigments help brighten under the eye for a youthful, wide-awake look.

Lacura Concealer Pen, £3.59, Aldi



Change your pillow
Help avoid under-eye suitcases by using an extra pillow at night. Lying propped up stimulates drainage so that fluid doesn't build up under eyes. Enhance the effect with an anti-ageing pillow like the 100% Natural Pillowcase, £44, silkskin.co.uk

Grate, don't slice

Cucumber's been a tried and tested eye-brightener for years. But to get the most out of a refreshing cucumber eye mask, grate it first. The shredded cucumber can nestle in more closely to your eyes than when you apply whole slices. Wrap it in a muslin cloth, lie back and place over eyes for five minutes for a peeper pick-me-up.



Muslin Cloths, 2 for £4, Liz Earle

RapidLash Eyelash Enhancing Serum, £41

RapidLash Eyelash Enhancing Serum

Don't forget the lashes

For voluminous, natural-looking lashes, try an eyelash enhancing serum like RapidLash. The formula conditions lashes to look stronger, fuller and longer in 30 days. Follow with a few helpings of Benefit They're Real! Mascara. You'll be fluttering those lashes in no time!

Chill out!
Pop your eye cream in the fridge to double its de-puffing power



Benefit They're Real! Mascara, £19.50

Illamasqua Powder Eye Shadow in Wolf, £15.50

ILLAMASQUA

Add some definition

The trick of achieving large, bright eyes is where you apply your matte and metallic shadows. Brush Illamasqua Powder Eye Shadow in Wolf all over the area, then concentrate in the crease to create definition. Finish with a shimmer shadow like Max Factor Masterpiece Colour Precision Eyeshadow in Pearl Beige to the brow bone, inner corner and centre of the lids.

Max Factor Masterpiece Colour Precision Eyeshadow in Pearl Beige, £6.99



Colour code

Find your perfect shade with our easy-to-use colour chart...

Brown eyes

Go for blues, greens and browns. Try Baked-To-Last Eye Colour in Jade (left), £10, The Body Shop, and Bourjois Little Round Pot Intense in Brun Sienne, £6.99.



Green eyes

Purples and violets work well. Diego Dalla Palma Colour Eye Shadow (left), £15, Marks & Spencer, and Guerlain Ecrin 4 Couleurs in Les Violets, £38, John Lewis.



Hazel eyes

Coppers and charcoals help make your peepers glow! Try MAC Eyeshadow in Beluga (left), £12.50, and Max Factor Smoky Eye Effect Eyeshadow in Bronze Haze, £4.99.



Blue eyes

Browns, greys and golds look stunning. Try Smashbox Limitless 15 Hour Wear in Riches (left), £15; L'Oréal Infallible Eyeshadow in Eternal Black, £6.99.



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