

## Dark Halos around eyes

Dark circles around the eyes affect both men and women, and often begin in adulthood. The affected person is searching for solutions because it gives an uncomfortable appearance and increases the appearances of aging.



### **The reasons for dark circles are multiple, including:**

- Genetics: Family history.
- Lifestyle: such as physical or emotional stress, staying up late (especially with the use of smart phones), smoking, and alcoholic drinks.
- Excessive sun exposure without using an appropriate sunscreen
- Spring allergy (nasal congestion) and atopic eczema
- Some medications
- Anemia and liver problems
- Pregnancy
- It may also form as a natural part of aging that causes skin thinning, loss of fat and collagen.
- In some people the skeleton around the eye is deep, and this also contributes to the dark color formation under eye.
- In addition to other reasons that increase skin pigmentation and need a clinical examination by a dermatologist.

### **The treatment options:**

- It is usually recommended to use creams to whiten the skin but with a reduced strength as night creams with the use of sun protective creams during the day.
- In addition, many people may need filler injections
- Other treatments include chemical peeling, mesotherapy, laser, and carboxytherapy, depending on the condition of each patient and the reasons leading to their dark circles.
- Sometimes plastic surgery is required to remove sagging fat under the eyes

**To prevent dark circles from forming**, there are several steps you can take, such as avoiding fatigue, avoid staying up late, and treating the symptoms of eczema and allergies.