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SKIN CARE

The Best Eye Creams to Use By Decade

Not all eye creams are created equal.



By Brittany Burhop Fallon, Beauty Director · May 17, 2022



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Not all eye creams are created equal. Some are more focused on “prejuvenation” and instant results like depuffing; others contain heavy-hitting anti-aging actives backed by clinical studies. New Orleans dermatologist Mamina Turegano, MD says eye cream can be a controversial topic because there are dermatologists who say you don’t need it, but she is on team eye cream.

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“Through my experience, I’ve seen a lot of eyelid issues because that skin is definitely different than the skin on the rest of the face,” she explains. “There are no oil glands, it’s thinner, more delicate, more reactive, and more prone to eczema and contact dermatitis. So, I feel more comfortable recommending products that were formulated for and tested on the eye area.” These are the best

In Your 30s...

Crow’s-feet and fine lines start to become more visible in this decade, so Dr. Joel Schlessinger says, “If you haven’t starting using active ingredients like peptides already, now is the time to incorporate them into your regimen. Collagen production slows as we age, which is one of the reasons why we start to see wrinkles at this stage of life. Peptides are the building blocks of collagen, so an eye cream with peptides like [Revision Skincare D.E.J Eye Cream](#) and [LovelySkin LUXE Brightening Eye Cream](#) can pick up the slack and help plump and smooth skin.”

Another peptide-packed option, which Woodbury, NY oculoplastic surgeon [Q David Schlessinger, MD](#) likes to recommend to his patients, is [Alastin Restorative Eye Treatment](#). It features the brand’s proprietary TriHex Technology, a blend of tripeptide-1 and hexapeptide-12 that supports the skin’s natural ability to generate new, healthy elastin and collagen. It also contains sodium hyaluronate, which is derived from hyaluronic acid and offers similar benefits, but has a smaller molecular size so it can penetrate the skin even better. “Most people benefit from a hydrating agent such as hyaluronic acid to plump the skin,” he says. “The skin’s ability to hold moisture as it ages, so this is more important at this stage.”

