

The Secrets About Eye Creams Revealed

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Not only is Dr. Marc Malek one of the best plastic surgeons in Scottsdale, he has a vast knowlege of skin care. Although I am young, It is never too early to start caring for your skin by using anti-aging products. But, do eye creams and serums really work? Let's see what Dr. Marc Malek has to say...

“Eye creams need to be soothing to the skin by applying the proper moisturization. They should create a smoothing effect on fine lines and wrinkles as they firm the skin by stimulating collagen production and promoting cellular regeneration,” says Dr. Marc Malek. “A proper eye cream should also decrease darkness and puffiness of the lower eyelids.”

I have always watched my mother and grandma use eyecreams but I really didn't know what separates eye creams from regular moistureizers. I never knew what the difference was until Dr. Marc Malek informed me:

“The skin composing the lower eyelid is significantly thinner than the rest of the face and is much more sensitive to topical products. Moisturizers can be used around the eye area, but they may cause stinging or burning. The benefit of a cream specifically formulated for the eye area is that it will be less irritating than a typical moisturizer. A properly formulated eye cream will be milder and free of fragrances.”

Now that I knew these key facts about eye cream I can feel more confident in using them. But the real questions is, how fast do they work? Everyone likes to see immediate results, however, Dr. Marc Malek says these creams can take up to 4-6 weeks before you notice any results.

When you think about it, if doing something consistantly for 4-6 weeks will reduce under eye bags and get you on the path to looking younger {in my case holding on to my youth} heck, who wouldn't do it!

For more information about Dr. Marc Malek visit <http://marcmalekmd.com/>

Also check out this post about Dr. Marc Malek <http://arizonafoothillsmagazine.com/fitness/spa-wellness/q-a-one-of-the-best-plastic-surgeons-in-scottsdale/>