

6-Week Under-Eye Dark Circle Reduction Plan (Home Routine)

Important: This routine can visibly improve dark circles caused by poor sleep, dehydration, mild pigmentation, eye rubbing, or puffiness. Genetic or structural dark circles may improve only partially.

Week 1 – Repair & Hydrate

- Morning: Cold compress (3 min), gentle massage (1 min), moisturizer, SPF 50 sunscreen.
- Night: Gentle cleanser, sweet almond oil massage, sleep 7.5–9 hours.
- Drink 2.5–3 L water, reduce salt, avoid rubbing eyes.
- Expected: Less puffiness and better hydration.

Week 2 – Improve Blood Circulation

- Cold green tea bags (10 min, 3×/week), moisturizer, sunscreen.
- Almond oil massage, sleep with head elevated.
- Eat spinach, eggs, citrus fruits, berries, protein.
- Expected: Fresher-looking eyes.

Week 3 – Brighten Naturally

- Cold compress, moisturizer, sunscreen.
- Potato juice (10 min, 3×/week), then almond oil.
- 30 minutes walking daily and less screen time before bed.
- Expected: Mild brightening.

Week 4 – Build Healthy Habits

- Continue routine.
- Eye relaxation exercises (5 min).
- Reduce sugar and processed foods.
- Eat nuts daily.
- Expected: Healthier skin.

Week 5 – Boost Skin Repair

- Alternate aloe vera gel and almond oil at night.
- Maintain hydration and sleep.
- Expected: Better texture.

Week 6 – Maintain & Evaluate

- Continue all habits.
- Compare Day 1, Week 3 and Week 6 photos.
- Expected: 20–40% improvement for lifestyle-related dark circles.

Foods to Eat

- Spinach, beetroot, eggs, citrus fruits, carrots, tomatoes, berries, almonds, walnuts, and plenty of water.

Avoid

- Less than 7 hours sleep, rubbing eyes, smoking, excess alcohol, excess sugar, skipping sunscreen, sleeping late.

Final Note

- Home remedies cannot completely remove genetic dark circles or tear trough hollowness. Consult a dermatologist if dark circles persist.