

Ask Dr Section

Question:

Hi doctor,

Recently i noticed some wrinkles at the side of my eyes. Have tried eye cream but result in oil clots, eye gel gave me the same problem as well.

Pls advise

Ginny sng

Answer:

Dear Ginny,

As a person starts to age, wrinkles developed and they can vary from very fine lines to deep sagging wrinkles. Over time, the dermis of our skin starts to lose elastin and collagen, which in turn hinders the skin's ability to retain moisture. Subcutaneous fat under the skin will be lost over time and this can further contribute to wrinkling and sagging of the skin.

Several factors can accelerate the aging process and cause premature wrinkles. These includes prolonged sun exposure, tanning, smoking, poor dietary habits and constant facial expressions such as squinting (results in Crow's feet) or frowning.

Several skin regimes can help reduce and/or prevent premature wrinkles from developing, especially around the eye areas:

1. Use an eye product that is suitable for your skin.
2. **Do not** over exfoliate.
3. Do use moisturizing foundation or concealer around the eye area.
4. Over moisturizing may cause milia seeds (oil seeds), hence gentle exfoliation will be required. (*Refer to previous article on Milia seeds*)
5. When applying eye products, do not over massage. Gently apply product on area above the cheekbone and under the eye lids. Allow product to be drawn slowly to the problematic area. Placing eye products in the fridge is recommended.
6. Do not over exert your eyes, allow them to rest every half hour.
7. Rest well, eat a balanced diet, exercise and drink plenty of fluids.

Products Recommendation:

Ido's 23 Mega Eye Complex – This highly purified active seaweed extracts and other natural compounds such as soybean peptides, rice peptides and yeast protein preparation, form

the crucial components in this multi-potent, anti-aging and moisturizing eye gel. It also stimulates the micro-circulation and collagen production around the eyes. Its natural anti-oxidants effectively reduce the free radicals that damage the skin. This exceptional formula also significantly smoothes the wrinkles and fine lines, reduce the phenomenon of dark eye circles, eye bags and hypersensitivity around the eye area. Mega Eye Complex is the perfect solution for a pair of sparkly dazzling eyes.

Product link: <http://onlineskincare.apex.sg/webshaper/store/viewProd.asp?pkProductItem=21>

DS.13 Day Signature SPF 20 PA ++ - Our very own BB (Blemish Balm) cream that is formulated through our unique Nanotechnology. It works wonderfully as a sunscreen, **moisturizer**, anti-acne, whitening and make-up foundation base. Day Signature is a fantastic broad spectrum sunblock that provides intense UVA and UVB protection. Utilizing Nanotechnology, active ingredients are readily absorbed deep into the skin as opposed to only working on the surface. It glides on with a smooth tinted finish, balancing oil production and leaving the skin radiant and beautiful throughout the day.

Product link: <http://onlineskincare.apex.sg/webshaper/store/viewProd.asp?pkProductItem=4>

Kind Regards,

Dr Lucas Chia