

# martha stewart

## These 9 Under-Eye Patches Will Banish Dark Circles, Puffiness, and Fine Lines

Our top picks are proven winners. Plus, leading dermatologists offer their best tips on applying eye masks.



By [Audrey Noble](#)

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Under-eye patches are more than just aesthetically pleasing props for your skin care routine. In fact, they are a key product for this often overlooked area of your face; they treat pesky dark circles, puffiness, crow's feet, and more. Ultimately, discoloration, dryness, and dullness in the ocular zone can happen to everyone. According to [Dr. Neda Mehr, MD](#), a board-certified dermatologist and founder of [Pure Dermatology Cosmetic & Hair Center](#), dark circles in particular are often genetic—some of us are simply predisposed to them.

# What ingredients should you look for in an eye patch?

Look for retinol-soaked patches, says Dr. Eldik, if you need to address dark under-eye circles; this ingredient thickens the skin by increasing collagen production, which should reduce this area's purple tint over time. Dr. Mehr agrees and names vitamin C, green tea, and niacinamide as other key agents to look for when purchasing these patches (or eye creams in general); all three should brighten the eye area.

# How do you apply under-eye patches?

Eye patches are generally safe for everyone to use. Dr. Mehr recommends popping them on one to two times per week for the best results. Depending on the brand, eye patches are usually designed to be applied once for about 15 minutes; most iterations are disposable. Once you remove these pieces, Dr. Mehr suggests massaging any excess serum into the skin around your eyes.



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## Patchology "FlashPatch" Illuminating Eye Gels

\$35, [PATCHOLOGY.COM](https://www.patchology.com)

Dr. Mehr likes Patchology's "FlashPatch" Illuminating Eye Gels; they contain a mix of vitamin C and green tea to improve

microcirculation. They are also soaked with mulberry extract, a known skin brightener, she notes.

## Loops Beauty Under Eye Mask

\$25,  
LOOPSBEAUTY.COM

Dr. Mehr also recommends the Loops Beauty Under Eye Masks, which contain ingredients like niacinamide to nourish and hydrate, retinol to reduce the appearance of fine lines, and a vitamin-rich floral complex to brighten up dark circles.



CREDIT: COURTESY OF LOOPS BEAUTY



CREDIT: COURTESY OF SEPHORA

## Wander Beauty "Baggage Claim" Eye Masks

\$26, SEPHORA.COM

"I pack these for every flight," explains Dr. Mehr. Made with ingredients like hyaluronic acid, aloe, peptides, and amino acids, these patches provide hydration and soothing properties to plump and brighten the eye area. Plus, they come in the prettiest gold packaging.