

OUR SIXTH ANNUAL NEW GUARD LIST!

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KERRY'S
NEXT ACT
LIFE AFTER
SCANDAL

TRAVEL IN
STYLE
WHAT TO WEAR
ON PLANES,
TRAINS &
AUTOMOBILES

THE POWER

ISSUE MEET 50 WOMEN WHO GET
EVERYTHING THEY WANT



SKINCARE NEWS

PUFF PIECE

WHEN YOU GET A SOLID EIGHT HOURS OF SLEEP AND YOUR UNDER-EYE AREAS ARE STILL PUFFY, IT MIGHT BE TIME TO SEEK OUT A PROFESSIONAL. **COURTNEY DUNLOP** UNCOVERS SURPRISING REASONS FOR EYE BAGS—AND NEW TREATMENTS THAT CAN HELP



CAUSE: Fluid Buildup

All over your body, beneath the skin, there's a layer of tissue with fluid-filled compartments called the interstitium. As New York City dermatologist Ellen Marmur explains, the fluid levels are constantly in flux, based on what's going on in the rest of your body. When your gut is out of whack, either because you ate something you're sensitive to (gluten and dairy are common foes), went to town on extra-salty foods like sushi drenched in soy sauce, or drank alcohol, it throws off the interstitium-fluid balance and spillover liquid collects elsewhere. A favorite parking spot: under your eyes. If you're wondering why you could chug crappy vodka all night in college and still look bright-eyed the next day but now you can barely open your swollen eyes the morning after a margarita, Marmur has an explanation for that too: "As you get older, your body becomes more sensitive to things that aren't easy for you to metabolize."

REMEDY: Exercise (or Abstinence)

Eliminating food and drink triggers is the simplest solution, but what is life without Friday happy hour? The fix: When you wake up with puffy eyes, exercise to move that extra fluid along and drink caffeine, a diuretic, to expel it. "I usually do 30 jumping jacks, 10 burpees, and some sit-ups," says Marmur. "Or do the elliptical machine or bike for 30 minutes. It accelerates your bodily processes to move that excess water. Then have a nice big cup of iced coffee and pee it all out."

CAUSE: Bulging Fat Pads

Beneath your eyes, there's a pad of cushiony fat held in place by a muscle that acts like Spanx to secure it. "The muscle weakens with age, and you may see that fat start to bubble under the eye because the 'Spanx' is no longer strong enough to keep the fat inside," Sunder says. Some women are predisposed to this type of eye bag and there's not much they can do to prevent it from happening. Luckily, there are some solutions.

REMEDIES: Filler, Radiofrequency Treatments, or Surgery

A bulge below your eye is like a mountain next to a valley of flat skin, explains Sunder. Injectable hyaluronic-acid fillers like Juvéderm or Restylane placed in the valley or other spots, like along the cheekbones or near the temples, can camouflage the fat bulge by removing the line of demarcation. Another option, which can be done solo or in conjunction with filler injections, is a noninvasive radiofrequency treatment, such as Thermage, which stimulates collagen and can tighten the skin to pull the fat back in.

For those who inherited mega eye bags, surgery is an option. Back in the day, some doctors would remove the fat pads, but that can leave you looking hollow. Instead, "you can take the bulging fat and reposition it to fill in the area where there's a depression to make the whole area flat," explains New York City celebrity facial plastic surgeon Michelle Yagoda, who says people are surprised to learn that this type of surgery often heals in as little as a week. And it's not just for women in their 30s: "The results are more natural and last longer, especially in younger patients, whose skin elasticity and collagen is in much better condition."

