

Road test: Can anti-fatigue beauty products cure the Winter Blahs?

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I suffer from WFS, or Winter Fatigue Syndrome. Something about the shorter spans of sunlight, pre-holiday stress and crisp, cool air just makes me want to hibernate under a warm quilt.

I do, unfortunately, have to wake up eventually for work or to get some food. To avoid frightening folks with my zombie-like pale, puffy skin, I need some perk-up products to look alive.

I start with a morning-shower squeeze of Bliss Shock Therapy Super Minty Concentrated Body Wash (at right, top, available at Pure Image), which, curiously, contains no real mint, just powerful perfume. However, the intense aroma revives me instantly. It feels like bathing in a pitcher of very strong mint iced tea. And the tingling sensation also soothes my cramped neck and shoulders.

Next, I attack my eye bags with smidges of both Lotus Eye Gel by Fresh and Kiehl's Eye Alert (at right, bottom, both available at Pure Image). Both contain caffeine and anti-inflammatory ingredients. While my bags don't disappear entirely, the gel creates a smooth, silky film that makes the skin around my eyes look firmer and hydrated.

Caffeine creates a temporary firming, and the polymers in the gels can create a quick, but temporary, tightening effect, says Cassie Lodwick, an aesthetician at Dermatology Associates on Dutchmans Lane. Also, "cucumber is an anti-inflammatory; it helps to cool the skin" and reduce puffiness.

To complete my winter skin refresher course, I slather on some Revivo-Tonic Cool Comfort Leg and Foot Gel by Ren Clean Skincare (at right, center, available at Sephora), which contains the caffeine-filled kola nut. Lodwick says kola nut is "something people take internally as a supplement to give them energy. Most of the time, the molecules (in skin-care products) are too big to be absorbed by the skin."

Still, the tingly formula gets the circulation in my gams going and gives me that extra jolt of courage I need to expose my drowsy self to the outside world. Yawn.

Chrysanthemum Tea is to protect the eyes a good drink! Chrysanthemum Tea remove eye swelling and fatigue, bedtime drink too much water, get up the next morning eyes swelling like giant pandas will be the same people to have a method can be effective disarmament, and that is using cotton chrysanthemum tea stained with the tea liquor, in the eyes Tu all around, swelling soon will be able to eliminate this phenomenon. if the daily drink 3-4 Cup chrysanthemum tea, the restoration of eyesight also helped.n

Meng juice, molasses and one each in T. drawing frame, will become tasty natural seasonings, James boil for a short time for the scalding vegetables like Okra, Chinese kale, cauliflower Green Water Bamboo shoots or most suitable.

In the next to a cup of hot water computers

Whether you have friends eye dryness, blurred vision, and other phenomenon? This is a lot of computer people common problem! Like to stay up late online network fans, the more eyes is a big hurt. Doctors recommended regular use of computers, to the best survey to the screen as eye-low 10 to 20 centimeters, can lower eyelid, mentioning opportunities, in addition to let eyes more rest, we must also often moist eyes to blink of an eye, because normally computer workers, focusing screen in the blink of an eye when the number will be 22 times per minute to seven, unwittingly making excessive ocular surface evaporation tears, dry eye would worsen. In a glass of water next to the computer, increasing the surrounding humidity, to reduce eye irritation situation. More and more of a maintenance only a health!

Computer radiation nemesis - cactus

Apart from the cactus villains can attack, there is an advantage!n

As to how much made, and then you whether you need!

The more light-playing computer Callus eyes, a computer environment is not the more - the better.

Physicians pointed out that the use of computers should not be overly bright surroundings, and do not play computer in the window, otherwise susceptible to glare and reflection problems and eye fatigue, soreness. And this caused by prolonged use of computers Computer Vision Syndrome and wrist, back injuries, occupational diseases has risen ranked first for the United States not to pay no attention. The Taipei Municipal Chung Hsiao Hospital Eye of physicians You-hao He suggested that the brightness of the surrounding environment should not be more than three times the screen brightness can be measured using meter office and home environment if we can choose the head of direct light better.

Generally, the best use of the computer screen will be the contrast to increase, brightness lowered, more difficult to damage the eyes.n

The long-term use of computers, may wish to pay a special allocation of a special computer glasses, the use of desktop computers by a degree will be around 150 degrees, while portable computer users by 200 degrees, long-term look at the past can be avoided of led myopia degree increase. Farsightedness users more focus must wear glasses, and increase the scope of distance eyes can see more clearly.

About the Author

From www.courier-journal.com:

Stop Puffy Eyes is an advanced water based gel that helps to firm and treat tired and puffy eyes.

Clinically proven to reduce puffy eyes as it smoothes out lines and wrinkles around the eye area. Tones tissue as it boosts collagen. 4 envelopes.

Finding a cure for puffy eyes or remedies to help reduce the appearance of puffy eyes can sometimes be a challenging issue. Part of the problem.

The cool cream will help reduce your puffy eyes. When applying the cream, gently tap it onto your eyelid with your ring finger, so as to stimulate.

Reduce sodium intake. This should work because lower eyelids often become puffy due to excess fluid retention, and an increase in sodium.

Reducing your puffy eyes might simply require you care for your eyes a bit more. Read about how to do it in [How to Care for Your Eyes](#).

This article discusse how specific herbs can reduce the swelling that causes puffy eyes through the use of herbal infusions, tinctures, and extracts.

These are just a few things you can do to help with getting rid of puffy eyes. You may not completely get rid of the problem, but you can reduce.

Source: <http://www.productsherbal.com>