

Want Bright, Sparkling Eyes ?

Puffy, red, tired eyes with dark under-eye circles are our common beauty woes in modern times. Besides using the recipes in this chapter, there are simple things you can do to give yourself fresh, sparkling eyes:

1. Get enough sleep. The best time to go to bed is between 10pm to 11pm.
2. Minimize alcohol intake. Alcohol affects the liver which in turn contributes to bloodshot eyes.
3. Don't drink too much fluid two hours before bedtime. This will prevent water retention which is one of the causes of puffy eyes.
4. Give your eyes regular breaks from the computer, TV screen, etc.
5. Treat your sight to lush greenery whenever possible.
6. Avoid wearing contact lens continuously for more than 6 to 8 hours.
7. Close your eyes to rest them regularly.

Chrysanthemum and Green Tea Eye Pack

Ingredients:

Dried chrysanthemum flowers	2 tablespoons
Green Tea leaves (or you may substitute with 2 green tea bags)	1 ½ teaspoon
Distilled water	½ cup
Application: 2	

How to prepare:

1. Rinse tea leaves and chrysanthemum flowers with hot water once to remove any dust or debris. Place them in a clean cup or bowl.
2. Boil the distilled water.
3. Pour the distilled water into the bowl containing chrysanthemum flowers and tea leaves.
4. Cover and allow to infuse for 8 minutes.
5. Steep the liquid from the solids.
6. Allow to cool completely before use.

How to use:

1. Soak 6 facial cotton pads in the infusion.
2. Close your eyes and place 3 cotton pads on each eye area.
3. Leave on and relax for 20 to 30 minutes.
4. Remove and pat your eye area gently for a couple of minutes, taking care not to press onto your eye balls.

Fennel and Chamomile Eye Pack

Ingredients:

Fennel seed	1 tablespoon
Chamomile flowers	1 tablespoon
Distilled water	½ cup
Application:	2

How to prepare:

1. Rinse chamomile flowers and fennel seeds separately with hot water once to remove any dust or debris.
2. Crush the fennel seeds with a mortar and pestle. This will make the extraction of fennel seeds' active constituents easier and faster.
3. Place the crushed fennel seeds and chamomile flowers into a clean cup or bowl (non-metal).
4. Boil the distilled water.
5. Pour the distilled water into the bowl or cup containing chamomile flowers and fennel seeds.
6. Cover and allow to infuse for 8 to 10 minutes.
7. Steep the liquid from the solids.
8. Allow to cool completely before use.

How to use:

1. Soak 6 facial cotton pads in the infusion.
2. Close your eyes and place 3 cotton pads on each eye area.
3. Leave on and relax for 20 to 30 minutes.
4. Remove and pat your eye area gently for a couple of minutes, taking care not to press onto your eye balls.

Ingredient Tidbits:

Fennel:

An eye wash made from fennel helps to soothe and strengthen the eyes, as well as reduce eye strain.

Chamomile:

Chamomile is commonly used in beauty formulas for its relaxing and anti-inflammatory properties. Makes a great eye wash when your eyes feel tired and itchy.

Wolfberry with Mulberry Tea

Brighten tired, fatigue eyes with this simple tea.

Ingredients:

Chinese wolfberry	Gou qi zi	1 tablespoon
Dried mulberry leaves	Sang ye	1 teaspoon
Water		1.5 cups
Portion: 1		

Preparation:

1. *Rinse herbs thoroughly.*
2. *Place herbs in a small earthen pot. Add 1.5 cups of water. Soak for 30 minutes.*
3. *Place pot on the stove. Bring to a boil with high heat. Reduce heat and simmer gently for 40 minutes.*
4. *Discard the mulberry leaves. Serve warm.*

Extra tip: For best results, eat the cooked Chinese wolfberry while drinking the tea.