

SHAPE

Your Ultimate Guide to Tackling Puffy Eyes Like a Pro

- **Healthy Diet and Lifestyle:** Incorporating a diet rich in anti-inflammatory foods such as leafy greens, berries, and fatty fish can be a potent measure against puffy eyes, explains esthetician and holistic skincare expert [Tammy Fender](#). Additionally, avoiding lifestyle habits that contribute to inflammation and dehydration, such as excessive consumption of alcohol and tobacco, is advised to remain puff-free.

- **Facial Exercises and Massage Techniques:** "Jade rollers are a way to provide a form of facial massage which may help to improve lymphatic drainage," says Dr. Garshick. [Fender](#) advises trying techniques like [Gua Sha](#) to help detoxify lymphatic pathways.

When to Seek Medical Help

There are instances where puffy eyes can be a sign of more serious underlying issues. [Fender](#) advises, "I would suggest consulting a medical professional when the puffiness is accompanied by pain, irritation, or redness." It's crucial not to overlook these symptoms as they could indicate an eye infection or other health conditions.