

# VOGUE



SHOPPING

## The Best Hydrating Eye Creams to Keep Fine Lines, Dark Circles, and Puffiness at Bay

BY EMILY OROFINO

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Though sun damage and aging certainly contribute to fine lines around the eye, crows' feet can crop up on anyone—even those who are in their early 20s and faithful to [SPF](#). Noticeable wrinkles are often a sign that skin is craving moisture, which is what makes hydrating eye creams such a valuable step in a skin-care routine.

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### What to Look for in a Hydrating Eye Cream

When shopping for an eye cream for dry skin, the ingredient list should be your main consideration. “Look for ingredients that act as humectants to help draw moisture into the skin,” advises [Paul Jarrod Frank, MD](#), a board-certified dermatologist in New York, NY. Humectants like [hyaluronic acid](#) and glycerin attract and grab onto water in the atmosphere, helping to hydrate skin and plump it up for a smoother, more even texture.

While hydrating ingredients are key, you'll also want to look for emollients, like ceramides. “Ceramides help strengthen the skin's moisture barrier, lock in moisture and protect the delicate skin around the eyes, preventing dryness and irritation,” says [Frank](#).

Though they look similar to whiteheads, milia are very hard cysts made of keratin buildup under the skin that cannot be easily or safely removed at home. Paraffin and mineral oil can lead to the formation of milia. If you're prone to these little bumps, [Frank](#) recommends seeking out a gel cream rather than a thicker texture.

# How to Hydrate the Undereyes

Invest in a [humidifier](#) to add that moisture back into the air. Then, take an honest look at your lifestyle. [All of our experts](#) agree that it's important to drink plenty of water, as dehydration leads to dull, wrinkled-looking skin. (Caffeine, alcohol, and excess sodium will also cause dehydration, notes [Frank](#), as can minimal sleep.) You'll want to pay attention to your nutrition, too. Ultimately, "no eye cream can reverse poor lifestyle choices," says [Frank](#).

## Can eye cream help with dry undereyes?

However, very dry skin around the eyes could be a sign of something more serious, says [Frank](#). "Sometimes, dryness in this area can be related to conditions like eczema or seborrheic dermatitis, especially during cooler months or periods of stress," he explains. "If conventional eye creams aren't resolving the issue and your skin remains dry and flaky, see a board-certified dermatologist for a proper evaluation."

### Best Drugstore: [Cetaphil Hydrating Eye Gel-Cream](#)



- **Why We Love It:** [Frank](#) agrees that this formula is not only efficacious, but extremely comfortable due to its hybrid gel-cream texture, which feels lightweight yet is surprisingly nourishing. Hyaluronic acid helps smooth out fine lines while anti-inflammatory skin-brighteners licorice extract and niacinamide work to depuff bags and brighten dark circles.

### Best For Sensitive Skin: [Kiehl's Creamy Eye Treatment](#)

- **Why We Love It:** If your skin can't handle more aggressive actives, try this classic formula from Kiehl's. "This eye cream is good for sensitive skin because it provides long term hydration without irritation and is generally well tolerated," says [Frank](#). It offers intense nourishment courtesy of avocado oil and shea butter while hydrating with potent humectant sodium PCA, quenching the thirst of dry skin for a smoother, brighter appearance.



### Best For Undereye Bags: [Biossance Squalane and Marine Algae Eye Cream](#)



- **Why We Love It:** According to [Frank](#), this is a great choice for anyone with sensitive, eczema-prone skin as well as those concerned with texture around the eye. We find it to be particularly helpful for sending undereye bags packing—peptides and algae extract help firm, while paracress extract provides an instant lifting effect for a tauter, smoother look. The cream also contains Biossance's signature ingredient, squalane, to deeply nourish dry, crepey skin.

## Meet the Experts

- [Paul Jarrod Frank, MD](#) is a board-certified dermatologist in New York, NY.