



# TODAY

## The best under-eye patches, tested by editors and recommended by experts

Treat your under eyes to one of these eye-mazing expert-approved picks.

By Jenna Clark

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If you're looking for a way to treat the delicate area under your eyes with hydration, nourishment and relief from puffiness, under-eye patches are the way to go.

**Connie Yang**, a board-certified dermatologist, explains that “under-eye patches work by providing an occlusive barrier over the skin to enhance delivery and absorption of active ingredients into the skin.”

### Frequently Asked Questions

#### Are under-eye patches safe?

**Yang** adds that conducting a patch test before using it can be helpful to rule out any adverse reactions (especially for individuals with sensitive skin).

#### Where should under-eye patches be placed?

Proper placement of under-eye patches is essential for avoiding any unwanted contact with the eyes and or potential injury. That said, **Yang** suggests placing them just below (about three to four millimeters) the lash line.

#### Who shouldn't use under-eye patches?

Again, **Yang** advises that individuals who are prone to milia also shouldn't use under-eye patches (especially those containing occlusive ingredients).

#### Which under-eye patches are best for dark circles?

The under-eye patches best for dark circles are the ones that contain brightening agents. “If your dark circles are caused by hyperpigmentation, look for eye patches containing brightening agents like vitamin C, niacinamide, kojic acid and arbutin,” says **Yang**.

### Meet the experts

- **Connie Yang, MD, FAAD**, is a board-certified dermatologist at PFRANKMD by Dr. Paul Jarrod Frank.