

truth.



CRAZY BEAUTY QUESTION

HOW CAN I GET RID OF THESE WEIRD BUMPS AROUND MY EYES?

Getting close to the magnifying mirror can open your eyes to minuscule imperfections on your skin, like tiny, flesh-colored bumps that form on and around your eyelids and lash line. Here's how you can deal with them.

WHY IT'S HAPPENING

1

Something Is Trapped Under Your Skin

Often mistaken for whiteheads or skin tags, these benign bumps, called milia, are incredibly stubborn and can last for weeks, or even months. Milia can form from oil glands that have not fully developed, and instead of the skin sloughing off like it usually does, it gets trapped and eventually turns into a bump. "Typically, milia form when keratin proteins that make up the outer layer of skin are trapped under the surface over time," says New York dermatologist Jody Levine, MD.

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Your Makeup Might Make It Worse

Milia can also form as a result of certain pore-clogging cosmetics and skin-care products, or even sun exposure. "Eye creams, eyeliners and concealers could be the culprits, but milia can also be seen in individuals who have never used these types of products," says New York oculoplastic surgeon Irene Gladstein, MD. "However, if you stick to a proper skin-care regimen, you will see a reduction in the occurrence of milia."

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WHAT TO DO ABOUT IT

Avoid Heavy Products

The skin on and around your eyelids is very thin and more likely to attract milia due to comedogenic (pore-clogging) creams and lotions that may prevent the natural exfoliation of dead skin cells. Washing and exfoliating your face regularly may help prevent the bumps from forming. "Due to the role of trapped oil in milia, it is best to avoid oil-based makeup removers and under-eye-creams," says Dr. Gladstein. "You might also consider switching from heavier cosmetics and skin-care products to those with thinner formulations like gels or lotions." Remove your makeup every night by washing with a gentle, detoxifying cleanser that has deep-cleansing properties.

delivers beauty benefits straight into your pores because the mix of herbs and botanicals can combat oiliness and soften skin while giving you a relaxing dose of aromatherapy. "Things like aloe, pomegranate peel powder and castor oil or sandalwood and rose water paste can help," says Dr. Gladstein. "These may not be 'magic potions,' but they will keep your skin smooth, which is helpful in dealing with milia. It usually takes multiple approaches to produce the best results."



Fig+Yarrow Winter Herbal Steam, \$26, figandyarrow.com



Kenzoki Amazing Cleansing Water, \$25, sephora.com

A Doctor Can Help

Milia will often resolve on its own, usually in a matter of weeks, although some can take longer. However, if the bumps on your eyelid or lash line don't go away, schedule an appointment with your doctor or aesthetician to diagnose the cause and develop a treatment plan. Typically, aestheticians can easily extract the contents of the milia, which will cause the bumps to shrink down to nothing, but don't try to pick, pop or extract them yourself no matter what. If they keep popping up, treatments including topical medications, chemical peels or lasers are available. "If you are concerned about the bumps and see little to no improvement, speak with your dermatologist because they may be indicative of an associated underlying condition," says Dr. Levine.

Try Steaming Your Face

At-home remedies like facial steaming with a facial tea that contains a mix of antioxidant, anti-inflammatory, exfoliating or oil-controlling ingredients may be helpful in treating milia and unclogging pores because it helps loosen and remove dead skin cells and debris. A tea-infused steam