



Ensure the eyes have it

Contact lenses can be a solution for active people. Disposable, replaced once a month or more, cost around £22 a month. Silicon hydrogel lenses can safely be kept in the eye continuously for up to a month, and cost from about £26 a month. Rigid gas permeable lenses may take longer to feel good but give



good vision, have a long lifespan and only cost £10 a month. An alternative to bifocal contact lenses is

monovision, which commits one eye to distance vision and the other to reading, and has a 75 per cent success rate.

Herb-infused Dry Skin Eye Gel contains cardiospermum, a South American plant extract, tested on eczema sufferers and developed for very sensitive, itchy dry skin around the eye. This is the first treatment of its kind for eczema, dermatitis and dry skin around the eye. £8.99 for 30ml, www.skinshop.co.uk or call 0871 871 9975

Patch Perfect The Radiance patch is infused with goodies to rejuvenate tired and puffy eyes. £9.99, Boots

Lighten up Used by Dennis Minogue, Kate Bosworth and Kim Cattrall, the Touch of Light multi-purpose highlighter gives dull skin around the eyes a boost. £10, www.nphair.com

SkinVital Eye Brighten treatment mask is perfect for reducing dark circles, soothing tiredness and adding moisture to dry skin around the the eye area. £2.99 for 5ml, Boots stores nationwide



write to your soul, Oscar and Flash spectacles are the door to your character. And at prices from £125 for one to £595 for seven, you can wear a pair to suit your every mood or outfit.



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