**Care Your Eyes through Nature’s Help**

People take their eyes for granted in the wake of other stuffs that aren’t meaningful. This blog will help you know the ways to **care the eyes naturally**.

Oh, what’s wrong with my eye/s? You may have probably asked this question at some point in your life. Eye problems are common these days, as today’s work culture and life imbalances lead to various health problems including the eyes. Working for long hours, sitting in front of the computers and laptops undoubtedly puts a strain on the eyes.

Eating disorders and change in lifestyle like inadequate sleep, smoking cigarettes, and too much alcohol consumption also puts our health at bay. Another significant cause of eye problem is the genetics, that means if a person has a family history of dark circles, he/she may at high risk of developing the same. So, how to take care of eyes? Below is a list of **natural eye care** tips that you can follow to get lustrous eye/s.



**Natural ways of caring your eyes:**

Nature has it all as it provides us enormous ways to get fit and healthy. Same applies for caring the eyes, as nature has some unique products through which one can easily get flourishing eyes. Some of the **natural eye care** tips are as follows:

**Use cucumber slices:**

You've seen on television many times, a woman sitting on the couch, face covered with a thick layer of facial cream and cucumber slices on her eyes complaining about getting older. But, the question is why always cucumber? Cucumbers have an anti-inflammatory effect that reduces puffiness. Abundant water content in cucumbers hydrates the skin, and its cold temperature decreases the blood flow to the space around the eyes. Together, these can soothe the skin around the eyes and placate swelling.

**Make green tea your companion:**

Working to meet the deadlines and certain environmental toxins can stress out the delicate skin around the eyes, causing puffiness and dark circles. So, here comes the green tea that is a pure natural product and a perfect alternative to the cucumber. Green tea is full of antioxidants that mop up free radicals (substances that create oxidative damage underlying many chronic diseases). This natural product also contains tannins that stimulate healthy blood circulation and helps in tightening and soothing the skin.

To get the effectiveness of green tea you need to follow the below-mentioned steps:

* Take two green tea bags
* Put them in hot water for three to five minutes
* Take them out and put them on a plate and keep the plate in the refrigerator for about 30 minutes or until cold.
* Now, take the tea bags out and squeeze out any excess liquid
* Lie down and put the tea bags over your eyes and leave them for 15-30 minutes
* Remove and carefully wash your face with cold running water

You can perform the steps mentioned above as per your wish whether daily, once a week or a month or whatever you prefer. After a few days of following the process, you will feel energetic and also finds gorgeous eyes.

**Freshwater splash:**

In your spare time splash your face and eyes with cold running water. Doing this not only wash away the irritants and dust particles from the eyes but also moisturizes them. Moreover, fresh water also gives your eyes an instant new look.

**Hug your pillow a bit early:**

Sparse sleep can contribute to a dry and fatigue eye. Irritation of the eyes, difficulty focusing, blurred vision, light sensitivity, excessive tears, or pain in the neck, shoulders, or back are some of the symptoms of a lack of sleep. So, make sure to get enough sleep every night to prevent eye fatigue. Moreover, it is advisable from the experts that adults require about seven to eight hours of sleep per night to avoid tiredness and complications due to inadequate sleep.

**Eat a healthy diet:**

You may have seen almost everywhere that eating a healthy diet leads to a fit and fine body. That is right, so to enhance your overall beauty including your pearl-like eyes try to eat as healthy as possible. You can add the below-mentioned foods in your diet:

* Try to eat foods that are rich in Vitamins C and E, lutein, zeaxanthin, zinc, and omega-3 fatty acids. All these nutrients can help you prevent cataracts, and clouding of your eye lens.
* You can eat nuts, wheat germ, and vegetable oils to improve your eye condition.
* Add foods like beef, peanuts, pork, shellfish, and legumes into your diet, as these are rich in zinc content. Zinc is very crucial for the eye health.
* You can also add oranges, bell peppers, strawberries, broccoli, and sprouts into your diet to improve eye health.

**Conclusion:**

Whether they are small or big eyes are very precious. They allow everyone to see this beautiful world. In order to keep them in a perfect condition, you just need to follow the above mentioned **natural eye care** tips and keep your eyes shinning healthy.