

## How to approach hollow under eyes

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**I'm 34 years old and after the birth of two kids and lack of sleep, I have a "hollow" look under my eyes and wrinkles all around my eyes. What can I do?**



Dr Maureen Allem from Skin Renewal answers:

Essentially what you have here are two primary problems:

**The first problem is the loss of hydration in the skin**, which also affects your skin tone, texture and accounts for fine lines that start to form on the skin. This issue you can treat with over-the-counter products like [Eucerin](#) Volume Filler Eye cream. They will help you with the restoration of the lost skin hydration.

**The second problem you have mentioned is volume loss** (described by you as a hollow look). Volume loss cannot be fixed by any topical cream. However, volume can be corrected by being replaced and there is no better fix for volume loss than injecting a filler. These are often made of Hyaluronic Acid, a natural substance manufactured by the skin. Under eye filler is a common procedure, when done correctly and by a registered and qualified medical aesthetic doctor, you should not have any problems in correcting that issue.

To read the full article visit: <http://beautysouthafrica.com/skin-and-body/how-to-approach-hollow-under-eyes>