



Factors That Contribute To Dark Circles



Thinning of under-eye skin caused due to aging.

Having an erratic sleep schedule can make the skin look tired.



Under-eye skin can look dark if your body produces excessive melanin.

Smoking can cause wrinkles as it makes the skin dry.



Exposure to UV rays can make the skin prone to wrinkling.

Rubbing the eyes can stretch out the skin and make it look darker.



Certain medical conditions can make your skin prone to dark circles.

Genetics also play a role in the formation of dark circles.



Stress can make the dark circles more prominent.

References:

1. Infraorbital Dark Circles: A Review of the Pathogenesis, Evaluation and Treatment; NIH
2. Dark Circles Under Eyes; Cleveland Clinic