

The top three eye revitalising treatments

1 For the Eye Revive treatment at The Dorchester Spa, W1, my therapist Jessica Mace used Kerstin Florian products infused with natural ingredients to diminish fine lines and wrinkles and reduce the appearance of dark circles. The treatment was intensive but soothing. The Eye Rescue product was applied with a velvety pad made from marine fibres and gently massaged around my eyes to reduce puffiness. To finish, a mist was sprayed over my face to hydrate the skin. £60 for 25 minutes (020 7319 7109).

2 Tucked away above a shop on the King's Road, The Chelsea Day Spa is a hidden gem. I opted for the Catio Vital Eye treatment, which uses ionisation to help the active anti-wrinkle ingredients penetrate deep into the skin. My therapist Helen McGill applied an eye serum gel over the entire area to help reduce puffiness and soften lines, and massaged it in to encourage lymphatic drainage and remove toxins, making my skin brighter. £40 for 30 minutes (020 7351 0911; thechelseadayspa.co.uk).

3 Dr Veronique Simon's Urban Eyes treatment injects microscopic quantities of natural extracts, homeopathic agents and vitamins into the skin to stimulate the production of collagen beneath the surface, helping to diminish lines from within and increase the skin's elasticity. The results were visible after just one treatment. 9a West Halkin Street, SW1. £290 for an hour, including consultation (020 7235 0679).



LIFT THE LIDS
The most effective eye creams



Top shelf, from top to bottom, left to right: **Estée Lauder** Advanced Night Repair Eye contains antioxidants to help neutralise environmental damage, £35 (esteelauder.co.uk) **Givenchy** Le Soir Noir Yeux uses black algae sap concentrate to help repair the links between skin cells, £116, at Harrods (020 7730 1234) **Sue Devitt** Microquatic anti-ageing eye concentrate promotes circulation, collagen production and skin elasticity, £79.50, at Harvey Nichols (020 7235 5000) **Dr Brandt** Hydra Life Lineless Eye Cream uses Vitamins C and E and green tea to help protect against signs of ageing, £50, at spacenk.co.uk **Dior** Hydra Life Pro-Youth Sorbet Eye Creme is a light cream designed to help eyes look rejuvenated, £29.50 (020 7216 0216) **Ole Henriksen** Ultimate Lift Eye Gel contains calming calendula and cucumber to brighten tired or irritated eyes, £35, at Selfridges (0800 123 400) **Eve Lom** Eye Lift contains oat kernel extract for a lifting and

firming effect, while Vitamin C helps to even skin tone, £45, at spacenk.co.uk Bottom shelf: **Sarah Chapman** Skinesis Eye Recovery is packed with peptides which can reduce the appearance of lines and dark circles, £38, at spacenk.co.uk **Chantecaille** Nano Gold Energizing Eye Cream contains 77% botanical ingredients and pure gold, and claims to rebuild and strengthen the skin, £215, at Space NK **Laszlo Blue** Firmarine Eye Therapy is infused with nourishing ingredients to firm and lift the delicate skin around the eyes, £60 (020 3040 3035) **Lancôme** Génifique Yeux Youth Activating Eye Concentrate is a silky gel that uses buckwheat extract to reduce fine lines, £36 (lancome.co.uk) **Darphin** Wrinkle Corrective Eye Contour Cream is a non-greasy formula containing hyaluronic acid spheres to plump and hydrate the skin, £39, at lookfantastic.com **Crème de la Mer** The Eye Balm Intense rejuvenates puffy and tired eyes, £95 (cremedelamer.co.uk)