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## Eye Care

The eyes are the window to your soul and therefore need special care and attention especially so, with increasing pollution and levels of dust and grime. While we tend to look after our skin and hair and other parts of the body, we tend to relegate eye care to the background. There are several simple and easy solutions to all problems related to eye care from relaxation to dark circles and crow's feet. The following tips provide you complete treatment for your eyes. All you need to do is to set aside few minutes everyday for eye care. It will benefit you in the long run. You can then possess healthy and beautiful eyes devoid of crow's feet and dark circles around the eyes. The first and foremost in eye care is the diet. Make sure that your intake includes plenty of fruits and vegetables specially the yellow ones like carrots, mangoes, papaya etc. All these are rich in beta carotene which helps to have healthy eyes. Spinach is also good for the health of your eyes. Rest is vital in the eye care routine. It will not only refresh the eyes but also improve their efficiency. Therefore take adequate rest. Regular exercise is mandatory to improve blood circulation. It will supply enough oxygen for the perfect functioning of the eyes. Simple everyday eye exercise like closing your eyes gently for 30 seconds to relax them in between your work, rotating your eyes often to relax muscles and moving your eyeballs from extreme left corner to the right corner is good for maintaining healthy eyes. To prevent blurred vision follow this simple exercise. Hold a pencil at arm's length and slowly bring it towards your nose, keeping eyes focused at all times. The skin around the eyes is very thin and full of blood vessels, which makes it sensitive to changes in the body especially those related to retention and distribution of water. In most cases puffiness in and around the eyes is often noticed upon waking up in the morning. Mild puffiness is usually only a temporary cosmetic concern. However if puffiness is severe or persistent and accompanied by swelling of the face or other parts, it may indicate other conditions like thyroid or kidney diseases and calls for immediate medical attention. Even though puffiness is accumulation of excess fluid, when the body gets dehydrated, it stores water as a defense mechanism, which contributes to further puffiness. Therefore, drinking adequate water is an important part of eye care. Drink at least a liter of water to avoid any kind of puffiness in the eyes. Drinking lots of water helps to flush out waste from the body. Avoid excessive rubbing of your eyes as the irritation caused due to rubbing or touching will only cause more puffiness. Instead just blink your eyelids. Blinking is a good massage and exercise to the eyes. Milk is a good and safe natural cleanser. Clean your eyes using a clean cotton ball dipped in milk. Rose water drops gives a good glow to your eyes. Castor oil application is good for your eye lashes and eye brows. It keeps them dense and dark. Protect your eyes from sunrays during the peak daytime by wearing sunglasses. The usual home remedies like cold water compress, cucumber slices, tea bags, application of egg whites and grated potatoes under the eyes for about 10 minutes are effective. It helps to avoid under eye wrinkles and dark circles around the eyes. Even if you have no complaints it's important to see a doctor and have a routine eye check up. The above eye care tips will ensure that your pair of eyes remains healthy and beautiful for a very long time.