

The Eyelids and Tearfilm

The Eyelids and tearfilm play a pivotal role in ocular health and optimal vision.

- The **eyelids and tearfilm** work together to **provide protection** for your eye's structure and **ensure the best vision** possible for you.
- **Toxins are readily absorbed straight through your eyelids.**
- The eyelids will be the first places to spot an **infection or issue**. You may notice **swelling, redness, or irritations**.
- If your tear film is compromised you may notice: **redness, irritations (sandy or gritty feeling), burning, inflammation** of the lids, and/or **allergic reactions**.

Fast Facts about Makeup

- **Makeup is worn daily for a majority of most women's life.** This is why this topic is so important to be informed on.
- Women typically wear their makeup for **5-7 days a week**, for anywhere between **8-16 hours a day**. *****That's the same average for contact lens wearers to have their contacts in!**
- **"Clean Beauty"** products can also be referred to as **"eye-safe beauty"** and are free from **harmful ingredients** and **toxins**.

What are the best practices for eye makeup?

- **Avoid getting makeup products directly in your eyes.** This applies to mascara, eyeshadow, & eyeliner. Apply mascara near the ends of the lashes. Use shadows and liners on the lids only.
- Consider using a cream-based eyeshadow to avoid pigment fallout.
- If you are using a powder-based eyeshadow **consider using an eyeshadow primer** to adhere the product to the lid surface better.
- **Avoid "tightlining" or "waterlining" the eyelids.** Putting product directly on the lid margins will interfere in the tear making process & will lead to drier feeling eyes.
- **Dispose of makeup products on time.** ****If you are questioning how long you've had a product, it may be time to throw it away.*
- Using expired products can lead to **unwanted bacteria and possible staph infections**.
- **DO NOT SHARE** eye makeup products. This can lead to infections.
- **Properly remove makeup at the end of the day**, focusing on removing all product buildup and leftover debris.

Makeup Removers

Finding a gentle & effective makeup remover is really important.

- Makeup removal is **just as important** as makeup application. Finding a good method for you, takes time.
- **Micellar water** is a great option that is gentle on the skin and simply to use. Micelles surround makeup and gently lift away from the skin.
- **Oil-Free makeup remover** can be used similarly to Micellar water. An ionized water remover is a great option and good for contact lens wearers.
- **Oil-Based makeup removers** are good for those with heavy makeup wear. The oil in the remover will attract the oil within the makeup product and cause it to slip off the skin.
- **Makeup removing wipes** are good to use in a pinch, but be careful to find a brand without alcohol. Wipe gently to decrease the risk of wrinkles.
- **Reusable makeup cloths** are a good product for sensitive skin and are environmental friendly & cost-effective.
- **Be sure to cleanse with your normal face wash or rinse after the use of any of these methods of removal.**

What are common toxins?

- The toxins we are referring to are **carcinogens, allergens, irritants**, and even **lead**.
- These toxic ingredients can potentially lead to **reproductive issues, endocrine disruptions, allergic reactions**, and possible relations to some **cancers**.
- Look out for these common toxins: **EDTA, Kohl, Formaldehyde, Parabens, Phthalates, Triclosan, Fragrance, Talc, SLE's (Sodium, Laureth, Sulfate), Siloxanes, Mineral Oil, and Carbon Black**.

Our Product Recs!

- Try out the **Twenty/Twenty Beauty** line created by an ophthalmologist to keep your eyes healthy!
- For those looking for removal products:
- Try the **Bausch & Lomb Lumify Cleansing Water** or **Garnier Micellar Water** for light makeup wearers.
- Those with sensitive eyes and contact lens wearers should try the **Optase Life Ionized Cleansing Water**.
- Those who wear heavier makeup should try **CeraVe Cleansing Balm** or the **Byoma Makeup Melting Balm**.
- **Daily Practice by Dr. B** is another good brand to check for makeup removers!

You only get one set of eyes in your life. It's time to ensure they're healthy.

- Not all products are created the same, be sure to **check the ingredients for toxins**.
This goes for both **the makeup products applied directly on the eyelashes and lids and **the products used to remove makeup** at the end of its wear.
- **On our website you can find a lot of additional information**
- We are excited to partner with **Dry Eye Rescue** to create a collection of products that we recommend for your ocular health needs.
- When purchasing on **Dry Eye Rescue**, upon checkout you will be asked for a discount code. Enter in "**CLARITYEYE**" to receive 20% off of your order, always!

Find even more information at our website below.

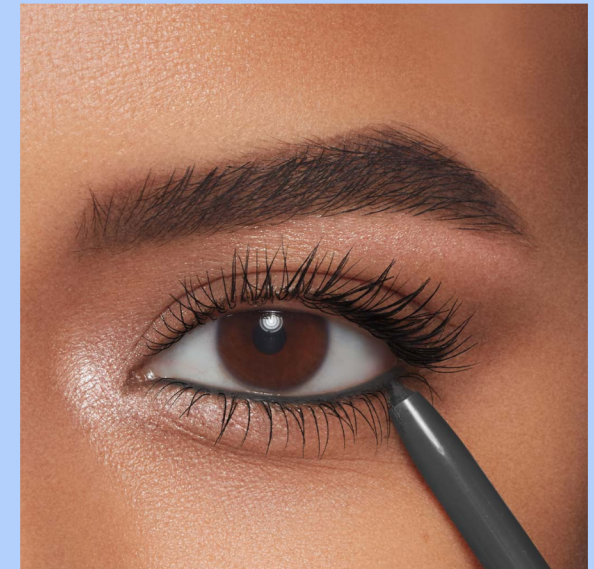
<https://www.clarityeyecareks.com>

Be sure to visit our website, select "Patient Resources" on the top bar (computer) or the three lines for the menu (mobile) to find additional resources.

How does eye makeup affect your Ocular Health?

The ultimate guide to providing education on makeup wear, eyelid hygiene, and ocular health.

Your ocular health could be directly affected by your makeup use.



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