

SKINCARE

13 Best Caffeine Eye Creams, Reviewed by Dermatologists

For those mornings when you need an extra shot.



By Macaela MacKenzie
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So you've been doing some revenge bedtime procrastination and it shows. We can't fix your sleep deprivation, but the best caffeine eye cream can do something about those undereye bags and dark circles. "Caffeine works to reduce puffiness by clamping down on blood vessels, helping to reduce swelling," Marisa Garshick, MD, FAAD, a board-certified dermatologist in New York and clinical assistant professor of dermatology at Weill Cornell Medicine, tells Glamour.

In other words, the best caffeine eye cream really can work magic. "You can see results fairly quickly, even within an half an hour," Aya Ahram, DO, FAAD, a board-certified dermatologist at Hudson Dermatology and Laser Surgery in New York, tells Glamour. Over time—about four to six weeks—consistent use of caffeine eye cream can also help reduce the appearance of dark circles (which is why caffeine is often found in the best eye creams for dark circles), adds Navin S. Arora, DO, FAAD, board-certified dermatologist, founder of Borealis Dermatology in New York and clinical assistant professor at the NYU Grossman School of Medicine.

Ahead, these are the caffeine eye creams dermatologists have tested and say really work. Plus, as a health and beauty editor with over a decade of experience (and as a mom who knows a thing or two about tired eyes), I'm sharing my reviews as well.

The best caffeine eye creams, at a glance

- Best Overall: Skinceuticals AGE Advanced Eye, \$116
- Best Drugstore Caffeine Eye Cream: Neutrogena HydroBoost+ Caffeine Eye Gel Cream, \$16
- Best Caffeine Eye Cream for Sensitive Skin: CeraVe Skin Renewing Eye Cream
- Best for Dry Skin: Colorescience Total Eye Firm and Repair Concentrate, \$94
- Best Caffeine Eye Mask: Drmtlgy Brightening Eye Masks, \$44
- Best Caffeine Eye Cream With Vitamin C: Origins GinZing Refreshing Eye Cream, \$37

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Best Overall: SkinCeuticals A.G.E. Advanced Eye \$116 Dermstore

This do-it-all eye cream is a favorite of both **Drs. Arora** and Garshick (who keeps a jar in her personal rotation). “It addresses multiple signs of aging around the eye, including crepiness, crow’s-feet, dark circles, and puffiness,” says Dr. Garshick. Caffeine targets puffy eyes, glycyrrhetic acid helps address dullness and sensitivity, and a synthetic peptide blend called Matrixyl 3000 improves firmness. “I love that it also uses a blend of optical diffusers to help disperse the light,” reducing the look of dark circles instantly, she adds. For those with sensitive skin, this formula is fragrance-, paraben-, and dye-free.

Pros: Targets signs of aging; reduces the look of dark circles instantly

Cons: Expensive

Key ingredients: Caffeine, glycyrrhetic acid, Matrixyl 3000 (peptides), glycerin

Also targets: Fine lines and wrinkles; sagging



Best With Vitamin C: Origins GinZing Refreshing Eye Cream \$34 Nordstrom, \$37 Sephora

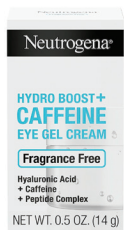
Dr. Arora is a fan of this brightening eye cream from Origins. Coffee bean extract and ginseng both help to address puffiness while vitamin C and niacinamide work at the cellular level to brighten undereye skin and fight free radicals. “I find myself gravitating toward this eye cream and Origins’ matching GinZing moisturizer in the summer,” says MacKenzie. “Something about the smell—floral and fruity—makes me feel like I’m on vacation. More important, it glides on really smoothly, doesn’t irritate my sensitive skin, and has a pearly-pink tint that works a little bit like a concealer and helps camouflage dark undereye circles.”

Pros: Smells nice

Cons: Contains pigment, so you may not want to use it at night

Key ingredients: Caffeine, panax ginseng, vitamin C, niacinamide

Also targets: Dark circles; dryness



Best Drugstore Pick: Neutrogena Hydroboost+ Caffeine Eye Gel Cream \$16 Amazon

This fragrance-free formula is first and foremost a dynamite moisturizer thanks to the inclusion of hyaluronic acid and glycerin. But dermatologists also love the actives. A blend of caffeine and peptides helps to depuff while also addressing dark circles overtime. “This eye cream is notably no-frills, which isn’t a bad thing,” says MacKenzie. “While it may not tackle additional skin issues, it does do a solid job of moisturizing and depuffing without causing irritation or breaking the budget.” Plus, it’s fragrance-free. “Especially for sensitive skin, it’s important to find formulas that are gentle and free from irritants like fragrance and alcohol,” says **Dr. Arora**.

Pros: Hydrating

Cons: You may not see dramatic results.

Key ingredients: Caffeine, peptides, hyaluronic acid

Also targets: Dark circles

What to look for in an eye cream

The primary function of a good eye cream is to hydrate the particularly delicate skin around the eyes. But ideally, you want your eye cream to do more. Here’s what to look for to get the most bang for your buck:

Moisturizing ingredients: For optimal hydration, look for eye creams that contain humectants—substances that attract water, thereby drawing moisture into the skin—like hyaluronic acid, glycerin, and alpha hydroxy acids.

Active ingredients: “To make an eye cream different from a regular facial moisturizer, it should include something in addition to a moisturizer, like caffeine, retinol, niacinamide, or peptides,” says Dr. Ahram. Caffeine can depuff undereye bags, retinol boosts collagen production to improve the appearance of fine lines and wrinkles, niacinamide helps brighten dark circles, and peptides boost firmness and elasticity.

SPF: The area around the eyes is likely the most overlooked spot in your sunscreen routine. Eye creams with added SPF ensure you’re protecting this sensitive skin from UV damage.

Texture: For ease of application, consider an eye cream’s texture. You don’t want anything too heavy or thick. Gels, creams, and serum formulations can all glide on easily, says **Dr. Arora**.

Packaging: Packaging matters—but not just for aesthetics. “Look for packaging that minimizes exposure to air and light to keep active ingredients stable,” says **Dr. Arora**. Airless pumps are ideal for keeping your eye cream fresh.

The benefits of caffeine eye cream

Caffeine is a triple threat when it comes to targeting issues common around the eyes. First and foremost, caffeine constricts blood vessels in the skin, which can reduce swelling and puffiness almost instantly. That also leads to benefits overtime. “By improving circulation, caffeine can help diminish the appearance of dark circles under the eyes,” says **Dr. Arora**. Finally, caffeine is an antioxidant, which means it “helps protect the skin from environmental stressors,” he says.

When’s the best time to use eye cream?

Technically, the best caffeine eye creams can be used morning or night (or both), but all three dermatologists we spoke with said you’ll see the biggest depuffing benefits if you incorporate one into your morning skin care routine. “Some people will even put their caffeine eye serums in the fridge to help provide a cooling effect, which can also help with puffiness and decrease fluid retention around the eyes,” Dr. Ahram says. Apply eye cream after cleansing and serums but before moisturizer and SPF.

Can caffeine eye creams be used with retinol?

Caffeine eye creams tend to work well with a retinol routine. “Retinol can help boost the collagen in the eyelid skin, which is the thinnest skin in the body,” says Dr. Ahram. “However, because the skin is thin, it may be more sensitive to irritation, so you may only be able to tolerate retinol two to three nights per week, while caffeine should be more tolerable and less irritating [for daily use].”