

features

- 2 eyes bright
- 4 no butts about it
- 10 baby boosters
- 12 get fit
- 18 that's the spirit
- 20 good food

columns

- 4 princess diary
- 7 toby green
- 8 dr cindy pan
- 9 health matters
- 14 personal trainer
- 15 positive psychology
- 16 try it out
- 17 cosmic girl
- 23 your stars
- 24 spotlight

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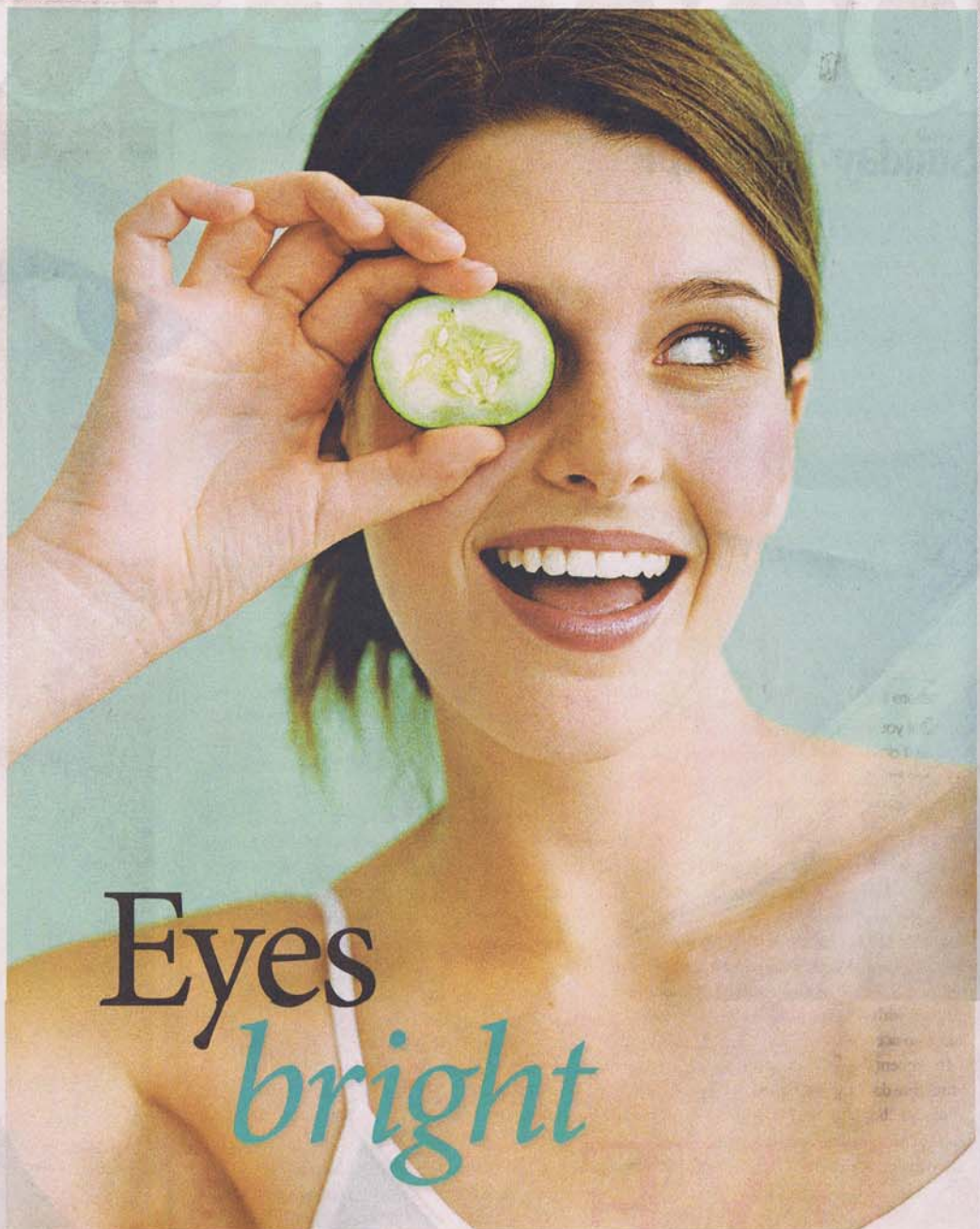
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Listen up!



body+soul radio has hit the airwaves. So tune in every Sunday from 8 to 10am on Sydney's MIX 106.5 FM for a mix of feel-good music plus insight and advice from our own medical expert Dr Cindy Pan, relationship guru Toby Green, exercise physiologist Damien Kelly and psychologist Dr Timothy Sharp.



Eyes bright

Dark eye circles are a common problem. What can you do to put them to bed? Joanna Hall explores the options.

I have had dark circles under my eyes for as long as I can remember, and no amount of sleep or healthy living makes a difference to them. There are many reasons why they occur: sun exposure, which draws pigmentation to the skin beneath the eyes; taking medications which cause blood vessels to dilate; a poor diet and lack of sleep are among them.

Allergies, including asthma and eczema, can also aggravate the problem. They make your eyes itch, which leads to you rubbing the skin, making it appear darker. Eye bags, which cast shadows, are another cause.

For me, however, the finger of blame can be pointed in two other directions. One is genetic – dark circles are often an inherited trait, where the skin beneath the eye is thin, allowing underlying tissue and blood vessels to show through.

“There seems to be a genetic link or a predisposition to having dark circles,” says the International Dermal Institute’s Emma Hobson. “Asians, especially those with darker skins such as Indian or Malay, seem to suffer the most.”

The other reason why my dark circles are worse is age. Sydney plastic surgeon

Dr Mark Kohout explains: “Skin gets darker with continued sun exposure and it gets thinner with age, exposing underlying tissues even more. The lower lid’s tissue gets more lax, making pouching, or eye bags, more prominent, and the tissue under the eyelids gets thinner.”

“Skin gets thinner with age, exposing underlying tissues even more.”

Seeing the light

Taming dark circles is tricky, and the first line of defence is a good concealer.

“Concealers vary from light liquids, which can be patted on or applied with a