

"An Eye on Beauty Tips"

Simple Rules for Healthy and Beautiful Eyes:

- Get enough sleep
- Get plenty of exercise
- Use sunscreen
- Wear sunglasses
- Drink plenty of water
- Reduce stress
- Avoid smoking cigarettes
- Limit alcohol consumption
- Treat eye area gently
- Eat a healthy diet
- See your doctor routinely
- Use OcuDerma®, ocular skin therapy, eye gel twice a day

