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Beauty

A Dermatologist Is Begging Women Over 50 To Try This Eye Lift Cream for Drooping Lids

There’s clinical data to prove it.

Aug 21, 2026 6:38 PM EDT



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As anyone over the age of 40 will tell you, there comes a day when you look in the mirror and realize your eyelids are losing the battle with gravity. It's not a dramatic overnight change—more of a gradual situation where one morning the crease you used to have is just...covered. The skin has migrated south, my friends. Your eyes look tired even when you've had your full 10 hours (yes, some of us need 10 hours!).

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Drooping eyelids are incredibly common, completely normal and one of the more frustrating visible signs of aging, specifically because they affect how awake and alert you look regardless of how much sleep you actually got. (Again, 10 hours. I got 10 freakin' hours!)

The skincare industry has responded with an entire category of eye lift creams promising to reverse the droop, but there are limits to what a cream can accomplish versus what a surgeon can. So, do any of them actually work?

The honest answer, which we're going to get into, is somewhere in the middle. To find it, we talked to six experts—[Dr. Robert Schwarcz](#), double board-certified oculofacial plastic surgeon in New York City; [Dr. Melanie Palm](#), board-certified dermatologist and cosmetic surgeon at [Art of Skin MD](#) in San Diego; [Dr. Anetta Reszko](#) of [Reszko Dermatology](#); [Dr. Sandra Oska](#); Dr. Rachel Westbay of [Marmur Medical](#) in New York; and [Dr. Alicia Zalka](#), board-certified [dermatologist](#) and founder of [Surface Deep](#)—about what's actually causing this, what eye lift cream for [hooded eyes](#) can genuinely do and which ones are worth trying.

Related: [11 Best Eye Tightening Creams for a Lifted, Firmer Look, Tested by Dermatologists](#)

What Causes Drooping Eyelids as We Age?

The short answer is several things at once, and they all conspire together with almost impressive coordination. Skin loses [collagen](#) and elasticity. The levator muscle that lifts the eyelid weakens or stretches, creating what Dr. Schwarcz calls upper eyelid ptosis. Fat around the eye shifts. The brow gradually descends. And then, as Dr. Zalka cheerfully notes—"oh fun!"—bone resorption. The bony structure of the facial skull actually shrinks slightly with age, creating a sunken-eye effect that contributes to the hooded appearance.

"We live on a [planet](#) that has gravitational forces at play on our bodies all day every day," Dr. Zalka points out. "The result: skin droops."

Combined with skin that has lost its elasticity and bounce-back, that downward pull eventually wins.

Genetics matter too—some people are simply born with a more [hooded or low-set eyelid crease](#) that becomes more noticeable over time. Many people are born with

Dr. Oska adds [sun exposure](#), smoking and repetitive facial movements as factors that can accelerate the timeline. Dr. Westbay makes another distinction worth knowing: there's a difference between true excess eyelid skin (dermatochalasis), brow descent and actual eyelid ptosis. Each has a different underlying cause—and a different treatment.

Related: [Forget 'Baby Botox': This Peptide Hack Is the Secret to Naturally Plumper Skin](#)

Have your eyelids changed with age?

- ☐ Not yet!
- ☐ Yes, I see a change.
- ☐ Nope, I guess I'm lucky.

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Do Eye Lift Creams Actually Work for Hooded Eyes?

Honestly? It depends on what you mean by “work.”

If you mean can a cream physically remove excess skin, reposition tissue or fix a weakened levator muscle? Well the, sadly no. Dr. Schwarcz says eye lift creams “cannot physically or structurally lift hooded eyes as they cannot replicate the results of surgery or remove excess skin.”

Dr. Zalka shares his skepticism about the before-and-afters circulating in skincare marketing. “Before and after photos I have seen marketed by some cosmetic

But if you mean can the right cream improve the skin quality of the eyelid area, reduce [crepiness](#), temporarily depuff, hydrate thin skin and make the whole situation look somewhat better? Actually, yes.

“When the skin is better hydrated and supported, the eyelid can appear smoother, firmer and slightly more lifted,” Dr. Westbay tells *Parade*.

Dr. Oska agrees that for mild to moderate laxity specifically, consistent use of a well-formulated [eye cream](#) can be “a valuable part of an overall [skincare routine](#).”

The key phrase across every expert is “mild to moderate.” If the hooding is major, no cream is going to move the needle enough to matter.

Related: [8 Best Eyeliners for Hooded Eyes, According to Celebrity Makeup Artists](#)

Ingredients To Look for in an Eye Lift Cream for Drooping Eyelids

The ingredient list is where you separate the creams doing real work from the ones coasting on optimistic packaging copy.

- Dr. Oska and Dr. Reszko both point to peptides as the standout ingredient for supporting the appearance of firmer skin.
- Hyaluronic acid handles hydration and temporary plumping.
- [Vitamin C](#) and niacinamide brighten and support collagen health.
- Caffeine addresses puffiness by constricting vessels and supporting lymphatic drainage—though its effect is temporary.

Dr. Palm adds defensins to the conversation, and it’s an ingredient worth knowing about. These are small proteins naturally found in the body that activate dormant stem

“Over time, this leads to thicker, healthier skin and a more youthful appearance with improved pigmentation and skin radiance,” she tells *Parade*—and she’s seen it specifically help with under-eye hyperpigmentation and radiance.

Dr. Oska recommends retinol for stimulating collagen and improving texture, but says it should be introduced gradually given the sensitivity of the eye area.

Dr. Schwarcz agrees it’s becoming popular in eye creams but cautions it should generally be used under the eye rather than on the upper lid.

What to avoid? Well, fragrance, alcohol and aggressive exfoliating acids. The eye area is too sensitive for any of those, and irritation here is particularly unpleasant.



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The Best Eye Lift Cream for Hooded Eyes, Recommended by a Dermatologist

Dr. Westbay uses and recommends [Colorescience Total Eye Firm & Repair Cream](#)—and what distinguishes her recommendation is that she's pointing to the finished formulation's clinical data, not just its ingredient list.

"The finished formulation has been clinically evaluated," she explains, noting an eight-week published study showing improvements in eyelid laxity and dryness. She uses it morning and evening on the upper lids as well as underneath.

Other Expert-Backed Products for Your Skincare Routine

For daytime, Dr. Westbay adds [Colorescience Total Eye 3-in-1 Renewal Therapy SPF 35](#) on top, specifically because "the eye area is frequently neglected when people apply [sunscreen](#)"—and UV protection is one of the most meaningful things you can do to prevent further collagen breakdown.

Dr. Reszko points to two Valmont formulas for patients focused on firmness. [Valmont V-Lift Eye](#) uses DNA/RNA and C-Drone peptide technology to improve the appearance of lift and smoothness around the eye area. [V-Firm Eye](#) takes a similar approach with hyaluronic acid, peptides, vitamin C, lysine and proline amino acids and immortelle flower.

For something focused specifically on reducing puffiness while brightening, Dr. Zalka recommends looking for [green tea](#) alongside [niacinamide](#)—ingredients that address multiple concerns in the delicate eyelid zone without the irritation risk that comes with more aggressive formulas.

How To Apply Eye Cream Correctly To Lift Hooded Lids

Ring finger, small amount, no tugging. Every single expert says a version of this. The eyelid skin is among the thinnest on the body, and the repeated friction of aggressive application contributes to exactly the kind of stretching and irritation you're trying to reverse.

Dr. Oska's specific technique is to apply a pea-sized amount with the ring finger, starting along the orbital bone beneath the eyes and continuing around the outer corners, then lightly apply just beneath the brow bone rather than directly on the mobile upper eyelid—unless the product specifically states it's safe for that area.

Dr. Westbay applies from the inner portion of the eyelid outward, then smooths any remaining product underneath. "More product is not better—the eyelid skin is thin, and excess product can migrate into the eye or cause irritation," she says.

Dr. Reszko echoes this, adding that using too much can sometimes actually cause puffiness—which is the opposite of what you're going for.

Morning and evening application, consistently over weeks and months, is what produces results.

Related: [11 Best Skin-Tightening Moisturizers, According to Celebrity Dermal Experts](#)

What Results Can You Realistically Expect From Eye Lift Creams vs. Surgery?

Eye creams can improve hydration, reduce crepiness, soften fine lines, temporarily depuff and make the eyelid area look smoother and more refreshed with consistent use. That's real and that's worth doing.

Surgery can remove excess skin, reposition fat and address structural changes in a way no topical product can touch.

“Eyelid surgery, aka, forehead lift or blepharoplasty, are the gold standard for addressing undesirable eyelid hooding or sagging,” says Dr. Zalka. “These options far exceed anything a cream or serum could do given the technology and science we have right now in skin care.”

For a realistic routine, Dr. Oska recommends starting with skincare and considering in-office treatments or surgery only if topical products can’t adequately address the concern.

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Sources:

- Dr. Robert Schwarcz, double board-certified oculofacial plastic surgeon, New York City
- Dr. Melanie Palm, board-certified dermatologist and cosmetic surgeon, Art of Skin MD
- Dr. Anetta Reszko, board-certified dermatologist, Reszko Dermatology
- Dr. Sandra Oska, board-certified dermatologist
- Dr. Rachel Westbay, board-certified dermatologist, Marmur Medical

- Dr. Alicia Zalka, board-certified dermatologist and founder of Surface Deep

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