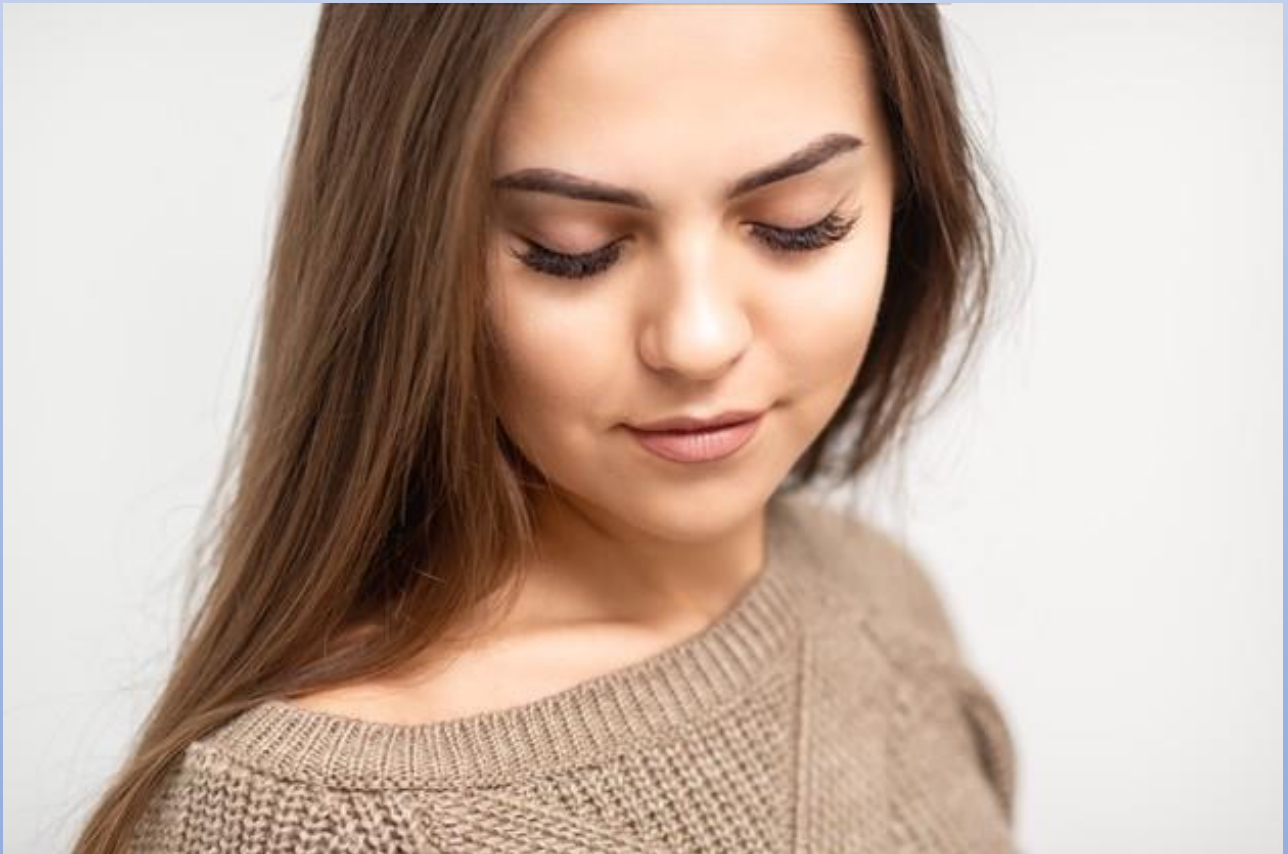


# Want Longer Thicker Eyelashes



## Tips For Better Lashes

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1. Take it easy. Never tug at your lashes, and avoid rubbing your eyes. "The lash root is very delicate and lashes can easily break due to our daily habits.
2. When using a lash curler, don't pull on your eyelids.
3. Remove your mascara before you go to sleep. (The stiffness from the mascara can break lashes.) Use a gentle makeup remover. Pat or dab at your lids -- don't rub or pull.
4. Remove clumps from mascara when the mascara is still wet and easy to comb through.
5. Tossing your old mascara also helps keep lashes and eyes healthy. Get a new tube every three to six months, that will help your mascara stay free of germs that can lead to infection.
6. If you get pink eye or another eye illness, replace any makeup that went near your eye area.

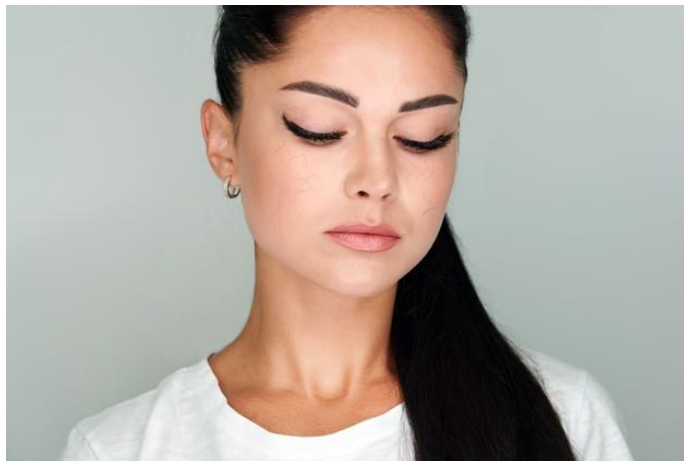


## Some Preaution For Eyelashes

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- Your lashes serve a purpose beyond beauty. Eyelashes serve a protective function: to keep foreign matter out of the eye.
- A lash can last about three months before falling out and can take two months or more to completely grow back.

- Damage can also make the hair more fragile, thinner, and shorter when it does grow in. If you damage the follicle enough, it will stop producing hair, Graf says.
- Bad beauty habits are oftentimes the offender to thinning eyelashes.
- Avoid sleeping in heavy makeup, especially heavy and waterproof mascara, at the risk of forming bacterial eye infections.
- When curling your lashes, avoid using an eyelash curler too aggressively. Over-crimping can weaken your lashes to the point where they fall off if done too forcefully. Only curl your lashes when they are dry (wet hair is when your hair is weakest) and use an eye curler with a plush band.
- Eyelash extensions can also be a culprit to bad eyelash health.



## Best Eyelash Care Routines

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- Using lukewarm water and a mild face wash or makeup remover, cleanse your eye area gently without rubbing too harshly.
- Avoid rubbing your eyes and skin roughly, but rather massage in circular motion softly.
- Additionally, you may condition your eyelashes with a serum or natural oils after cleansing, but be sure to avoid such products going into your eyes.
- A change in nutrition could also aid in the issue of lashes falling out. Consider adding more protein-rich, iron, and essential fatty



acid foods to your diet - examples of such foods include nuts, salmon, eggs, and avocado.

- By consuming more vitamin-filled foods, you can aid your body in providing an optimal setting for natural hair growth to take place.

## Careprost To Grow Long And Thick Eyelashes

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- Careprost Eyelash is one such pharmacological wonder that helps people who have lost their eyelashes, in growing them back like natural hair strands instead of having to rely on fake mascaras, or fake eyelashes for a fuller eyelash look! It is an ultimate ophthalmic solution, where there is a significant decrease in the length and density of eyelashes, causing the condition of hypotrichosis in the patient.
- [Purchase Careprost online](#) to get long and thick eyelashes it is proven and effective in people with weak growth of eyelashes.
- This will grow your natural eyelashes longer, fuller, thicker, and darker - the very same reasons we use mascara.
- However, you can still apply mascara while using Careprost if you want to see even more dramatic effects.



## Application Instructions For Careprost

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- In the beginning, you need to apply the medicine once daily. You need to make it a part of daily routine. The bottle is handy to use and easy to carry even while you are traveling.
- If you miss the dose, don't attempt to catch up the next day. Applying more will not cause rapid eyelash growth, this way you will only waste your product. Excessive may also cause irritation.



## Health Solution Blogs

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Health Solution Blogs provide details regarding various treatments and healthcare services. As some of the topics we cover in our health-related blogs, we offer haircare, beauty (skin and eyelashes), weight reduction, health (diabetes, sleeping issues, and pain, etc.), women's health (abortion & birth control), and men's health (ED).

### Contact Us

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- You can visit our website <https://healthsolutionblogs.com>
- We provide health-related blogs like hair care, skin care, weight loss, etc.
- For more Information mail us at [info@healthsolutionblogs.com](mailto:info@healthsolutionblogs.com)
- You can contact us at +1 321 200 0062

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*Thank You!*