

The Ultimate Non-Cope Under-Eye Maxxing Guide

Let's get one thing straight:

If you've optimized sleep, diet, hydration, and quit the dopamine garbage (weed, alcohol, late nights), and you still have dark, hollow, tired-looking under-eyes this isn't your fault.

This is a structural and dermatological issue.
Not a "drink more water" cope.

Here's how to actually fix it.

1. Understand the Real Cause

There are three major, often overlapping culprits:

i) Thin Skin:

This is by far the most common. The orbital skin is naturally the thinnest on your face ~0.3mm thick vs 1.5mm on your cheeks. Thin skin = underlying blood vessels show = blue/purple tint. Also, fat loss (from genetics, aging, or cutting) can make this worse.

ii) Under-Eye Hollowing:

Also called “tear troughs.” Not everyone has them. Press gently under your eye if there’s a dip before you hit bone, you’re hollow. If bone is right there and it’s still dark that’s thin skin.

iii) Pigmentation (Genetic or Inflammatory):

Often seen in South Asians, Middle Easterners, and darker-skinned individuals. If your under-eye darkness doesn't change much with lighting or stress/sleep, this may be a factor. It's tougher to treat naturally but not impossible.

2. Stop Making It Worse

Before we fix it, stop sabotaging yourself.

i) Avoid Topical Irritants:

Latisse, minoxidil, and even brow/eyelash serums can cause periorbital fat loss and hyperpigmentation. Ditch them if you care about your eyes.

ii) Don't Over-Rub or Exfoliate the Area:

That skin is fragile. Constant touching = broken capillaries, more darkness, more damage.

3. Lipofilling Agents (The Game-Changer)

Now for the real tools. These topical fat-stimulating agents were developed in East Asia and are criminally underrated in the West. They literally stimulate local adipocyte (fat cell) growth under the skin making thin skin plumper and reducing that sunken, dark look.

Here are the best:

i) Volufiline (Anemarrhena Asphodeloides extract)

This is the most proven. Derived from the Zhi Mu root. It increases local fat storage and volume without affecting systemic hormones.

→ Apply 1 drop directly under each eye once per night.

→ Don't apply anywhere else it will plump it.

→ Expect visible results in 3–4 weeks.

Study: A double-blind, placebo-controlled trial found Volufiline increased local volume by up to 25% after 28 days of use (Sederma, France).

ii) Adipofill'in

A stabilized amino acid compound (L-Ornithine + triglyceride delivery) designed to mimic adipocyte volume expansion.

Slower than Volufiline, but more stable. Best used long term or in combination.

iii) Voluplus (Macelignan)

Similar to Volufiline but derived from nutmeg. Slightly oilier and better suited for dry under-eye skin. May be gentler on sensitive types.

iv) Pueraria Mirifica

Natural phytoestrogenic extract used for breast and cheek plumping. Some report success with under-eye use, though results vary. If your skin is very thin and dry, this might give extra help.

v) BRTC Salmon Fillex Volume Injection

Combines Volufiline with salmon extract (rich in peptides and omega-3s). Anecdotally enhances the plumping effect. Bonus if you're stacking ingredients.

4. Max Out Skin Thickness & Barrier

Even if you're using lipofillers, the skin barrier must be repaired and thickened. Otherwise, the area will still look dull, greyish, and fragile.

i) Tretinoin (Microdosed + Buffered)

Tretinoin is the gold standard for boosting collagen and thickening the dermis including the fragile under-eye area when used correctly. It promotes epidermal turnover, clears glycation-damaged cells, and stimulates fibroblasts to produce new collagen and elastin helping reverse hollowness, fine lines, and darkened skin over time.

But it's also powerful and easy to misuse.

You can't treat it like a regular moisturizer.

→ Use only a rice grain-sized amount mixed into a gentle cream (like Avene Cicalfate or La Roche Cicaplast).

→ Apply 2x/week at night under the eyes but not on the eyelids.

→ Look for a low strength (0.025%) tretinoin cream not a gel to reduce irritation and flaking.

→ Buffer it heavily if you're new to it. Start with 1x/week and build up slowly.

Done right, this rebuilds thinned under-eye skin from the dermal level, unlike serums that just hydrate the surface.

ii) Niacinamide (2–5%)

Enhances ceramide production, increases skin resilience, and improves tone. Avoid high % (10%+) under the eyes it can irritate.

→ Use every morning under sunscreen.

Lightweight serum is best.

iii) Vitamin K2 Cream

Improves microcirculation and reduces blood stagnation under the eyes helpful for that purple tint.

→ Look for a K2 cream or stack with oral MK-7 (90–180 mcg daily).

iv) Ice Water Dunking + Caffeine Patches (Optional)

These are temporary but can reduce puffiness and bring blood flow to the area. Useful before events/photos but not long-term fixes.

5. Fix the Fascia + Cheek Volume

Here's what almost no one talks about:

If your cheekbone support is poor (flat zygos, low malar projection), the under-eye skin hangs and pools more blood. Even great skin will look dark/tired.

How to fix it:

i) Mewing + Cheekbone Expansion Techniques

If you're recessed, get on hard mewing, tongue posture, and resistance chewing. These lift the entire midface over months/years.

ii) Zygomaticus + Orbicularis Oris Training

Train facial muscles that support the area with exaggerated smile holds, cheek puffs, and myofunctional tongue holds.

6. Bonus Tools (If You're Serious)

These are optional, but powerful:

i) Red Light Therapy (630–660nm)

Improves mitochondrial activity in skin and stimulates fibroblasts. Use a small targeted red light panel 5 mins/day over eye area (with eyes closed).

ii) Microneedling (0.25mm under eyes only)

Improves dermal thickness and collagen when done once every 10–14 days. Pair with EGF serum after. Don't go deeper than 0.25mm here.

iii) EGF Serum (Epidermal Growth Factor)

Use post-microneedling to stimulate skin healing and plumpness. "Sidmool EGF" is a decent option.

7. Fast-Acting Camouflage:

If you've got an important event, shoot, or social outing and need an instant fix a tinted moisturizer (matched to your skin tone) can temporarily hide under eye darkness and even out the area. It's not a solution, but it works when used right.

i) Choose one with minimal shine and natural matte finish

ii) Apply sparingly and blend only on the discolored zone

iii) Combine with eye drops (if red eyes) for a fresh, alert look

Used correctly, this gives a clean, rested appearance without looking obvious. Just make sure the tint blends seamlessly into your skin or it'll backfire.

Final Thoughts: You Can Fix This

This guide isn't a theory.

It's built off real, replicable experience and it works. Most men (and even women) are walking around with under eye areas that make them look 10 years older, more tired, and less healthy than they actually are And the sad part? Most of them have tried "everything." They just haven't tried what actually works.

There's no filler. No gimmick. Just bioavailable actives that stimulate fat and dermal growth.

If your under-eye skin is paper-thin and your face looks dead despite good sleep this is your fix.

3 months of discipline will make you look like a different person.

And no one will know how.

