

《黄瓜敷眼睛有什么好处？黄瓜敷眼真的不是随便说说》

UNRAVELING THE SECRET BENEFITS OF CUCUMBERS TO YOUR EYES

Every time you go for a facial, you can expect your hair to be tied back and your eyes covered with some cucumber slices.

每次做面部护理的时候，你可以期待这样的画面：头发绑在后面，眼睛上盖着黄瓜片。

Cucumber slices placed across the eyes have, over time, become a symbol of peak relaxation and rightfully so.

随着时间的推移，用黄瓜片敷眼睛已经成为了放松的象征，且理应如此。

But have you ever wondered why cucumbers? Why are these unpopular yet very tasty fruits placed on your eyes, and do they have any benefits?

但是你有没有好奇过为什么是黄瓜呢？为什么是这种不流行却非常可口的水果放在你的眼睛上呢？它们有没有什么好处呢？

Our answer is YES! MOST DEFINITELY.

我们的答案是是的！非常肯定。

Cucumbers are more than just a beauty accessory during facials. They possess great benefits for your undereye as they consist of hydrating and soothing properties gentle on the thin surrounding skin.

面部护理时，黄瓜不止起着美容的作用。因为含有大量水分和性温润滑成分，它们对眼周薄皮有极大的好处。

First, why cucumbers?

首先，为什么是黄瓜呢？



WHY DO PEOPLE PUT CUCUMBERS ON THEIR EYES?

为什么人们在眼睛上放黄瓜片？

The use of cucumbers in skincare dates back ages ago. Besides its several health properties, cucumbers are made up of 95% water and are very hydrating to the skin when applied topically or ingested.

用黄瓜护肤可以追溯到很久以前。黄瓜含有95%的水分，除了可以保健外，局部使用黄瓜或者完全吃下可以起到保湿作用。

This fruit contains lignans, cucurbitacins, flavonoids, antioxidants and minerals.

这种水果含有葫芦素、黄酮类化合物、抗氧化剂和矿物质。

However, they are not just popular for their hydrating benefits but also because they contain silica, which boosts collagen production.

然而，黄瓜之所以如此受欢迎并不仅仅是因为特它的保湿功效，而且还因为它含有二氧化硅，可以促进生成胶原蛋白。

Cumbers are also natural cooling with no irritants that may affect your eyes.

黄瓜还是天然冷却剂，温和无刺激。

BENEFITS OF CUCUMBERS ON EYES

黄瓜敷眼睛的好处

As we mentioned earlier, cucumbers contain antioxidant properties and cleansing properties that help remove chemical toxins from within the body and skin.

就像我们之前提到的，黄瓜含有抗氧化性和抗污性，能帮助排除体内和皮肤里的化学毒素。

The nourishing properties of this fruit soothe the area around your eyes, protecting it from irritation and reducing any swelling.

黄瓜里的这些营养成分滋养眼周皮肤，保护皮肤不受刺激，还可以消肿。

The hydrating properties and its vitamin C and folic acid ingredients keep your skin looking younger and reduce dark circles.

黄瓜含有的保湿成分、维c和叶酸让你的肌肤更加年轻，还可以去黑眼圈。

Applying cold cucumber to your eyes also allows for the constriction of superficial blood vessels, reducing swelling of the periorbital skin.

用冷黄瓜敷眼睛还能促进浅表血管收缩，减少眼周皮肤肿胀。

Now that you understand the benefits of using cucumbers on your eyes, next time your esthetician does it, you shouldn't be really surprised and embrace it, especially if the end goal is soothing and de-puffing.

既然你已经知道黄瓜敷眼睛的好处，下次你的美容师使用它的时候，你就不会惊讶，还会欣然接受，尤其是最终目的是舒缓和消肿的时候。