

# HOW TO GET RID OF

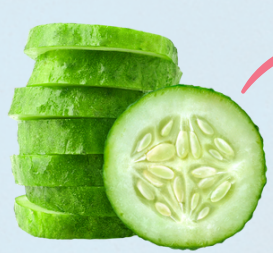
# ITCHY EYES

## *without eye drops*



### **COLD COMPRESS**

Apply a cold cloth or ice pack to closed eyes for 10-15 minutes to constrict blood vessels and reduce itchiness.



### **CUCUMBER SLICES**

Place chilled cucumber slices on closed eyes for 10-15 minutes to soothe and hydrate, reducing inflammation and itchiness.



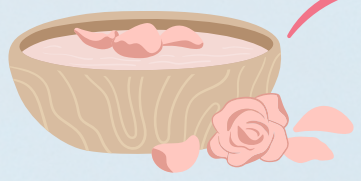
### **TEA BAGS**

Soak tea bags in cold water, place on closed eyes for 10-15 minutes to benefit from anti-inflammatory properties.



### **ALOE VERA**

Gently apply fresh aloe vera gel around eyes for 10-15 minutes and rinse to reduce inflammation and itching.



### **ROSEWATER**

Soak cotton pads in chilled rose water, place on closed eyes for 10-15 minutes to soothe and moisturize.



### **CASTOR OIL**

Apply a small amount around the eyes using clean fingertips or a cotton swab to hydrate and protect against irritants.



### **COCONUT OIL**

Apply a small amount around the eyes with clean fingertips before bedtime to reduce dryness and soothe irritated eyes.



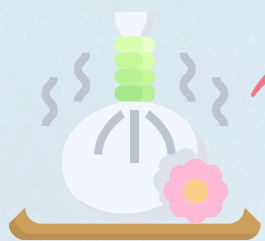
### **COLD MILK**

Soak a cotton ball in cold milk, place on closed eyes for a few minutes to reduce inflammation and soothe itchiness.



### **EYE EXERCISE**

Perform simple exercises, like focusing on distant objects and blinking regularly, to reduce eye strain and itching.



### **WARM COMPRESS**

Soak a cloth in warm water, place it over closed eyes for 10-15 minutes to improve blood circulation and moisturize.