



DIY Treatment for Dry Eyes

Relax, lay down and place a warm wheat pack over your closed eyes for 5 minutes.

*Set your timer, 5 minutes of doing
nothing will feel like an hour!*

Using your index fingers, massage your top eyelids in a downwards direction for 30 seconds. Then, massage your bottom eyelids in an upwards direction for 30 seconds.

*Gently does it, no need for a deep tissue
massage here!*

Add a small amount of baby shampoo & tea tree oil to a bowl of warm water. Wet a clean washer in the bowl, then gently scrub your eyelids & eyelashes for 1 minute.

*No tea tree oil or baby shampoo on hand?
No worries, a warm water wash is better
than skipping this step.*

If you have some Systane Lid wipes on hand, use those. If not, two clean damp washers will do. Wipe each eye, from the corner near your nose to the corner near your ear. One washer/wipe per eye. Keep wiping until you feel that your eyes are squeaky clean.

Give your eye this treatment daily and they'll love you for it.

If your symptoms persist, see your optometrist.

