

# **Eye Lashes Health and Beauty Part 1**

**Eye Lashes Health and Beauty**



Welcome once again to our blog, this week 322, we are sharing our findings on eyelashes not just for vanity also for you to know what their purpose is and how to protect them, I am sure that all of you are interested in protecting your eyes and help your eyelashes to thrive.

Thank you for your visits and likes we appreciate the loyalty and all your shares and likes, with that said let's move on to

the post.

Eyelashes are small hairs on the upper and lower eyelids. Both eyelids have layers of eyelashes within a row, most healthy people have three to five layers of eyelashes in each eyelid, they are there to protect and frame the eyes. Is similar to the anatomy of the human body hair. Lashes are anchored to the eyelid by an individual root. There are small muscles located in the eyelids which, with a muscular contraction, (an automatic response), make the eyes blink and close before an external threat, like particles of dust, or any foreign particle which could cause damages to the eyes.

With every blink, the eyelashes like curtains close access to the eyes, protecting them. Also with every blink, the eyes are irrigated with a lubricant secretion that is generated from sebaceous glands (tear glands) that run along the edge of the eyelid, which openings are located between the eyelashes. This very important lubrication ensures that the eyes don't dry out, keeping them wet, healthy and protected.

The lashes on the upper eyelid are longer than those of the lower eyelid. The upper eyelashes can reach a length of an average of 8 mm. and tend to curve upwards. The upper eyelid has more eyelashes: around a seventy to one hundred fifty lashes and the lower eyelid has generally a row of sixty to eighty eyelashes, smaller and they curve downwards. This curved shape of both rows of eyelashes helps to slip sweat and foreign particles out of the eyes.

Like all the hair in the human body, eyelashes are a biological polymer, made up of about 10 percent of water and 90 percent of proteins, such as keratins, and melanins, the substances that give hair its color.

like all human hair, lashes are fed by follicles, located below the skin. Those follicles have also three phases of growth: first the growing phase, that lasts about 45 days,

and is followed by the declining phase in which the growth stops, for about three weeks, with the last phase of two weeks, the time of rest, when the lashes shed, the hair falls out. After this period, a new cycle begins and the hair is regenerated once again.

When an eyelash is pulled out or drops out, it needs about two months to be regenerated that is why it is important to keep in mind that false lashes and pulling mascara off the lashes can cause much damage to the lashes sometimes permanently.

<https://youtu.be/yF6BKZH0a5M>

At the annual Society for Integrative and Comparative Biology gathering, scientists from the Georgia Institute of Technology presented the findings of a study on lash length, they had examined the eyes of 22 mammals, from hedgehogs, the smallest animals, to giraffes, which were the largest study.

When measuring the lashes and eyes of each individual animal, regardless their size, the researchers found that in every case, their eyelash length was about one-third the width of the animal's eye, all across the board. This proportion, they found, is the optimal one for retaining moisture and keeping the corneas of their eyes clean. When they tested the measurements on eyes that were wearing synthetic lashes and exposed them to a small wind tunnel, the eye wearing false lashes reduced moisture evaporation and particle deposition, that means that wearing the false eyelashes allowed debris to get in the eyes, not allowing the eyes to

protect themselves, no so good right? I love my eyes and wish to keep them safe.

The purpose of the study is a step toward creating effective dust and debris control mechanisms for the optical sensors, but for you, so with that said that lash-lengthening serum adds unnatural length to the lash. The researchers also discovered that lashes longer than the one naturally created by your eye it will actually funnel air toward your eyes, increasing dryness and the likelihood that airborne dust or dirt will get stuck to your eyeballs, I learned a long time ago that the body is a genius and knows exactly what to do. Wearing lashes occasionally is one thing but every day it will definitely cause a few drawbacks.

## How many eyelashes do we have?

How many **eyelashes** are on each lid range widely as the top eyelid usually accommodates approximately 150 to 200 individual hairs, the bottom eyelid averages somewhere between 75 and 100 hairs. A lifestyle that is healthy will result in faster growth of hair in general.

Here are some questions that we have received.

### Why are eyelashes so important?

Is so many particles in the air, dust, sand, which can get into your eyes and harm them. **Eyelashes** help to communicate with the eyelids when they need to shut and protect the eyes. Along with your eyebrows and forehead, your eyelashes also help to shield your eyes from the bright light of the sun and wind.

### Can eyelashes fall out from stress?

I found plenty of other reasons that **eyelashes** might **fall out** like excessive eye rubbing, nutritional deficiencies, and

hormonal imbalances. pulling, eyelash curlers, etc, **stress** was named among the top reasons for unhealthy hair and full body.

Is many reasons, lash extensions, burns, and chemotherapy may lead to eyelash loss also. According to the American Academy of Ophthalmology, if the eyelashes get burned as long as the hair follicles are still intact, the lashes will usually grow back in 6 weeks. If the hair follicles were damaged, the eyelashes might not grow back.

## Do eyelashes grow back after cutting them?

It takes roughly 2 to 3 weeks for the eyelash to grow from nothing to its full length! So if you cut your eyelashes, they will actually not grow back but you will have to wait about to 3 months for them to fall off and the new ones to take their place.

## Do Eyelashes stop growing with age?

Eyelash growth has four stages: growth, resting, shedding and re-growth that is the process As we age, eyelash follicles (the openings in the skin through which the lash grows) can slow or stop producing, especially with poor health.

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# EyeLash Growth Serum



A natural way to make lashes look as long as fake lashes using only natural ingredients.

These natural “eyelash extensions” use:

**Castor oil**– Natural source of Omega-6 fats, proteins, and vitamins that helps encourage dramatic hair growth

**Emu oil**– “highly anti-inflammatory, moisturizing, anti-wrinkle, penetrating, a transdermal carrier, promotes skin regeneration, non-comedogenic (does not clog pores), nourishing, anti-aging and bacteriostatic.”

**Coconut oil**

**Vitamin E oil**

Castor oil alone would give noticeable results, as it has been extremely helpful for lengthening and thickening my hair, but the addition of emu oil, coconut oil, and vitamin E give this serum a wider range of fatty acids and nutrients to help speed eyelash growth.

## **Eyelash Growth Serum Ingredients**

**1 teaspoon castor oil**

**1 teaspoon emu oil (optional, can use extra castor oil instead)**

**1/2 teaspoon coconut oil**

**2 capsules Vitamin E oil (optional)**

# **Eyelash Growth Serum Instructions**

Mix all ingredients and store in a small dropper bottle.

To use, squeeze one drop on to your finger or a cotton swab and gently massage into the lash line. I prefer to do this at night to let it work overnight before washing my face in the morning.

Use daily for best results.

TIP: This can also be used on eyebrows to help with thinning eyebrows.

This will last up to a year as long as it is kept in an airtight container and not contaminated with a liquid since it contains water, aloe or other liquid ingredients that will spoil.

## **How to Make a Natural Eyebrow & Eyelash Growth Serum**