

Daily eye care: Home remedies & habits



Simple, time-tested Indian practices can soothe and protect your eyes naturally.



Smart Tips:

- Try “Palming”: rub your palms together to warm them, then gently cover your closed eyes for 30 seconds twice daily to relax eye muscles.
- Use rose water soaked cotton pads as a refreshing eye compress to reduce redness and tiredness.
- Wash your face and eyes with clean, cool water every morning to remove dust and refresh eyes.
- Avoid rubbing eyes with dirty hands to prevent infections.