

Pump up your lashes naturally.

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## Want healthier, longer eyelashes? Here are my top tips.

We're less than a week away from the big reveal!

I still can't tell you what it is...

BUT here's a clue: you're going to want your natural eyelashes to be as healthy as possible first!

To help you out -- 'cause that's just the kind of girl I am -- I've put together my 5 best tips for you.



### 1. Use a serum.

You'll find dozens of serums and magic elixirs all claiming to grow your lashes, but most of those claims are plain old BS. After 10 years of testing all the latest and greatest products, I've found only one non-prescription option that actually works -- [GrandeLASH - MD Lash Enhancing Serum](#).

Made by Grande Cosmetics, this is one of my top product recommendations. It's perfect for anyone with short or thinning lashes and will restore vitality to brittle or damaged lashes.

Packed with vitamins, antioxidants, and amino acids, you'll start to see signs of longer, fuller lashes in as little as one month with full results in three months.

Best of all: it's safe to use with extensions.



## 2. For healthier lashes, take a multivitamin and exercise.

Healthy lashes start with a good diet and the right nutritional mix. Taking a daily multivitamin that has both biotin and silica in it is the easiest thing you can do to keep your lashes healthy and strong.

I recommend [SuperHair from Moon Juice](#), but any multivitamins advertised as good for hair, nails, and skin should have biotin and silica.

Exercise is also good for healthy eyelashes, as it gets the blood flowing and good circulation is critical for eyelash growth.



## 3. For stronger lashes, use castor oil or vitamin E.

While these oils won't help your lashes grow, they will condition them, resulting in stronger lashes that also look fuller.

The easiest way to apply any oil to your lashes is with a disposable mascara brush. You can get them in almost any makeup supplies store. When you're ready to treat your lashes, just dip the brush into the oil, then brush it onto your lashes. Wash it off after five to 10 minutes.



## 4. Skip the curler.

Does it really come as a surprise that something that's meant to force your lashes into an unnatural curl can result in breakage and premature shedding?

This is especially true for anyone not a pro with the curler. If done at all wrong, the curler is bound to pull out an extra lash or two. And no one wants that!

But even in the hands of an ace lash curler, the constant pressing of regular usage weakens the lashes over time.



## 5. Avoid rubbing your eyes.

Rubbing your eyes is a definite no-no if you want to avoid your natural lashes from coming out early. The friction created by rubbing the back of your hand across your eyes causes eyelashes to break off.

And because the growth cycle for lashes is four to eight weeks, it can be quite some time before new lashes start to grow back.

Don't forget to whitelist our email address -- [ally@meadowslashbrow.com](mailto:ally@meadowslashbrow.com) -- to ensure you don't miss out on the upcoming excitement.



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