Q Is it safe to use sunblock around the eyes and will it cause milia seeds?

A While facial sunblocks can be used around the eye area, you need to be careful not to get it into your eyes or on your lids. Sloane Clinic's Dr Low Chai Ling says most complaints of burning sensation seem to come from waterproof sunblocks, so you may want to use a normal formula instead. See your doctor if there's persistent irritation or burning.

If you're worried about milia seeds forming, go for sunscreens with lower SPF as they tend to have a lighter texture and are less likely to clog pores or cause irritation. Even better, use an eye product with SPF, such as **Clinique's Derma White Eye Moisture SPF15.**