

# How to Get Thicker Eyelashes, a Complete Guide to Your Best Look

by Dalphyne Peterz | Nov 21, 2019 | thedeskpro.com, Transfer Complete | 0 comments

They say eyes are the windows to the soul. And we believe eyelashes are the curtains. For this reason, it's not hard to understand why one would want to know how to get thicker eyelashes.

For most people, the solution is easy. Apply a few strokes of mascara, and you're good to go. But let's face it, mascara comes with its fair share of challenges.

Some are so heavy that you almost hear the sound of your lashes when you blink. And others get you looking like a raccoon at the slightest contact with water. Not to mention, the constant need to remind yourself not to rub your eyes lest you mess up your look.

But what if you could get thicker eyelashes without drowning them in mascara or investing in [volume lashes](#)?

## The Reason Your Eyelashes Are Fragile and Brittle

Before we get into how to get thicker eyelashes, it's crucial to understand why they are suffering in the first place.

There are several reasons why eyelashes appear brittle and fragile. One of the primary culprits is mascara, which causes the hairs to dry out or break mid-shaft. Medicated eye drops may also have the same effect.

Constant rubbing of your eyes may also affect the appearance of your lashes. Rubbing causes breakage and may pull out your lashes prematurely.

Therefore, it may be best to reduce your mascara usage and be watchful of the products you add to your routine when trying to grow out and increase the thickness of your lashes. And if you can, keep those hands away from your eyes!

Other common [causes of thinning](#) eyelashes include aging, menopause, hormonal imbalances, allergies, use of eyelash extensions, stress, chemotherapy, and poor hygiene, among others.

## How to Get Thicker Eyelashes: No Falsies Needed

If you've been trying to get thicker eyelashes for a while, chances are you're tempted to give up.

Maybe you're even convinced thick lashes aren't in your genes. We get it. Changing the appearance of your lashes can seem impossible, especially if you don't know what to do.

Luckily we have nine incredible, easy-to-follow tips that will transform your lashes and give them the boost you need.

## Moisture is key

Beauty gurus rave about the benefits of olive oil in improving the strength and length of your eyelashes. There may be some truth to this.

Olive oil has emollient properties thanks to its high quantity of essential fatty acids, which moisturize and soften your lashes. As a result, you get stronger lashes, which eventually contributes to length since there's minimal mid-shaft breakage.

Apply olive oil on your lashes is by using a clean [mascara brush](#). Dip it into the oil and brush your eyelashes with it, making sure you don't get any into your eyes.

## Play it safe

It can take a long time to get thicker eyelashes if you're using only one ingredient. And if you're using a DIY mix, you may not have the right mixture of ingredients.

If you'd like to be sure what you're using is working, the best solution is to use a growth serum.

Eyelash growth serums have potent ingredients that are excellent for boosting eyelash growth. The only downside is that there are a plethora of options on the market. As a result, it may be challenging to know which one to purchase.

Nonetheless, if you're mindful of the ingredient list, you should be able to find the right one for your needs.

## Give your lashes the VIP treatment

Bloggers and celebrities swear by Vitamin E oil for promoting stronger and more moisturized lashes. And the good news is, you won't have to spend an arm and a leg to take advantage of this hack.

Not to mention, you can use the oil on your skin and hair. And to boost your overall health, you can take the oil in the form of a supplement. It's the perfect definition of the gift that keeps on giving.

## An often overlooked but useful hack

When you're looking for tips on how to get thicker eyelashes, you may find complicated and expensive solutions like eyelash implants and expensive growth serums that your favorite celebrity uses.

But the truth is, you can do it without spending a single penny. The simplest solution on how to get thicker eyelashes is to comb them. Yes. You read that right.

Brushing out your lashes makes them appear longer, and it's a great way to promote their growth.

## The oil that never fails

Coconut oil has got to be the mother of all oils. This oil seems to be the solution to everything. Chapped lips? Make some coconut and sugar scrub. Dry hair? Moisturize and seal with coconut oil. Ashy elbows? Dab that coconut oil on your elbows.

The list is endless. And this oil is also excellent for boosting eyelash length and thickness. Coconut oil is an incredible strengthener and moisturizer that leaves your lashes feeling soft.

However, to reap the benefits of this oil, you need to ensure you're using 100 percent virgin coconut oil. You can rub it on your fingers and apply it to your lashes or use a mascara brush.

## Don't forget your nutrition

Everything on your body from your hair, nails, and skin requires proper nutrition to flourish. It's no different for eyelashes. Without adequate nutrition, it may be difficult for you to increase the thickness and length of your eyelashes.

Apart from making sure you're eating a balanced diet, it's also essential to find out if you have any nutrient deficiencies. One of the top culprits of unhealthy, brittle hair is a biotin deficiency.

Your hair, nails, and skin contain a protein known as keratin, and biotin helps by improving your body's keratin infrastructure. For this reason, you'll notice an improvement in your hair, nails, and skin when your biotin levels are okay.

Besides, biotin supplements have **proven useful** in aiding hair growth and thickness. However, keep in mind that the results are different for everyone.

## The quick fix

While we began by saying mascara isn't the best solution on how to get thicker eyelashes, we're not against all mascaras.

Some mascaras can aid the natural growth of your lashes, make them thicker and darker. Therefore, when shopping for mascara, don't just go for the one that gives you a good look for that day, go for a fiber-lash mascara that also boosts your eyelash length.

It may take time before you see results, but based on what users have to say about some of the top options, it's worth it. Besides, the mascara quickly gives you the boost you need as you await the changes you're working on getting.

## Work for longer-lasting results

If you're wondering how to get thicker eyelashes, chances are you want them to stay thick for the long haul. Fortunately, there's an easy way to do it. All you need is castor oil.

Many people have attested to this oil's effectiveness in promoting hair growth and thickness. Castor oil is also useful in moisturizing eyelashes, thereby making them appear fuller and lusher.

It's also not surprising that you'll find this oil as an ingredient in most of the eyelash growth serums on the market.

However, to get the most from this oil, you need to get 100 percent pure castor oil that is free from impurities.

## Tea is always a good idea

You've probably heard the incredible benefits of green tea for your health. Green tea is not only good for your brain function, physical performance, and overall health, but it turns out it's one of the top tips for how to get thicker eyelashes.

According to [Bustle](#), applying a small amount of cooled, steeped green tea to your lashes may significantly improve the appearance of your lashes.

Green tea has antioxidant properties that help in boosting eyelash growth.

## Stop eyelash damage in its tracks

Another simple solution on how to get thicker eyelashes is to use vaseline. Vaseline not only keeps your eyelids and eyelashes moisturized but also helps in preventing eyelash mites, thus preventing further damage to your lashes.

Apply a small amount of vaseline on a cotton swab and rub around your eyelids and lashes. Make sure not to get any into your eyes. Leave it on your eyes overnight and rinse in the morning.

Do this daily for faster and better results.

## A perfect hack for the DIY queen

If you're not keen on spending money for an eyelash serum you're not sure will work, you can create your own with just a few ingredients. You'll need peels from one or two lemons, coconut oil (or olive oil), and cotton swabs.

Take the lemon peels and place them in a jar. Next, add a few tablespoons of the oil and use a spoon to press the lemon skins into the oil. Afterward, allow the mixture to sit overnight before using it.

Once it has rested for a few hours, take a cotton swab, dip it inside the mixture, and apply it on your top and bottom eyelashes.

Be careful not to get any into your eyes. Let it sit for a few hours and rinse it off. Do this once or twice a day for the best results.

This lemon-oil mixture is excellent for people who have blepharitis due to lash mites and also helps in regrowth of affected lashes.

## Say Hello to Longer, Thicker Lashes

With these tips on how to get thicker eyelashes, you will no longer need [false eyelashes](#). With a bit of patience and consistency, you should see a significant change in the length, thickness, and strength of your lashes.

Also, remember to be careful about the products you add to your routine that may affect your lashes. And if you believe the thinning of your lashes is unnatural, it may be best to seek medical attention to rule out an underlying disorder.

Was this guide on how to get thicker eyelashes useful? Which hack are you excited to try? Please share your thoughts and views in the comments section below. We'd love to hear from you.

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