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Eyelash Growth Tips for People with Sparse or Damaged Lashes

Our Friends · Tuesday, June 10th, 2025

Do you wish your eyelashes were longer, thicker, or darker? Do you think you've damaged your lashes from years of mascara use, poor diet, or by getting eyelash extensions? If your lashes are not as lush as you'd like them to be, there are some things you can do to help them regain their healthy appearance.

Here are some eyelash growth tips for those with sparse or damaged lashes.

Put Nourishing Oils on Them

One way to help your lashes regain their strength is to put nourishing oils like castor oil on your lash line at night before bed. If you do plan to do this, make sure you take out your contact lenses and remove any makeup. You may also want to put a towel on your pillow as castor oil can cause staining.

Practice Good Eyelash Hygiene

Taking care of your lashes is the basis of [eyelash growth](#). Make sure you remove all your makeup every evening as sleeping in mascara can damage them. Use a gentle eye make up remover that won't pull at your lashes. You can also use olive oil to remove your mascara and nourish them.

Eat a Balanced Diet and Take Vitamins

A balanced diet is key for overall health of your hair, skin, nails, and eyelashes. To ensure eyelash growth, make sure you are eating foods high in vitamins A, C, and E and that you're including foods with omega-3 fatty acids. You can also take vitamins with these ingredients to enhance your diet.

Give Yourself an Eyelash Massage

One way to stimulate circulation and promote eyelash growth is to gently massage your eyelids around the lash line for a few minutes every day. It's usually best to do this before you go to bed. You can also use an eyelash comb to regularly brush your lashes. This not only prevents [clumping](#) and helps remove mascara residue, but it also distributes natural oils that can help promote growth.

Avoid Damaging Them

You can limit the damage done to your lashes in a couple of different ways. First, avoid tugging or pulling on your lashes and don't use any harsh makeup removal techniques as this may increase damage and limit eyelash growth. You should also avoid the overuse of fake lashes or lash extensions.

Consider Using a Lash Serum

One of the best ways to promote eyelash growth is to use a lash serum on a daily basis that promotes healthy lashes. You can either get over-the-counter serums with ingredients like vitamins and nourishing oils or you can get a prescription serum with proven [ingredients](#) to promote eyelash growth. Serums should be used at night after your contacts and makeup have been removed and you should start seeing results after about two to three months of use.

Promoting Eyelash Growth

Taking good care of your lashes and your overall health is a good way to keep your lashes strong and promote eyelash growth. If you want to take it to the next level, consider using an over-the-counter or prescription lash serum to help your lashes get longer, thicker, and stronger.

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