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These Expert-Approved Eyelash Growth Serums Will Help You Naturally Achieve Your Fullest, Longest Lashes

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By Audrey Noble

When searching for a [product that will produce](#) the lashes you've always wanted—thick, dark, and curled to perfection—there's one powerhouse item that might be the answer: eyelash growth serum. Aply named, eyelash growth serums help promote healthy lash growth. "A good eyelash serum should assist in improving the condition of your natural lashes with minimal risk of irritation," Veronica Tran, founder and master stylist of [Pretty in The City Lash & Brow Bar](#), says. She further explains that there are two different types of eyelash serums: a conditioning product and a growth stimulator. The conditioning ones act [like a hair conditioner](#) to protect lashes from further damage thanks to nourishing and hydrating ingredients like ceramides and [hyaluronic acid](#). The ones that stimulate growth will contain active ingredients to help extend the cycle of an eyelash, such as prostaglandin and peptides.

"Prostaglandin serums are very effective in seeing new growth of eyelashes," Tran says, but notes that it's important to remember using these come with a [higher risk of adverse reactions](#) like irritation and hyperpigmentation. "Peptide-based growth serums work by nourishing the follicle. It is also effective in promoting growth and comes with less risk of adverse reactions than prostaglandin-based serums," she explains.

In general, board-certified dermatologist and founder of [Visha Skincare](#) Dr. Puvisha Patel says to apply an eyelash serum after you [cleanse your face](#). It should be put on dry lashes and at night so it can work while you sleep. Most people can use these serums, though Dr. Patel advises those with skin allergies or sensitive skin to avoid them as they may cause irritation. With all this in mind, Tran, Dr. Patel, and board-certified dermatologist at the Shafer Clinic [Dr. Dendy Engelman](#) shared their recommendations for the best eyelash growth serums on the market, to ensure your lashes look their best, without adding any discomfort or irritation.



Credit: Courtesy of Ulta

RapidLash

Dr. Patel says the biotin in this serum is what makes it a standout. "Biotin is a B vitamin and helps lashes grow longer and thicker and stimulates the growth of additional eyelash follicles," she explains. It also

contains ingredients like soybean oil, pumpkin seed extract, and amino acids to condition and add extra shine.

Shop Now: *RapidLash Eyelash Enhancing Serum*, \$50, [ulta.com](https://www.ulta.com).