Gazing at the candle and wine of Havdalah

Common practice has it that we gaze upon the candle and the wine during the recital of the Havdalah. This widespread custom is not mentioned in the Talmud Bavli but has its origins in the Talmud Yerushalmi.

העונין אמן צריכין ליתן עיניהם בכוס ופניהם בנר (ברכות ה:ב לט,ב)

Rabbi Nissim Gaon (Berakhoth 52b), Rabbi Yizhak Ibn Ghayyath (Laws of Havdalah), Meiri (Berakhoth, ibid), Abudraham (Seder Havdalah) mention the Talmud Yerushalmi

The practice is not recorded in the Shulkhan Arukh, however it is codified by the Tur (O"Ch Laws of Shabbath, רצט) and Rama (O"Ch Laws of Shabbath, רצט)