



Say Good-Bye to

REDNESS

Sun, cigs, sangrias—they're no picnic for your capillaries. Here's how to keep skin calm, cool, and collected



20s

At this age, your capillaries are quite small, and while lifestyle factors (smoking, alcohol) can dilate them and inflame skin, they usually return to normal within a short period of time. To soothe redness, use a moisturizer with a gentle anti-inflammatory such as licorice root. Once a week, apply a calming, clay-based mask. And wear that sunscreen!

DAILY Rx Eucerin Redness Relief Soothing night cream, \$15; amazon.com.
POWER FIX Philosophy Keep the Peace, \$40; philosophy.com.

In your early 30s, you'll want to add more powerful anti-inflammatories like willow bark to your regimen, says Michelle Copeland, an N.Y.C. plastic surgeon. Skin requires more hydration too, so find a lotion with omega fatty acids and shea butter. For acute flare-ups, products with hydrocortisone provide quick relief, but don't use them every day because they can thin the skin.

DAILY Rx Skyn Iceland the Antidote Quenching daily lotion, \$45; beauty.com.
POWER FIX Clinique Redness Solutions Urgent Relief cream, \$30; clinique.com.

30s

Hydrocortisone acetate gets the red out!



40s

As you hit this decade, free-radical damage can begin to leave capillaries permanently dilated, so redness becomes more noticeable, says Adam Kolker, a plastic surgeon in N.Y.C. Before applying your moisturizer and sunscreen, start with a serum that contains caffeine, which constricts blood vessels. For immediate calming, slather on a creamy mask formulated with vitamin B5 to help repair damaged tissue.

DAILY Rx Neocutis Pêche, \$90; lovelyskin.com.
POWER FIX Chantecaille Jasmine and Lily mask, \$79; chantecaille.com.

Hormonal changes make skin thinner and drier, so capillaries flush and break more easily, says N.Y.C. dermatologist Macrene Alexiades-Armenakas. "Redness isn't coming and going anymore—it's often pronounced and irritating," she explains. Look for a cream that combines potent antioxidants (like white tea) with soothing moisturizers (like aloe vera). To increase skin's moisture level, use a mask with rich essential oils.

DAILY Rx Derma Doctor Calm Cool & Corrected cream, \$85; at Sephora.
POWER FIX Sisley Black Rose cream mask, \$158; neimanmarcus.com.

50s+



In-Office Procedures

TRIED ALL THE ABOVE AND STILL SEEING RED? HERE'S WHAT A DOC CAN DO ...

Intense Pulsed Light

HOW IT WORKS Multiple wavelengths of light heat up and dissolve the red pigment in capillaries without injuring surrounding skin.

HOW LONG IT TAKES At least five treatments about one month apart

DOWNTIME Almost none.

PAIN Negligible. You may feel some tingling.

COST \$500–\$900 per treatment

Vascular Lasers

HOW IT WORKS More powerful than intense pulsed light, vascular lasers use a narrow band of light to zap away red spots.

HOW LONG IT TAKES Two to three treatments

DOWNTIME Expect redness and mild swelling for 24 to 36 hours.

PAIN Each zap feels like a rubber band snapping.

COST \$500–\$1,200 per treatment