



**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