

ONLY £1 NEW LOOK! ONLY £1 NEW LOOK! ONLY £1 NEW LOOK!

REAL




RESCUE REMEDIES

- Try DDF Nutrient K Plus (£56, 0800 037 1090), which is high in Vitamin K, reducing the appearance of discoloration caused by blood vessels near the skin.
- Avon Clinical Laser for Legs (£15, 0845 601 4040, www.avon.uk.com) not only improves the colour of capillaries, but contains an SPF 15 to prevent sun damage that can contribute to spider veins.
- Dr. Harnik Red Vein Corrector Cooling Duo Concealer (£6.99, Boots) tones down redness with the green pigment while the beige one evens out and hides any imperfections.

saline solution into the broken vein, flushes the blood out and removes unsightliness (£1.95 per treatment, 0845 602 1161, www.woodfordmedical.com). Creams with Vitamin K may also help, as it's been shown to reduce bruising and purplish discolorations on the skin. But it may take a few months before you notice any difference.

Beauty blight: spider veins

Seventy five per cent of us eventually get them, but why? 'These thin veins on the face can be hereditary, or caused by UV damage, smoking, too much alcohol or even just blowing your nose,' says Nurse Frances Furlong from Skin Health Spa (www.skinhealthspa.co.uk). On the legs, spider veins are often hereditary, but they can also be caused by high heels or just by crossing your legs. 'Intense Pulsed Light or N-lite laser are effective long-term treatments and you'll need around five treatments spaced three weeks apart,' says Frances (from £75 a treatment, call 0800 037 1090 for more details). 'It's not painful – it just feels like a rubber band being flicked on your skin.' Also for the legs, sclerotherapy, a injection of a



DILEMMA: I often have a succession of late nights. Is there any way of minimising dark, under eye circles?

'If you suffer with thin skin, the dark circle which you can see is actually a very fine network of blood in the veins that leads to a blueish look. If you're dark skinned it can also be triggered by the over production of pigment in the eye area, causing dark circles, especially in the sun,' reveals industry expert Frances Furlong of City Skinklinic. 'You will usually find that a vitamin deficiency in your diet may be one of the principal causes. Also, people are genetically programmed to get dark circles; so if your mum has them you are likely to get them as well.' To treat the problem Frances recommends, 'trying a course of Mesotherapy (micro injections which insert vitamin C into the skin) and the use of a high SPF, to stimulate vascular activity in the socket area.' For an at home treatment, **(6) Dr Sebagh For Your Eyes**

strengthen the capillaries in the skin around the eyes

Only Kit, £62, or (7) Dermalogica Total Eye Care, £29.80, can both be helpful to

