

Capillaries, facial veins, broken blood vessels—no matter what you call them, these unsightly splotches of redness that seem stuck under the surface of the skin can be hard to hide. But, while they can be difficult to prevent, they're easy to treat.

# TARGET + TREAT FACIAL VEINS



## Is your redness rosacea?

Broken capillaries can be caused by a variety of factors, like genetics, sun damage or in areas of injury like a scar, but they are also a common effect of rosacea. Hunt Valley, MD, dermatologist Karen Beasley, MD, explains that those with rosacea flush very easily, and, over time, that periodic flushing can cause a "persistent pinkness" in the skin, allowing for broken blood vessels to form. "In my opinion, there is no effective at-home treatment that clears facial veins, but a daily broad-spectrum SPF 30 sunscreen can help prevent those that form from sun damage," she says. *For more on rosacea, turn to page 110.*



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