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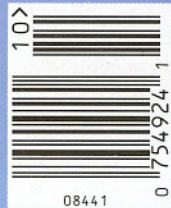
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on what makes
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Be a
Natural Beauty

125 Tricks for Glowing Skin, Shiny Hair & Unnoticeable Makeup

Your skin problems solved!

Reveal a healthy, gorgeous glow with our easy fixes for sun spots, stretch marks, scars and other nagging nuisances. By Roopika Malhotra

Taking care of your skin is a little like playing a pop-up arcade game. The minute you squelch one eruption, a sun spot appears. And when that splotch fades, another mark shows up—uninvited. Yes, 84 percent of women have at least one complexion complaint, indicates a survey by Obagi Medical Products in Long Beach, California. Ready to take control of the action? These at-home tips, pro treatments and camouflaging how-tos will arm you with strategies to outsmart unwanted guests and get the smooth skin you deserve.

Skin saboteur Scars

Fibrous tissue that replaces normal skin after injury **Conceal!** Wait until your scar has done some initial healing, which typically takes about a month. To camouflage a mark that is red, your best bet is to mix two concealers—one that matches your skin tone and one that's a few shades darker—and use a foundation brush to tap the concoction over the scar. For marks that are raised or textured, stick to matte powders (a new one: BareMinerals SPF 15 Matte Foundation, \$28).

Conquer! Most scars are fully developed after six months, "but formation can occur until then, which is why marks change color from red to brown to white as they heal," says Joely Kaufman, M.D., a dermatologist in Miami. "You have a window of time of about three weeks to make any scarring less dramatic. Keeping the wound moist and covered for the first few weeks has been shown to speed healing for a less noticeable spot." Dab antibacterial ointment (such as Neosporin + Pain Relief Ointment, \$6) on the area, then lock in hydration with a silicone bandage, which Kaufman says is particularly effective at healing thicker scars that typically itch.

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Snag solutions to all your clear-skin conundrums.

Skin saboteur Spider and varicose veins

Red weblike lines that form when blood flow slows in veins due to poor circulation and genetics

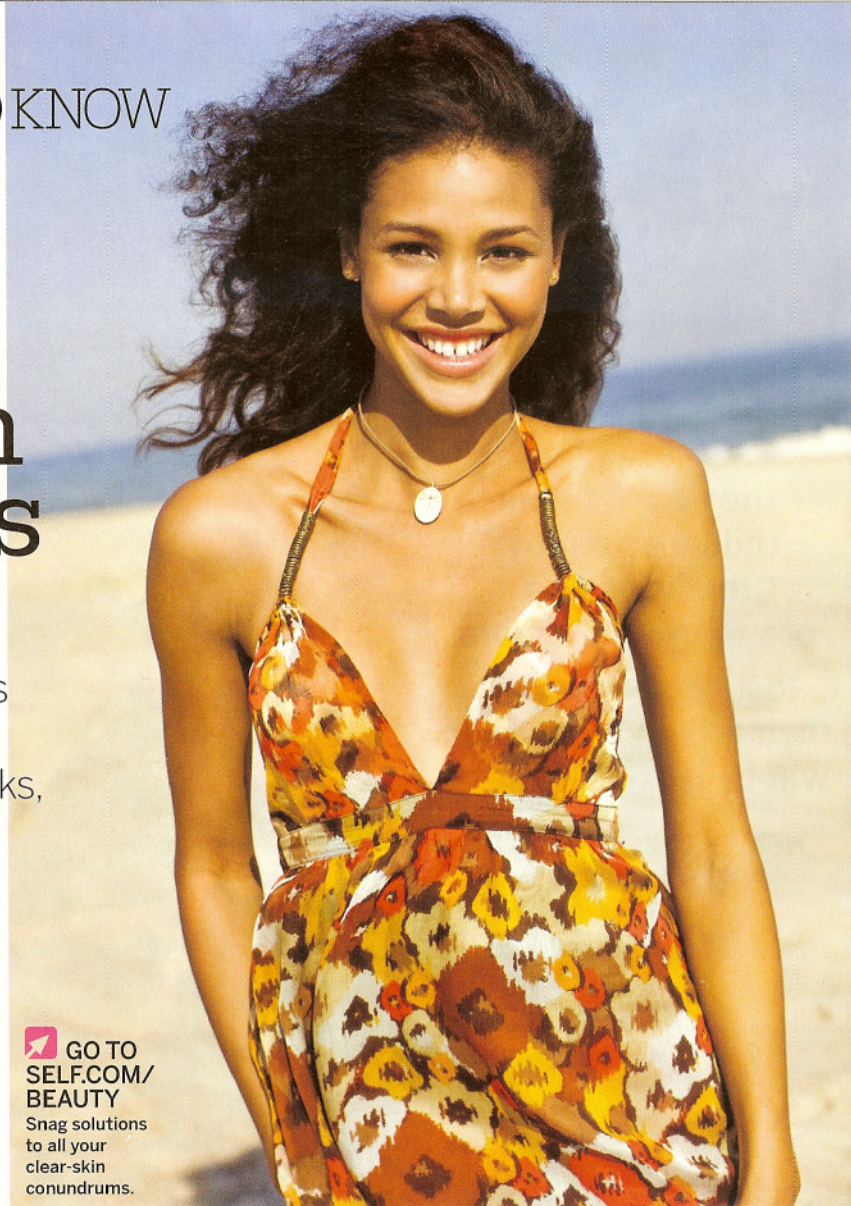
Conceal! To create the illusion of even-toned legs, rub tinted moisturizer over any visible veins. Follow all over with a bronzing lotion that contains luminizing particles. SELF editors like Lorac Tantalizer Body Bronzing Luminizer, \$30, which has enough coverage to hide veins and leaves a slimming sheen.

Conquer! Tiny, superficial constellations of spider veins can disappear after about four treatments (\$300 to \$400 each) with an intense pulsed light laser. You need surgery, however, to remove varicose veins, the thick, often painful squiggles and bulges that appear deeper in the vascular tissue of your legs.

Skin saboteur Birthmarks

An overgrowth of blood vessels in the skin that usually appears within the first month after birth

Conceal! Makeup artists swear by formulas with a dense texture for the neck down (a good one: Kryolan Body Cover, \$26), but an undereye concealer is a nice option for a fast, natural-looking fix. Opt for one that has peach tones, which "neutralize purplish discoloration in most skin types," says Susan Giordano, a makeup artist in New York City. For a seamless look, blend the color with a damp sponge in a crisscross motion, lightening the amount of



beauty NEED TO KNOW

>>> makeup you apply as you approach the outer edge of the mark.

Conquer! There's not much you can do on your own to erase these "beauty" marks, but dermatologists have had success using lasers on various types of spots, including hemangiomas and port-wine stains. Five or so treatments with a ruby laser (about \$500 to \$1,000 per session) "can eradicate marks by destroying blood vessels and, therefore, the pigment in them," says Katie Rodan, M.D., a dermatologist in Oakland, California.

Skin saboteur Sun spots

Pigmented brown blotches often found on your face, hands and chest that result from excessive UV rays

Conceal! You can easily minimize discoloration on the face by applying a thin layer of foundation or tinted moisturizer, Giordano says. If you're intent on getting fuller coverage and want a heavy-duty option, use your finger to pat on a water-based foundation such as long-lasting MAC Face and Body Foundation, \$32.

Conquer! Give splotches the one-two punch with a topical cream containing both exfoliating and bleaching agents. "My favorite is prescription Tri-Luma, which has Retin-A and hydroquinone to slough off dead cells, because it temporarily stops pigment production," says Leslie Baumann, M.D., a dermatologist in Miami Beach. "If you use it daily, you'll start to see fading in four weeks." No time to see a doc? Nab more modest results in six weeks with an over-the-counter version such as Olay Pro-X Discoloration Fighting Concentrate (laced with mark-inhibitor glucosamine), \$47.



Increase radiance by exfoliating weekly with an at-home peel.

Skin saboteur Stretch marks

Silvery lines caused by elastic tissue breaking down; weight gain or loss can be a culprit

Conceal! Self-tanners (a good one: Nivea Sun-Kissed Firming Moisturizer, \$8) hydrate skin and help obscure lines.

Conquer! If you think that OTC creams can erase marks, take note: "Nothing applied topically has been proven to improve their texture or color, but using moisturizer daily can help soften the look," says David J. Goldberg, M.D., a dermatologist in NYC. You can reduce the lines' appearance with about five in-office laser treatments (\$800 to \$1,500 per session) with Fraxel, a fractionated beam that stimulates collagen.

Skin saboteur Broken capillaries

Blood vessels that have become visible due to sun exposure, which weakens and thins skin tissue

Conceal! Disguise them with light-deflecting foundation. (Look for *luminous* or *soft finish* in the name.) "These bases illuminate skin by diverting light away from capillaries," says Tim Quinn, a makeup artist in NYC for Giorgio Armani Beauty.

Conquer! Head to your doc for two or three treatments (about \$400 each) with a pulsed dye laser such as VBeam; it will blast the walls of these blood vessels, causing them to dissipate and fade in about four weeks. Dr. Rodan also advises using sunblock daily (at least SPF 30) to prevent broken capillaries. "Try physical blockers such as zinc oxide; they reflect UV rays and keep the skin surface cooler and less prone to damage," she says.

Look familiar? Decode—and delete—more of skin's mysterious visitors.

	Rough rashes	Small cysts	Scaly patches	Ruby-red spots
What they look like				
What they are	Keratosis pilaris Acnelike patches that form on the back and outer side of arms, thighs or your rear. (They're also known as chicken skin.)	Milia Commonly referred to as milk spots, these harmless flesh-colored bumps are typically found around the cheeks, nose and eyes.	Actinic keratosis Flaking, white sores that creep up on sun-exposed areas such as the face, shoulders, back of hands or the chest area.	Cherry angiomas Dome-shaped globs of blood vessels that vary in size from 1 to 4 millimeters. They often appear on the chest and back.
What causes them	A benign, usually genetic condition in which the overproduction of keratin (a skin protein) causes clogging of the hair follicles.	When oil glands or sweat ducts are blocked (from heavy creams or lack of exfoliation), skin's natural proteins build up in these white beads.	UV damage, and lots of it! "These patches are precancerous," Dr. Goldberg says. He advises asking your doc to remove them ASAP.	You can blame these harmless marks on Mom and Dad—they run in families. For unknown reasons, the older you are, the more you're likely to have.
What you can do about them	Rubbing on a lotion with urea or lactic acid (try Vaseline Renewal Body Lotion, \$6) can dissolve the skin cells that bind the keratin together.	A series of glycolic peels can minimize most bumps, but a derm must extract stubborn ones on sensitive areas (such as eyelids).	Freezing them off is the most common in-office treatment. If you have one, you're likely to develop more, so see your derm at least once a year.	One treatment with the KTP laser (about \$250) will zap these capillaries away by heating the vessels until they break down and disappear.