

# Face Facts

## Get The Red Out: A Guide To A Clear Complexion

(NAPSA)—Take a good look in the mirror. What do you see? Clear, even, smooth skin? Or are you faced with a red, blotchy reflection?

According to a leading dermatologist, Dr. Ranella Hirsch, there are two main causes for redness—rosacea and sun damage. Sun damage leads to an accumulation of red blood vessels at the skin's surface. Since it can take time for the blood vessels to surface, this form of redness is often considered a side effect of aging. Rosacea, on the other hand, is more complicated. Redness from rosacea can show up as a high concentration of red blood vessels at the surface of the skin, persistent flushing of the blood vessels, and acne. A dermatologist can determine the cause of rosacea and target an effective treatment.

To help with rosacea-related acne, a dermatologist may prescribe an oral or topical treatment. It will help to calm and soothe skin, preventing or minimizing flare-ups.

If you're still bothered by flushing, try avoiding the flush inducers: spicy, hot food; alcohol; steamy, hot drinks; and stress. Wear a broad spectrum sunscreen every day, inside or outside, rain or shine.

The most likely cure for dilated blood vessels that won't fade is a laser treatment performed by a trained expert. Speak to a dermatologist about which laser treatment will work best for you. Be sure it's one specific for eradicating the appearance of red blood vessels.



**Getting the red out for a better complexion may be easier than many people have faced up to.**

Thanks to technological advancements, the newest foundations can provide excellent coverage while still looking light and natural. For example, Dermablend's new Smooth Indulgence Foundation and Concealer provide twice the coverage of a traditional foundation but have a light, comfortable finish that doesn't look cakey or heavy. They also provide 12 hours of water-resistant, long wear so you don't need to worry about touch-ups throughout the day. It's great for everyday use and for when you really need to make sure redness is concealed.

To find a dermatologist nearby, ask your family physician or visit [www.aad.org](http://www.aad.org). For more information on cosmetic coverage, visit [www.dermablend.com](http://www.dermablend.com) or call 877-900-6700.