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HOW TO CAMOUFLAGE AGE SPOTS, VARICOSE VEINS AND OTHER SKIN FLAWS

by **beth blair**

While cleanse, moisturize and protect are common terms associated with skincare, we can also add “camouflage” to the list. After all, many of us spend too much time trying to make unattractive age spots, varicose veins, acne, scars and other skin flaws disappear.

While minor blemishes are easy to hide, others aren't so easy, but there are options for helping scars from our childhood or spots brought on by age fade temporarily and permanently. The key is to discover our options.

Flawless Facial Skin

Unfortunately, acne doesn't stop once we graduate from adolescence. In fact, sometimes our adult hormones or poor skincare routine can make us feel like we are back in junior high. Tiffany Fluhme, CEO of Fluhme Beauty, offers advice on covering up facial blemishes.

“Makeup is a girl's best friend for many reasons,” said Tiffany. “Whether to help accentuate flawless natural beauty or to go all-out glam, our makeup bag is where we turn. It's also where we turn to help cover skin imperfections including age spots, acne scars, etc. Concealer is an obvious go-to when our goal is to cover unwanted skin issues. Try your best to match your skin tone. Choosing a color that is too light or too dark will only bring unwanted attention to the imperfection. It is very important to be sure your skin is moisturized prior to applying any concealer or makeup in an effort to cover and conceal. If the skin is dry, the product will sit in acne scars, fine lines and again, will make them appear more evident.”

In addition, she said, “Makeup primers are wonderful to apply before your foundation and concealer. They help to smooth the skin and imperfections including pores and scars, and give the end appearance of porcelain skin.”

That's not all, she continued, “When it comes to concealers, there are color correctors that will help to conceal various imperfections and color issues. The goal is to neutralize the unwanted color.” The final step should be mineral makeup which, Tiffany said, “is known to provide amazing, light coverage and give an overall flawless look.”

Turn to the Color Wheel

That's where the color wheel comes in, said Dr. Michael Gold, a board certified dermatologist/dermatologic surgeon. “In order to properly camouflage skin discolorations, it is important to understand the color wheel. All shades of imperfections have a shade that will counteract it. Green concealer will fight redness found in acne, acne scars, rosacea and blotchy skin. Apply lightly and evenly to affected areas with a flat concealer brush, and then gently apply a full-coverage cream foundation. Yellow-based concealers are best for bluish bruises, veins and under-eye darkness. These can often be blended over foundation once everything is set, or mixed with liquid foundation to brighten the eye area. Lavender concealer is used to normalize yellow-skin concerns. When applied all over the face, it can correct sallow skin. It can also be used as a base to hide sun spots. Just be sure to apply a matching, flesh-colored concealer to blend everything in.”

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Varicose Veins and Cellulite

There are plenty of products to lather on to help with other skin area issues. For example, Dr.'s Remedy® Enriched Instant Cover in light, medium and deep shades is made to minimize skin tone imperfections from sun spots to birthmarks.

Dr. Annie Chiu, a board-certified dermatologist suggests Dermablend®, which is deemed Hollywood's all-purpose cover-up. "It can be used to hide tattoos, varicose veins or almost any skin blemish," Dr. Chiu said.

Dr. Chiu added, "A light self-tanner can make cellulite look less

obvious, as it takes away some of the shadowing on the skin that highlights dimples and depressions."

Wrinkles

Creases are simply a fact of life and while they may make us look wiser, it doesn't hurt to dull their appearance a little. That's where Rodial BB Venom Skin Tint slithers in. Applied as a lightly tinted moisturizer, it is infused with SYN®-AKE, a powerful dipeptide created to plump skin, reduce the appearance of wrinkles and hydrate. It's made with SPF15, so it counts as camouflage, protection and anti-ager all-in-one. If you want something made for the eye area, Rodial BB Venom EYE is ideal for targeting crow's feet and eye puffiness.

Long-Term Options

If you're hoping for a permanent solution, there are some options depending on your flaw. "When there is a problem with skin discoloration or hyperpigmentation, we can use lasers and light sources to improve it," says Dr. Gold. "A variety of fractional lasers or Intense Pulsed Light (IPL) help the pigment fade over time. For acne, there are devices that can target the blemishes and reduce them, as well as devices that improve acne scars. Rosacea lesions can be treated as well with the IPL or the pulsed dye laser." ■

Sources: goldskincare.com, rodial.co.uk, remedynails.com, fluhme.com and anniechiumd.com.



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