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Shhhh... What no one ever tells you about sex p.134

Q I've got spider veins—and pre-beach panic! What do I do?



Need a little pest control? Here's advice from the pros.

A **THE DERMATOLOGIST SAYS:**



Marsha Gordon, M.D., a New York City dermatologist and professor of dermatology at Mount Sinai School of Medicine

"The good news is that unless you have a heavy spider vein situation, sclerotherapy injections can reduce them pretty easily. Injections cost \$300 per treatment on average, and large areas require multiple treatments over several months." If you're up for the expense, start now, Gordon advises, because "spider veins [which are red or purple] tend to look worse after the treatment before they heal and look better." Here's what happens: "A doctor injects saline solution or sodium tetradecyl sulfate directly into the vein, where it breaks down the inner lining of the dilated blood vessel. It causes some bleeding—which is why just-treated veins look worse—but the body reabsorbs the blood as they heal, and then they're no longer visible."

A **THE VASCULAR SURGEON SAYS:**



Judith Lin, M.D., a vascular surgeon at Henry Ford Hospital in Detroit

"Sclerotherapy is the best way to get rid of spider veins, but if they're accompanied by aching, burning, cramping, heaviness, or swelling, you should go to a vascular surgeon for an ultrasound. These could be symptoms of leaking valves from larger veins that need to be treated first." If you have no discomfort, your spider veins are probably purely cosmetic. One slight bummer: They tend to come creeping back over time. "To help prevent a recurrence, wear compression stockings when you know you'll be on your feet for long periods," Lin says. They're not sexy, but they "keep blood from pooling in the outer veins—where it can form spiders—and help make sure it circulates properly."

A **THE MAKEUP ARTIST SAYS:**



Jessica Liebeskind, creative director at Vintage by Jessica Liebeskind in New York City

"First, try self-tanner. It doesn't cover veins, but they won't stand out as much on golden-colored skin." The only way to really make them disappear is to use body foundation, which Liebeskind says "has a more opaque consistency than regular base." To prep legs, gently exfoliate in the shower, then apply a rich body cream (Liebeskind likes Eucerin Plus Intensive Repair Body Creme). Use your fingers to pat and press the foundation into and around the vein: "Don't rub, or you'll lose the coverage you need." If you're really self-conscious, press translucent powder on top of the foundation to keep it in place all day.

—SALLY WADYKA

VEIN, VEIN, GO AWAY

A horizontal line with red dashed crosshairs separates five items:

- Exfoliating pouf mesh sponge, \$2** (Image of a purple mesh sponge)
- Neutrogena MicroMist Airbrush Sunless Tan, \$11** (Image of a tan spray bottle)
- Eucerin Plus Intensive Repair Body Creme, \$9** (Image of a white cream jar)
- Dermablend Leg and Body Cover Foundation, \$27** (Image of a round foundation compact)
- Sclerotherapy injections, \$300-plus per treatment** (Image of a medical syringe)

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