



Madonna ing in man kets

By RACHEL GRUMMAN

IT'S not easy to cope with skin that's misbehaving and it can be even harder to hide it. If you're plagued by these common skin conditions, there's good news — there are now new technologies and more treatment options than ever.

ROSACEA

The signs of rosacea are blushing easily, facial redness and, in some cases, acne and small, visible blood vessels along the nose and cheeks. The condition affects over 14 million Americans, mostly fair skinned people, according to the National Rosacea Society.

"By the time most Caucasians reach 40, they have some form of rosacea," notes Dr. Robin Ashinoff, director of dermatologic, Mohs and laser surgery and director of cosmetic dermatology at Hackensack University Medical Center, NJ.

TREATMENT STRATEGIES

Wash your face in lukewarm water and use non-irritating, fragrance-free skin-care products like Pevonia RS2 Gentle Cleanser (\$37.50, pevonia.com) or Cetaphil Gentle Skin Cleanser (\$8, cetaphil.com).

Research shows moisturizers that contain 0.1 percent kinetin, such as Kinerase (\$119, kinerase.com), help reduce a flushed appearance. There are also over-the-counter treatments that specifically target redness, such as B. Kamins Booster Blue Rosacea Treatment (\$75, bkamins.com) and Biologique Recherche Creme Dermopurifiante (\$78, biologique-recherche.com), which

WEYSER: PAGE 9



BLEED US

contains yeast extract.

Sun exposure triggers redness, and weakens the support of the blood vessels, making you more prone to flushing. Look for a nonchemical sunblock with an SPF of 15 or higher, that contains zinc or titanium dioxide and offers both UVA and UVB protection.

For a more permanent solution,

talk to your dermatologist about pulse dye lasers, which target the offending blood vessels.

"Vascular lasers close blood vessels. People go back to a normal skin tone, and it helps with broken capillaries," says Dr. Ariel Ostad, a board certified dermatologist and dermatologic surgeon in Manhattan.

Continued on P. 42

**tax
hit
orkers**

From The Bronx to The Battery, New Yorkers of all income levels will get socked in the wallet by a taxing new state budget, with some households taking an annual \$5,000 hit.

SEE PAGES 6-7