

Did You Know?

The best way to tackle enlarged pores on the nose is with Retin-A, which increases cell turnover to free the pores of dead skin that can clog and enlarge them.



01

PROBLEM: Broken capillaries

Why they exist: Whether they're from environmental damage, the aging process, genetics or too much sun, broken capillaries, which can give a ruddiness to the skin, show up on and around the nose as tiny red squiggly lines. New York dermatologist Jessica Krant, MD, says that although they're called "broken capillaries," they are actually intact, but dilated, capillaries. "Anything that makes the nose red for a prolonged period of time, like hormonal fluctuations, allergies or rosacea, can lead to the expansion of these microscopic vessels, but they are completely harmless and generally easy to cover with makeup."

How to fix them: Broken capillaries won't go away on their own, but they do respond well to laser treatments, which is the best way to get rid of them. "Pulsed dye, KTP and YAG lasers are quick, easy and pain-free treatments that target the redness of the vessels and heat them to seal them up—they are then dissolved by the body. Repeat sessions are often needed for more stubborn capillaries," explains Dr. Krant. But once treated, they shouldn't return.



PRODUCT PICK: Opt for a heavy-duty concealer like **Cover FX Cream Concealer** to cover up (until you wash it off) broken capillaries so that they blend away. **\$27, sephora.com**



02

PROBLEM: Oily patches

Why they exist: If you're someone who suffers from oily skin, you know how annoying it is when your nose gets greasy midday. "Oil is primarily sebum (an oily substance created by the sebaceous glands), and there are many sebaceous glands on the nose, so the area tends to get extra oily," says Riverside, CT, dermatologist Mitchell Ross, MD. "Aside from the negative effects on the skin's overall appearance, oil can contribute to acne formation." Oily skin is partially related to hormones, but there's also a genetic component to it.

How to fix them: Washing and treating your skin with oil-controlling ingredients like glycolic and salicylic acid and using mattifying agents (ingredients that prevent oiliness) can help limit oil production. But, it won't stop your skin from making sebum altogether. "When excess oil is an issue, avoid washing your face with hot water, which can cause excess oil to be produced. Instead, use warm water to help control the amount of oil on your nose," says Dr. Ross. If acne is an issue, too, try a prescription-strength medication that contains benzoyl peroxide or a retinoid to help reduce oil production.



PRODUCT PICK: Douse a cotton pad in an astringent such as **Repêchage Hydra Medic Astringent** and swipe it over your nose to prevent midday shine. **\$29.50, repêchage.com**

4 Nose Problems Solved



03

PROBLEM: Breakouts and blackheads

Why they exist: The underlying reason for breakouts on your nose is almost always due to an overproduction of oil (caused by hormones) coupled with bacteria and dead skin cells that can build up on the skin from a lack of exfoliation. Blackheads, whiteheads and raised pimples both on and around the nose are common. Deeper, more cyst-like pimples don't typically occur on the nose, but that's not to say that you can't get them there.

How to fix them: In order to keep oil production and breakouts under control, using cleansers and spot treatments that contain salicylic acid and benzoyl peroxide is a must. And, if you regularly use skin-care products with vitamin A for their anti-aging benefits, then you'll also reap the side effect of clearer pores, too.



PRODUCT PICK: A thin layer of **Phace Bioactive Clarifying Serum**, which contains both salicylic and glycolic acids, will help keep your nose free of annoying blackheads and bumps. Plus, it doesn't leave skin feeling dry. **\$84, phacebioactive.com**

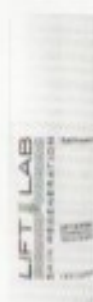


04

PROBLEM: Lines and crinkles

Why they exist: Your nose, like the rest of your face, can develop fine lines and wrinkles that can detract from your appearance and give way to an aged look. Whether the result of facial expressions or overactive muscles, these small lines tend to happen on the upper part of the nose, almost where the nose and the area under the eyes meet.

How to fix them: Topical treatments with peptides, as well as Retin-A, can help smooth them out. But for a quicker fix, your dermatologist or plastic surgeon can inject Botox (or any neuromodulator) into the bunny lines on your nose to relax them.



PRODUCT PICK: Full of antioxidants and skin-firming peptides, **LIFTLAB Lift & Repair Treatment Serum** helps minimize the appearance of fine lines. **\$135, neimanmarcus.com**