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May: Beach-Ready Beauty



Minimize Varicose Veins

Not ready for summer because of varicose veins? There are a few options, depending on the severity, but in any case, you should consult a doctor to treat them, says **Dr. David Bank**. Genetics, estrogen, being overweight and jobs or hobbies that have you on your feet all day all contribute to varicose veins, Dr. Bank says: "Whenever possible during the day or at home, get your legs elevated. Gravity will help pull extra blood upward rather than downward." Options to treat veins range from silicone injections to laser treatment to home remedies, like Dr. Hauschka's all-natural Borage pellets (taken orally), which are said to strengthen weakened veins, thereby diminishing their appearance.

BUY ONLINE NOW Borage Varicose Vein Relief, Dr. Hauschka, \$14; at dr.hauschka.com.



Practice Safe Sun Daily

Even if you aren't laying out in the sun, it's important to apply sunblock every day. **Dr. David Bank**, founder and director of the [Center for Dermatology, Cosmetic and Laser Surgery](#), warns that you can still get sun through a window near your desk or while in the car, making a product like La Roche Posay's Anthelios a daily must. Also remember to apply cream to your hands, which can be particularly susceptible to the sun's rays while driving.

BUY ONLINE NOW Anthelios SPF 15, La Roche Posay, \$29; at anthelios.com.