



## How to take care of couperose skin?

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Skin with dilated or broken capillaries requires special protection and specialized treatments which will help you deal with the problem. In today's article we will focus on how to clean and moisturize couperose skin. We will also suggest some powerful products and ingredients that you should use in order to make broken capillaries less visible.

## How to take care of skin with dilated capillaries?

If you want to take proper care of couperose skin, you should never forget about two-step cleansing, which will allow you to deeply clean your skin. As a first step use cleansing oil or washing lotion to get rid of dirt accumulated on the skin. Then, apply delicate foam or a special gel for delicate skin. Avoid alcohol-based face toners which can cause irritation and choose delicate toners. You can make one at home – simply prepare a chamomile or melissa infusion and pour it into the spray bottle. When you apply it, simply spray it and leave – don't rub it in. If you use micellar water in the initial stage of face cleansing, try out natural oils instead and you will surely feel the difference.

## What types of oil are recommended for dilated capillaries?

If you want to introduce natural oils to your daily skin care routine, we recommend buying it on your own and adding to your cosmetics. You can mix it with such products as hyaluronic gel or night face cream. We recommend the following types of oil:

- **sea buckthorn oil** – it generally makes it easier for your skin to recover from wounds, bedsores, sunburns, frostbite and bedsores. It increases the elasticity and protects against dryness.
- **avocado oil** – this type of natural oil moisturizes and protects your skin against damages. It also promotes the collagen metabolism.
- **rosa rubignosa seed oil** – it is known to be one of most effective oils in skin repair. It is a great moisturizer and emollient. It can fade skin colour irregularities and hydrate dry skin. However, it is known to cause allergies so make a test before using it – put a small amount of oil behind your ears to see if your skin tolerates the product.

## What other ingredients are good for couperose skin?

Using oils on a regular basis can really make the difference for your skin. There are, however, also some other types of products that you can consider using if you want to look better and feel relief. These include special acids made for delicate and couperose skin, as well as deeply-cleansing floral water and toners. You can also opt for gel masks for

hypersensitive skin, e.g., with rose, as well as products based on lactic, mandelic or lactobionic acid. Using pink and red clay can also foster skin regeneration.

Discover what ingredients to look for in cosmetics for dilated capillaries:

- **Vitamin C** - Every person who wants to take care of their skin, should use vitamin C as it strengthens blood vessels and makes them elastic. Vitamin C enhances the effect of filters so it should be used in the morning, before using filter and cream. However, don't do it every day! Give your skin some time to get used to this powerful ingredient. If you see or feel some unwanted side effects, be patient as your skin probably needs some time to absorb it.
- **Vitamin K** – it is usually used to treat a variety of skin conditions. It helps reduce swelling and bruising, and speeds up skin healing. You can combine it with vitamin C.
- **Centella Asiatica extract** – it is used to treat inflammation and encourage the production of collagen. It helps blood vessels to seal.
- **Vit A and E** – add one or two drops of both vitamins to your cream in the evening to make your skin look much better. Keep in mind that these ingredients should usually be prescribed so ask your doctor for help.

If you suffer from couperose skin, proper daily skincare routine is necessary. Avoid products advertised as detoxifying since they can irritate your skin. Go for cosmetics with delicate formulas and always protect your skin against wind, low temperatures and UV radiation. Using a sonic brush once or twice a week will help you keep your skin clean. If you need help with your skin, visit a professional beautician or a dermatologist.