

Mumbai Mirror

YOUR MARKS

Remedy guide to marks on skin

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be occupational hazard for people who are constantly on their feet. On the other hand, sedentary jobs lead to a lack of movement that can cause the blood to remain stagnant in veins, leading to an increase in venous pressure, causing the capillaries to stretch and dilate. That's what gives the skin a characteristic purple colour," he says.

Wearing tight clothing and under garments can add to the problem.

How to beat it: Wearing support calf stockings, keeping the legs elevated when resting, and doing calf muscle exercises can help channel the blood flow from the veins to the heart. Consult your dermatologist if you wish to undergo sclerotherapy.

Here, saline is injected into the vein forming an internal scar tissue, and fading the mark over time.



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How to beat it: Cellulite

ication although sundry pills are on the market. "Creams that claim to dissolve fat, called amino phylline which narrows the blood vessels of the skin. This is dangerous since it can cause asthma and allergies," says Thomas.

Keeping your skin hydrated and indulging in healthy fats can help in reducing its appearance.