



Is there any way to reduce the appearance of broken veins on my legs?

Injection therapy involves each vein being filled with a fluid which causes the blood to clot, forming scar tissue which, in turn, closes up the vein. "It's not very comfortable and requires follow-ups, but it's very effective," explains Professor Laurence Kirwan, who offers the treatment at his London practice. There is also laser treatment, but Kirwan doesn't find it effective because superficial veins on the legs can vary in colour and size, and the laser responds to the colour in the vein, making results unpredictable. However, Dr Barry Cohen, from Beyond Spa Medispa, is a laser convert. "As both an administrator and recipient of spider-vein therapy, I can say laser treatment is efficacious, safe and much less painful. Any therapy can result in reoccurrence." Whichever treatment you choose, research your doctor. For further advice, visit baaps.org.uk.

INSIDER TIP Stop wearing ankle socks with tight elastic. "I often see lots of little spider veins right where they sit," says Kirwan.

DIY FIX Use a pigment-dense concealer to temporarily hide veins. Apply with a tiny concealer brush and build up the colour for more coverage. Blend in larger areas of imperfections with leg make-up. →

THE PRODUCTS TO HELP



1 L'Oréal Glam Bronze Micro-Fine Spray Foundation For Legs, £11.99 2 Laura Mercier Secret Camouflage, £25, and brush, £22

Opposite: Chiffon beaded top, £140, Antik Batik. This page: Silk dress, £1,390, Donna Karan