

Prevention

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PULSE

NEWS TO KNOW

Can Coffee Calm Redness?

The latest buzz: Your morning cup of joe may be good for more than just an energy jolt. Daily drinkers of caffeinated coffee were significantly less likely to develop rosacea, the skin condition that causes facial redness and flushing, a recent study published in the *Journal of the American Medical Association Dermatology* found. Why? Caffeine is known to decrease blood vessel dilation and have immuno-

suppressant effects, which could potentially minimize rosacea risk, the authors report. If you already have rosacea symptoms, visit a dermatologist for a treatment plan and “use products made for sensitive skin,” says Anna

Guanche, M.D., a dermatologist in Calabasas, CA. To instantly minimize flare-ups, apply a soothing cream with a red-canceling green tint, like **Avène** Antirougeurs Day Soothing Cream SPF 25 (\$37, drugstores).



Pamper Your Eyes

The skin around the eyes is 40% thinner than that on the rest of your face, says dermatologist Dendy Engelman, M.D., making it more prone to lines, sagging, and dark circles. Treat all three both morning and night with an anti-aging eye cream such as **Olay** Eyes Ultimate Eye Cream (\$27, drugstores).

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