

Look Gorgeous During Allergy Season

By Maya Rock

Ah, spring. It's a season filled with balmy weather, budding trees and -- for allergy sufferers -- a disheveled appearance. All too often, you'll dress up for an outdoor concert or picnic only to return home with a red nose, under-eye circles and a pocket full of tissues.

If you're one of the 35 million Americans who battles seasonal allergies, there's no need to become a springtime recluse. The following tips will help you ease those symptoms, so you can look fantastic all season long.

1. Cover up.

Allergies can cause dark circles to form beneath your eyes. To look awake and fresh, use a concealer that matches your skin type. Dab it on with your finger and use a facial tissue to remove any excess product. Keep an extra concealer in your purse so you can apply touch-ups on the run.

2. Look like Jackie O.

Before you head out of the house, put on a pair of wraparound shades. Not only do they cover up the dark circles, but they'll also block pollen from entering your eyes.

3. Minimize your makeup.

During allergy season, some tears are inevitable. Make sure you use waterproof makeup, or go for a minimal look: Stick with tinted moisturizer or BB cream, concealer, blush and lipstick -- and skip the heavy eye makeup, which can run. Also keep a pack of tissues in your purse to wipe away smears and tears.

4. Pick soft tissues.

Constantly wiping and blowing your nose irritates the skin, creating a red Rudolf-like effect. Look for a soft facial tissue with lotion that's gentle on your nose. And dab lotion on your nose throughout the day.

5. Drink up.

Being dehydrated causes blood vessels to get bigger, which can lead to an even puffier face. Drink a glass of water first thing in the morning and carry a reusable water bottle with you to make sure that you're getting enough fluids.

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