

HOW TO CARE FOR ROSACEA

START SOOTHING YOUR SKIN NOW

If you're experiencing burning, constant redness, breakouts, and reactivity to products, you're in the right place. I know the pain and self-consciousness of Rosacea symptoms. No one should have to suffer this struggle.

I wrote this checklist to help you get to know your skin and how it reacts, so that you *feel more in control and more confident*.

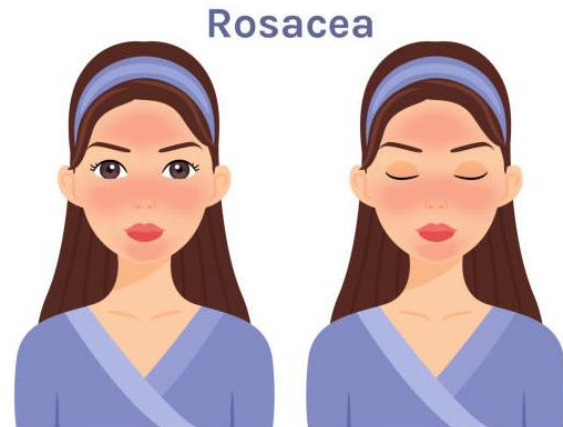
The best way to reduce your Rosacea symptoms can vary, depending on what factors are causing your symptoms. In order to minimize them, you need to learn everything you can about what makes your symptoms worse through observation. It's not hard, and I'll recommend another resource that can help.

Once you see some connections, you'll try to avoid these things as much as possible. Or choose to indulge, but with the knowledge of how it will affect your skin! The knowing gives you choices, and choices start giving you your control back.

Next, you'll add some calming ingredients to your skincare routine and look for products that are formulated for sensitive skin. Lastly, you'll want to protect your skin from the elements and choose more anti-inflammatory foods in your diet.

This checklist will walk you through everything you need to know! If you have any questions along your journey, you can always reach out to me via email.

- Candice Betty, Founder of Organic Radiance Skincare, cbetty@organicradianceskincare.com



AVOID

Eliminating potential triggers is the first step toward avoiding flares and calming your skin.



- **Avoid common skin irritants and sensitizers** - Take a look at the ingredient lists on the products you apply to your skin. Preservatives, parabens, and fragrance are very common in cosmetics and personal care products in the United States. Certain chemicals have the potential to negatively influence your health with long term use. Avoid artificial fragrances and choose naturally preserved or organic skin care.
- **Find what products you're sensitive to** - Stop using cosmetic products on your face, then reintroduce the products you use one by one to find your potential skin irritants. Keep in mind that haircare can rinse onto your face in the shower. If you'd like a tool to help you find what you're sensitive to, visit [ORSblog.com](https://orsblog.com) to download the [Rosacea Food Diary | Weekly Spreadsheet for Identifying Triggers](#).
- **Avoid food and drinks that make your Rosacea symptoms worse** - Common triggers include, but are not limited to, spicy foods, hot drinks, caffeine, alcohol, dairy, and foods that contain histamines. Use a Rosacea food diary like the one mentioned above to learn what causes your flares.
- **Sun exposure** - Getting too much exposure to UV rays from the sun is a common trigger for Rosacea flares. The amount of sun that worsens rosacea can be different for different people, so get to know your skin. Keep track!



CALMING INGREDIENTS

Once you've started avoiding common Rosacea triggers, try adding these calming ingredients to your skincare routine and consider including more anti-inflammatory foods into your diet.



- o **Aloe Vera** – Cooling and calming, aloe is great for soothing everything from sunburns to Rosacea and Eczema. Look for an organic face cream with aloe as one of the first ingredients. Aloe is most effective when it is fresh, so you'll want to use up and replace your skin care products every few months.

- o **Shea Butter** – This butter softens dry, itchy skin and helps to rebuild the skin's natural barrier function. It effectively creates a barrier on the skin to prevent transepidermal water loss to bring lasting hydration for dry skin.
- o **Essential Oils** – Used for centuries and backed by science, essential oils can help soothe Rosacea symptoms when used in appropriate dilutions. Immortelle oil from the French island of Corsica, or *Helichrysum italicum* is used to soothe skin and prevent scarring.

When it's combined with German chamomile, it's naturally healing properties increase. These anti-microbial and anti-inflammatory properties of these oils help to reduce redness and breakouts!

Dermatologists recommend a moisturizer that includes these oils as a complementary product to use after any prescriptions you may use.

Helichrysum oil in particular can be pricey, so if you'd like a moisturizer with both oils, [Herbe Sois Calming Moisturizer](#) is reasonably priced and available online.



- o **Anti-Inflammatory Diet** – Diet is a very important factor in Rosacea. If you want to calm inflammation, you need to eat foods that support this. Skincare alone is not enough. Reducing inflammation needs to come from both what you put on your skin *and what you put into your body.*

Include more of these foods in your diet: carrots, tomatoes, apples, oranges, bananas, spinach, olive oil, trout, tuna, and salmon.



PROTECT

Next you need to protect your skin from the elements to keep it looking young and avoid further irritation and flares.

- o When the air is cold outside, protect your cheeks from the cold air and rapid changes in temperature by wearing a scarf.
- o **Sun protection all year** - Opt for a physical sunscreen, such as La Roche-Posay SPF 50, Face Sunscreen with Titanium Dioxideⁱⁱ. At a minimum, use SPF15 daily in winter and SPF30 in summer.

When you plan to be outside in the sun, wear a hat or a visor and tight-knit clothing to protect your skin. Give attention to the chest area, which can be prone to redness and signs of aging, and don't overlook this area when applying sunscreen.



ROSACEA SKIN CARE ROUTINE

Finally, to reduce redness and prevent further irritation and breakouts, choose calming products that are designed for sensitive skin.



- o **Wash your face every night** - Remove your makeup and sunscreen with a non-drying facewash designed for sensitive skin. [Purifying Black Facewash](#) calms the skin with bilberry extract and washes pores clean of cosmetic residue and environmental toxins.

- o **Toner** - Use a toner with naturally occurring salicylic acid, such as from white willow bark, for a natural way to prevent further acne and breakoutsⁱⁱⁱ. This [Clarifying Toner](#) contains white willow bark and alpha hydroxy acids (AHAs) to gently remove dead skin cells without over-drying.

- o **Use a calming moisturizer** – Apply your moisturizer immediately after washing your face and applying toner to retain the most moisture into your skin. The hyaluronic acid and shea butter in [Herbe Sois Calming Moisturizer](#) work together to bind and lock moisture in the deeper layers of your skin. The essential oil blend soothes your skin and promotes its natural healing process.



Calming your Rosacea isn't an easy goal, but it is a worthwhile one. No one should have to suffer the self-consciousness that comes with constant redness and breakouts. When you learn how to control your flares, you'll feel better about your skin and feel more confident. Now grab the resources and products you need and start reducing your redness!

REFERENCES

- i **National Association for Holistic Aromatherapy** <https://www.naha.org/explore-aromatherapy/safety>
- ii Indian J Dermatol Venereol Leprol. 2007 Mar-Apr;73(2):80-5. **Physical sunscreens: on the comeback trail.** <http://www.ncbi.nlm.nih.gov/pubmed/17456911>
- iii Duthie GG1, Wood AD. **Natural salicylates: foods, functions and disease prevention.** *Food Funct.* 2011 Sep;2(9):515-20. doi: 10.1039/c1fo10128e. Epub 2011 Aug 30. <http://www.ncbi.nlm.nih.gov/pubmed/21879102>