



Skin Care Challenges — Rosacea

What is Rosacea?

Rosacea is a chronic, inflammatory skin condition, typically involving the nose, forehead, cheeks, and chin. Rosacea causes redness, visible blood vessels, and often small, red pus-filled bumps on the face. The signs and symptoms may flare up for weeks to months and then subside.

What Causes Rosacea?

- The exact cause of rosacea is unknown but thought to be a combination of hereditary and environmental factors.
- Common triggers of a rosacea flare:
 - Excessive heat or cold
 - Wind
 - Some medications such as those for blood pressure control as well as long term steroid cream use
 - Emotional stress
 - Spicy foods and those containing cinnamaldehyde such as tomatoes, chocolate, and citrus fruits
 - Alcohol
 - Dairy products
 - Sun exposure
 - Caffeine

L'BRI Products for Rosacea:

- Choose the skin care trio appropriate for their skin type.
- If the individual has severe redness, bumps, or pustules, recommend only the cleanser and moisturizer for the first week.
- Hold the freshener for one week to avoid overstimulating the skin. After one week, add freshener once daily with the evening routine.
- Use Rejuvenating Facial Peel twice weekly to gently exfoliate the skin. Avoid using Renew Facial Exfoliator.
- Anti-aging products appropriate for the customer's aging concerns. Avoid Time Erase for the first thirty days. Time Erase contains 10% alpha hydroxy acid, which may be too active for this skin type.
- Recommend the Facial Masque after the first 10 days.



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Tips for Rosacea:

- If the individual is using prescription medication for their rosacea, do not recommend they discontinue it
- Consult a medical provider before discontinuing any medication
- Apply sunscreen daily and cover your face in the wind, snow, and cold with a scarf or mask
- Cover your face with a wide-brimmed hat in the sun and heat
- Reduce stress
- Limit use of alcohol
- Eat a balanced diet and limit spicy foods
- Drink plenty of water
- Get regular exercise and proper sleep