

Advertorial

Rosacea Skin Restore & Protect

By Shannon Esau, CEO of Rhonda Allison Cosmeceuticals

It's estimated there are more than 45 million rosacea cases globally - dispersed among women and men. Despite its prevalence, rosacea remains one of the most commonly misunderstood inflammatory skin diseases.

Typically, rosacea will cause facial redness in the cheeks, nose, chin or forehead, as well as sensitivities, burning, stinging, swelling, papules, pustules, expanded surface capillaries, and dilated veins. Often misdiagnosed as adult acne, allergies or eczema, if left untreated, rosacea tends to worsen over time.

The first stage will often manifest in the form of frequent blushing or flushing as skin becomes irritated by certain topicals, acne medications, chemical-based sunscreens, and improper care and protection.

The second stage will appear as a continuous reddening of the skin. Expanded surfaced capillaries, and papules or pustules may also appear. The third stage is a deeper, more persistent redness often accompanied by dilated

veins particularly around the nose. An early sign is fibroplasia (excess tissue growth), which may produce enlarged pores.

There are many theories around what causes rosacea, however much of the research points to internal issues such as a sluggish circulatory system, the inability to flush bad bacteria from the body resulting in gut issues, emotional stress which aggravates the nervous system, and an excess of demodex mites.

While there's no known cure for rosacea, we can make an impact and slow down its progression. This is why early diagnosis is so important.

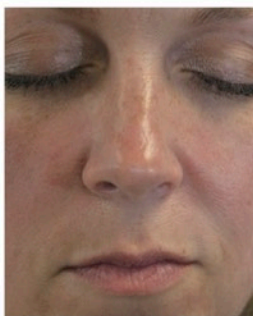
The goal with rosacea is to focus on ingredients that reduce redness, bacteria, inflammation and strengthen the skin from within. For this, look for ingredients such as:

- **RETINALDEHYDE** : encapsulated retinaldehyde is a vitamin A that encourages cell regeneration and an increase in collagen and elastin as well as fights bacteria.

RESTORING ROSACEA SKIN



before



after

In the treatment room, the goal for rosacea clients is to strengthen the skin without over stimulating the underlying inflammation and without causing further flare ups. This is achieved primarily through the use of "rosacea-friendly" ingredients, specific techniques, facials and peels, like the new RA Rosacea Rescue protocols.

As with most skin conditions there is no one size fits all. Each will require a personalized approach however, there are a few best practices and ingredients that work well for restoring the health and vitality of many rosacea skins.

Plus!
Apps for
Client
Consulta
Cryolipo

- **MANDELIC ACID** : a powerful ingredient helping to desensitize the skin, enhance healing, and strengthen it with antioxidants. It also increases oxygen, stimulates cell turnover, and provides antibacterial and antiseptic support.

- **STEM CELLS** : organic stem cells increase antioxidant resistance, inhibit the production of collagenases, and provide anti-inflammatory and antibacterial support

- **SEA BUCKTHORN OIL** : a therapeutic oil that contains palmitoleic acid, it nourishes the skin and promotes tissue regeneration.

- **TOTAROL** : a naturally derived plant extract, it contains superior antioxidant actions while breakouts due to its potent anti-bacterial properties.

Other ingredients that support rosacea skin include, salicylic acid, omega essential fatty acids, and flower extracts like chamomile, edelweiss, purple coneflower and cornflower. These ingredients will support rosacea by reducing inflammation, providing anti-microbial, soothing, nourishing and wound-healing support, and strengthening blood vessels and the capillary wall.

Additionally, talk to clients about stress and inflammation management, as these are two primary contributing factors. Here are a few additional daily care suggestions for rosacea-prone clients:

- Get plenty sleep and light exercise
- Drink 6-8 glasses of water a day
- Avoid sun exposure and use SPF30 Daily
- Be careful of foods that exasperate like red wine
- Apply topical antioxidants to skin daily
- Avoid skin irritating ingredients like parabens, synthetic fragrances and dyes
- Protect the face against excess heat or cold

Healthy lifestyle choices combined with ingredients and treatments that rebuild and strengthen, will put your clients on the path to achieving optimal skin health and keep rosacea from progressing.



DAILY ATTENTION IS CRITICAL

A simple homecare system and education will be the beginning of the journey. Lifestyle choices will impact rosacea and overall skin health. For a homecare system, a good regimen might include:

A GENTLE CLEANSE

Creamy Milk Cleanser
Beta Green Tea Cleanser

ANTIOXIDANT AND STRENGTHENING SUPPORT

Mandelic Defense Lotion
C-Stem Cell
Mandelic Arginine Serum
Growth Factor Serum

HYDRATION WITH SOOTHING AND STRENGTHENING

Infuse 7
Exotica Rhodiola

SUN PROTECTION IS A MUST

Daytime Defense SPF30
IllumiColour

R
**ROSACEA
RESCUE**



for more information visit rhondaallison.com or rarosaceaarsuce.com