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## Getting to the Root of Rosacea

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As one of the most complex and misunderstood inflammatory skin diseases, rosacea is estimated to affect well over 16 million Americans and as many as 45 million worldwide. Despite its prevalence, there is still a lot of confusion around rosacea's signs and symptoms prior to diagnosis. Additionally, it is often misdiagnosed as sensitive skin, adult acne, allergies or eczema

While there is no known "cure" or one specific cause, research has attributed rosacea to bad bacteria holding in the gut, poor circulation, sluggish lymph, genetic predisposition, digestive disorders, and excessive demodex mites attaching to cells. So, helping clients manage this systemic issue starts with learning how to detect it early, understanding its triggers and knowing which ingredients are most potent when healing and restoring rosacea skin.

### HOW TO DETECT ROSACEA

Rosacea is typically first noticed as redness on the cheeks, nose, chin, or forehead that comes and goes. It will often manifest in the form of frequent blushing or flushing as skin becomes irritated easily with inferior ingredients, medications and weather.

If left untreated, the condition will continue to worsen. 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 more of a deep, persistent redness often accompanied by dilated veins, particularly around the nose. An early sign is fibroplasia (excess tissue growth), which may produce enlarged pores.

Depending on which stage you find your clients in, it is important to diagnose properly. As rosacea progresses, it becomes harder to manage. It's imperative to have an open and honest dialogue with clients about rosacea and it's contributing factors once redness occurs.

### MAIN TRIGGERS OF ROSACEA

Since so many clients are unaware they have rosacea, they may be oblivious to the patterns in their daily lives that contribute to, or exacerbate, flare-ups. As an inflammatory disorder, most triggers are those that irritate underlying inflammation, so start by breaking down the most common things to look for. Top offenders include:

- Environmental elements, such as overexposure to the sun, harsh winds and extreme heat or cold
- Certain food and drinks, especially caffeine, red wine, dairy and spicy foods
- Overheating due to intense exercise, hot showers and spending time in steam rooms
- Emotional stress
- Topical irritating ingredients like synthetic fragrances, dyes and certain preservatives

### RESTORING ROSACEA SKIN

Beyond removing the culprits that contribute to rosacea's progression, the goal with rosacea skin is to focus on ingredients that reduce redness, bacteria, inflammation and strengthen the skin from within. These include:

**Retinaldehyde** – encapsulated retinaldehyde is a vitamin A derivative that encourages cell regeneration, increases collagen and elastin, and fights bacteria

**Mandelic acid** – this powerhouse ingredient helps desensitize the skin, enhance healing, stimulate cell turnover, and provides antibacterial and antiseptic support

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

**Sea buckthorn oil** – a therapeutic oil containing palmitoleic acid, it nourishes the skin and promotes tissue regeneration

**Salicylic acid** – a BHA that works as a keratolytic agent to promote cellular turnover and neutralize bacteria within. It also has anti-inflammatory, antiseptic, fungicidal and antioxidant properties

**Rhodiola** – rhodiola rosea root extract provides anti-fatigue, anti-stress and antioxidant actions to protect skin tissues while enhancing cellular immunity

**Totarol** – a naturally derived plant extract, it contains superior antioxidant actions and provides anti-bacterial support

Omega essential fatty acids and flower extracts, like chamomile, edelweiss, purple coneflower and cornflower, also support rosacea skin by providing anti-microbial, soothing and wound-healing support, and strengthening blood vessels and the capillary wall.

In addition to educating clients on rosacea-friendly ingredients, talk to clients about incorporating small lifestyle changes that can manage stress and inflammation. A few to suggest include getting plenty of sleep and exercise, drinking the recommended 64 ounces of water daily, increasing antioxidant intake, taking time to rejuvenate, and protecting the skin from harmful UV rays using mineral blockers, like zinc oxide or titanium dioxide.

There's no one-size-fits-all cure for rosacea and remember you aren't actually curing the rosacea since it is an internal issue. Rosacea clients will always battle this but as they look internally and take care of the skin externally it can be managed effectively and the progression into other stages will be minimized. It will require understanding your client's individual skin and supporting its health with intelligent ingredients that nourish and strengthen.



For more information on restoring rosacea skin please visit

[rhondaallison.com](http://rhondaallison.com) or [rosaceaescape.com](http://rosaceaescape.com)

