

## What is it? Rosacea

Acne Rosacea is a common, long-term and non-contagious skin disorder. Symptoms vary, are often intermittent and are denoted by facial redness and flushing, frequently resembling a permanent blush or sunburn. Skin may also look bumpy with tiny red spots and small blood vessels may appear. Sometimes burning, stinging or itching can be felt.

## Where does it appear?

Developing gradually, Rosacea appears most often on the cheeks, nose, chin or forehead. It can be found on the neck, chest, scalp or ears too. In around 50% of sufferers the eyes are affected resulting in discomfort and redness.

Fair-skinned adults between 30 and 50 years old seem to be most prone, although children can occasionally be affected. Despite the fact that men tend to suffer from it more severely, Rosacea is more prevalent in women.

## What triggers it?

Whilst the cause is unknown (experts believe it could be a combination of genetic and environmental factors),

a Rosacea 'flare-up' can be triggered by exposure to a number of common situations. According to a British National Rosacea Society survey<sup>1</sup>, the most common triggers are:

**\*Sun exposure \*Emotional stress \*Spicy foods**

**\*Hot/cold weather \*Wind \*Alcohol \*Hot baths**

## How can it be treated?

There is no known cure. However, the good news is that rosacea can be easily diagnosed by either a GP or dermatologist and then often successfully controlled through treatment. Many sufferers mistake Rosacea as simply part of the skin's natural ageing process and therefore miss out on early diagnosis, which is usually key to successful treatment. The essential first step in controlling Rosacea is to avoid potential stimulants

## Dietary supplements

Make sure your body is getting the right levels of all its main nutrients by taking a good multi-vitamin and multi-mineral supplements. Natural source vitamin E can be particularly beneficial. [02 Performance Hydration](#), [Biozyme](#), [Biomins](#), [Cell food DHEA and Omega 3-6-9](#) and [Ellagic Plus](#).

## Skin care advice

Soothing skincare is ideal for helping to keep skin calm and under control:

- Choose carefully and look for ranges that include good quality ingredients, especially soothing botanicals and vitamins. Certain ingredients may overly stimulate Rosacea including: acetone; clove oil; menthol; tea tree oil; witch hazel and 'chemical' sunscreens, such as benzophenones and methoxycinnamates.
- Always remember if you are unsure which products will suit you, carry out a patch test first.
- Since the sun is such a common trigger, in an ideal world it is best to either cover up or try to avoid it. As this is not always realistic (and a little sunshine is good for our wellbeing), the right sunscreen is essential. Apply a sunscreen containing broad spectrum filters that will protect against both UVB and UVA rays.
- Consider sunscreens that provide skin with a physical barrier to reflect rather than absorb UV light. Those containing inert mineral filters such as zinc oxide and titanium dioxide are good examples. Atria products that contain these ingredients are *Atria Tinted Moisturizer Natural*, *Light & Lovely Whipped Makeup Base*, *Nurturing Eye Crème*, *Cell Recovery Hydrating Day Crème* and *Replenishing Moisture Complex*.

*Simple daily steps to gentle skin care*  
*Nurture Skin System*

1. *Mask your skin with Nurture Soothing Moisture Mask in the morning.*  
*At bedtime alternate Active Face Cleanser or Nurture Skin Cleanser.*
2. *Rinse your skin with cool water*
3. *Follow with Nurture Skin Rinse*
4. *Mist with Hydrating Mist to soak the cell with water*
5. *Apply Cell Recovery Crème with Vitamin C add a drop of Calming Skin Lotion and blend over face and neck in the morning.*
6. *Moisture- Morning Cell Recovery Day Crème*
7. *Moisture- Night care Nurture Skin Crème add a drop of Nurture Skin Serum*
8. *Use Nurture Eye Crème A.M and P.M in the eye area.*

*Avoid the delicate eye area with all face products*