

Rosacea

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A little blushing is one thing, but feeling red all the time is just no fun.



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Your genes may determine whether you have rosacea, but making educated choices can help you manage it.

Rosacea is a complicated condition with lots of causes, triggers, and appearances. It has a genetic component, so if you're from a family of rosy-faced folks, you're more likely to experience redness yourself.

As with many chronic skin conditions, managing rosacea will mean striking a balance between what you want to do and what your skin wants you to do! You may love red wine or cold-weather sports, but your skin might have another opinion entirely.

The great news is that if you can learn to support your skin in a handful of ways on a daily basis, it may mean you get to be more flexible once in a while without extreme or lasting consequences. So get out your journal, put on your detective cap, and let's figure out what's helping your rosacea and what's making it mad.

SO... WHAT IS ROSACEA?

There are four types of rosacea. Erythematotelangiectatic rosacea involves flushing, redness, and visible or broken blood vessels on the face, most notably on the cheeks and nose. Papulopustular rosacea looks more like redness and acne-like eruptions. Phymatous rosacea causes central redness, large pores, and thickening of the skin on the nose and cheeks. And ocular rosacea's main symptoms are red, watery, bloodshot eyes. Rosacea occurs most between the ages of 30 and 50, and has a genetic component. It's most common in women, but severe cases are more common in men. Rosacea is more prevalent in fair-skinned people of Celtic or Scandanavian descent. In people of color, the condition can be harder to see, but is often accompanied by a warm feeling, thickened, swollen skin, and a dusky brown discoloration of the skin.





Let's do this together.

Some steps are simple, and others require a bit of research and observation, but with patience and persistence, you can figure out what makes your symptoms flare, and how to support your skin.



CRITICAL BEGINNING STEPS

STOP USING

Harsh scrubs and exfoliants

Your skin is already in an irritated state. It's okay to exfoliate gently once in a while, but scrubbing daily or with exfoliants that strip the skin will likely increase redness and inflammation

Sodium lauryl/laureth sulfate (SLS)

This common foaming agent is found in many household products, and it's bad for your skin. It's a low-level irritant, so it keeps your skin in a state of mild distress. When you're working with rosacea, you want to set your skin up for success, and keeping it annoyed doesn't help.

Synthetic fragrance

Synthetic scent can comprise hundreds of undisclosed ingredients, some of which are irritants or allergens—not ideal for skin that's already red.

Astringents

Alcohol-based toners and sprays can dehydrate the skin, leaving it more prone to redness and dryness.

START USING

Purely Gentle Mud Cleanser

Chamomile and aloe help diminish redness and reduce irritation.

Rose Clay Facial Soap

Pink clay provides nourishing minerals for the skin, while essential oils of palmarosa and rose geranium offer potential helpful antimicrobial benefits.

Black Clay Facial Soap

For papulopustular rosacea, this bar offers anti-inflammatory Dead Sea Mud and black clay to soothe both redness and breakouts.

Purely Simple Face Cream

Provides gentle moisture and has rose essential oil to diminish the appearance of redness.

Restore Facial Serum

Essential oils of lavender and helichrysum help calm irritated skin.

Nectar Vital Rose Drop

A few drops added to your serum, face cream, or sunscreen can help even skin tone and diminish red tones.



SUPER IMPORTANT NEXT STEPS

Now that you've tuned up your personal care collection, you'll want to keep a diary to figure out your triggers. The most common triggers for rosacea are red wine (and some other forms of alcohol), cold or hot weather, sunlight, spicy foods, hot drinks, and exercise. You might have one main trigger, a few of them, or find that a certain combination of triggers, like red wine and cold weather, is what makes your rosacea flare most consistently.

If you figure out your triggers, but are still seeing frequent flares despite your best efforts, you may want to chat with a dermatologist about other options. There are a few topical treatments that can help rosacea, such as metronidazole gel, azelaic acid, retinoids, and sulfur. Laser treatment has also shown promise in managing rosacea symptoms.

Unfortunately, you'll probably have to manage symptoms on and off for the long term. Rosacea doesn't always have a "cure," so you'll have to do your best to support your skin inside and out, and work through a little flare up from time to time.



NOW FOR THE FUN PART: THE SHOPPING LIST!

FOR THE SKIN

Osmia Purely Gentle Mud Cleanser

Osmia Rose Clay Facial Soap

Osmia Black Clay Facial Soap

Osmia Purely Simple Face Cream

Osmia Restore Facial Serum

Osmia Nectar Vital Rose Drops

HAVING TROUBLE?

Everyone reacts differently to skincare plans—if you are not seeing results, please email us and we can help adjust your routine or suggest a few products from other brands that are gentle enough to try. While we hope Osmia works as well for you as it has for so many others, we are committed to helping you see results. We'll do our absolute best to customize your routine and guide you toward your healthiest skin.



Additional homework for greater success:

Rosacea symptoms often flare when conditions change, from weather to diet to stress. This means it can make a big difference to keep things as consistent as possible for your skin. Of course, you can't control the weather or your diet or stress levels all the time, but you can bring awareness to how you respond to shifts and find ways to keep things balanced more often than not.

Simple things like wearing a scarf or buff over your face when you step out into winter weather, or skipping tomato sauce and opting for pesto instead may make a big difference. You can research a "rosacea diet" for more ideas about how to support your skin from the inside.

Sunlight is a trigger for many people with rosacea, so finding a good, fragrance-free, mineral sunscreen is important for time spent outdoors. You may be able to find some tinted sunscreens or BB creams that even out the appearance of your skin tone.

Read here for our sunscreen picks.

And, as always, finding time to meditate for a few minutes a day will help keep your stress hormones under control.

WE ARE HERE FOR YOU.

Reach out anytime at info@osmiaorganics.com

We're here to answer questions, and to hear your success stories!

You can do this.

Rosacea can require a bit of focus and finesse to manage, but it doesn't have to be your middle name. With an intentional diet, thoughtful habits, and the right skincare products, you can keep your redness to a minimum most of the time. Once in a while, you'll take the risk for a day in the sun or on the slopes, and you'll probably be glad you did, even if you're a little extra rosy for a day or two.

With health and joy,

