

# ROSACEA

## Resource Bundle





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## PLEASE NOTE:

The primary purpose of this guide is to provide information regarding the skin condition rosacea and not to provide medical advice or assistance.

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# UNDERSTANDING *Rosacea*

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**ROSACEA IS ONE OF THE MOST COMMON SKIN PROBLEMS TODAY.** A chronic, inflammatory skin condition that affects the blood vessels, Rosacea most commonly occurs on the face and appears in the form of reddened skin. Rosacea is often confused with acne, eczema or a skin allergy. When left untreated, it can worsen over time, so it's important to seek diagnosis if you suspect you may have rosacea.

Rosacea is a chronic vascular disorder affecting the facial skin and eyes; often is characterised by a chronic cycle of remission and flare. Regardless of disease severity, there are cosmetic consequences for the patient including flushing, redness, telangiectasia (appearance of red blood vessels on the skin surface), papules, and/or pustules. The facial skin of patients with rosacea is often hyperirritable. Because there is no cure for the disease, management consists of avoidance of disease triggers and the use of products that work in concert to achieve remission, prevent flare, and camouflage disease manifestation such as flushing and redness.



# SYMPTOMS & TYPES OF *Rosacea*

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## SYMPTOMS

There are a range of symptoms of this skin disorder, the most common being the altering of skin colour. Typically skin will appear red and while it can occur anywhere, it's most commonly found on the forehead, nose and cheeks. In addition to red patches, people with rosacea may also experience flushed skin on the neck, chest, scalp and ears.

- Inflamed blood vessels on the face
- Flushing / blushing
- Persistent redness
- Red bumps (often mistaken for acne)
- Bulbous nose (less common)

## COMMON TYPES OF ROSACEA



### PHYMATOUS ROSACEA

Phymatous rosacea appears as irregular skin surfaces and nodularity, thickened skin and increased visibility of tiny blood vessels close to the skin's outer layer. It has a direct impact on the eyes, nose, cheeks, ears, chin and forehead and can also be related to nose enlargement problem known as rhinophyma.



### OCULAR ROSACEA

As the name suggests, this type usually has an impact on the eyes. It comes with symptoms like itching and burning and a constant feeling that the patient has something stuck in the eyes. Patients suffering have to deal with dry and red eyelids and eyes. Eye irritation is not unusual in cases like this.



### PAPULOPUSTULAR ROSACEA

Many people mistake papulopustular rosacea as acne problems. The typical symptom of papulopustular rosacea is the occurrence of red bumps (papules) with pus. These bumps are known as pustules. These papules last for about five days before they are naturally dissolved. Patients with this type experience continuous redness on a certain part of their skin, an occurrence known as erythema. The papules are prone to blushing and flushing and some patients can experience itching or burning sensations.

# CAUSES & TRIGGERS OF Rosacea

## CAUSES AND TRIGGERS

The underlying causes and the progression of rosacea have not yet been firmly established. Recent findings implicate the immune system; as well as vascular abnormalities, genetic influences and infectious factors.

**GASTRO-INTESTINAL SYMPTOMS:** Some other data indicates that gastro-intestinal symptoms associated with rosacea may be caused by *Helicobacter pylori* infection; as eradication of *Helicobacter pylori* can (but is not always) associated with improvements in cutaneous symptoms of rosacea.

**BACTERIA AND MITES:** Skin and intestinal bacteria are the main culprits. Some cases are linked with increased skin populations of *Dermadex* mites and/or *Staphylococcus*, although it is not known if this is causative or opportunistic.

**COMMON SKIN CARE PRODUCTS:** In particular products that contain chemicals such as many anti-wrinkle treatments.

**BENZYL ALCOHOL:** A perfume, preservative and known skin irritant can contribute to irritation and flare up.

## WHAT INGREDIENTS CAUSE ROSACEA?

The facial skin of patients with rosacea is often hyperirritable compared with that of healthy patients. Use of non-irritant emollients helps to improve barrier function and provides a physical barrier to the ingress of irritants and trigger substances; as well as redressing symptoms of dryness. Several common skin care ingredients have been identified as rosacea triggering agents; these include astringents (ethanol) alcohol, witch hazel, fragrance, menthol, peppermint, eucalyptus oil; each of these are volatile agents that are likely to strip important oils and cause moisture loss in the skin. Other reports indicate that benzyl alcohol (a known skin irritant) contributes to irritation and flare up.

**FOOD:** For some rosacea sufferers, spicy or hot foods can trigger symptoms to flare.

**ALCOHOL:** While not a cause of rosacea, alcohol can cause symptoms to worsen.

**MEDICATIONS:** Some medications, topical and nasal steroids.

**STRESS:** Feeling stressed, embarrassed or angry can cause a flare.

**EXTREME TEMPERATURES:** E.G. hot weather, being in a spa or sauna.



**MOISTURISING IS  
IMPORTANT IN ORDER  
TO MAINTAIN THE  
SOFTNESS AND  
ELASTICITY OF  
THE SKIN**



# MANAGING *Rosacea*

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Because rosacea pathogenesis is so poorly understood, therapies are focused on managing symptoms rather than treating the underlying disease. Both oral and topical antibiotics, and anti-inflammatory medications can be prescribed. Use of non-irritant emollients helps to improve barrier function and provides a physical barrier to the ingress of irritants and trigger substances; as well as redressing symptoms of dryness.

A growing body of literature suggests that suitable moisturising and emollient products can play an active role in improving skin homeostasis and redressing deficient stratum corneum barrier function; they can be useful non-medicated interventions in the treatment of various skin conditions including rosacea. The aim of topical emollient therapy is to improve the condition of the skin by providing physical, structural and physio-chemical elements that enable the skin to more effectively retain moisture. By normalising the skin, intrinsic defensive responses such as redness, itch and inflammation are minimised and more normal skin biochemistry is achieved.

The best treatment varies based on the type and severity of rosacea you're experiencing. We recommend seeing a dermatologist who will detect the symptoms and diagnose the correct type of rosacea, before recommending a suitable treatment.

# GRAHAMS NATURAL ROSACEA *Cream*

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## GRAHAMS NATURAL ROSACEA CREAM IS INTENDED TO HELP TO NORMALISE THE APPEARANCE, STRUCTURE AND FUNCTIONALITY OF THE EPIDERMIS

by providing a low-irritant moisturising treatment and an emollient protective barrier. It is intended for local application, where/when the epidermis is impaired; is susceptible to or has been affected by local inflammation; such as sensitivity, erythema (redness), telangiectasia (appearance of red blood vessels on the skin surface) and papules, and/or pustules. It is non-sterile; and not intended for application where the dermis has been breached.

On initial application, Grahams Natural Rosacea Cream moves softly and easily across the skin without drag. As the moisture, low molecular weight lipids and constituent are gradually absorbed, it leaves a non-sticky, smooth protective finish.



Most users will find that it is non-sensitising and non-stinging; however sensitivity and severity of rosacea symptoms can vary widely. It may be that even this very mild formulation could trigger uncomfortable tingling when first used. For this reason, we recommend its initial use as a rinse-off cleanser, until such time individual sensitivity and skin reactivity has been tested.



## HOW TO USE

Grahams Natural Rosacea Cream is formulated as complex 'oil-in-water' cream which excludes colour, fragrance or other known rosacea trigger substances.

Formulated as a high water (65%), cold cream feeling product; application to the skin provides a rapid, soothing and calming, non-astringent mild cooling sensation.

### COLD CREAM

For rapid relief from flushing and improved skin comfort on application, you can store this cream refrigerated. Pat sparingly onto skin affected by rosacea and then rinse off using tepid running water, pat dry with soft towel. Follow up with your usual skincare regime.

### ROUTINE CARE

The Rosacea Cream can be used as a (rinse off) cleanser as well as a soothing (leave on) treatment moisturiser. For best results apply to generously to areas affected by and susceptible to rosacea at least 2x daily. Follow up with your usual skincare regime. This product does not contain a sunscreen.

## INGREDIENT HIGHLIGHTS

This "complex cream" has been formulated using a range of biocompatible lipids conducive to supplementation of emollient and structural lipids in the stratum corneum. These include complex esters, naturally occurring hydrocarbons and both saturated and unsaturated fatty acids, over wide range of chain lengths. Complex creams are typically more effective at reducing transepidermal water loss and normalising skin capacitance than are simple or single source lipid creams.

Maintenance of a correct equilibrium state of stratum corneum hydration has a positive impact on its mechanical and optical properties, as well as helping to maintain skin barrier function and playing an important role in the regulation and activation of both intra- and extracellular enzymes, responsible for normal skin functionality.

### MEDIUM CHAIN TRIGLYCERIDES

Provide lubrication and emollient benefits to the skin, can help to suppress the growth of some bacteria.

### TAURINE

Hydrate, soften and condition the skin and are also poorly fermentable anti-nutrients for some bacteria. Help support normal skin defence mechanisms. Data strongly indicates that taurine is an important epidermal osmolyte; required to maintain keratinocyte hydration in a dry environment. Small-scale observational trials indicate that it may be helpful in reducing erythema and inflammatory responses.

### GLUCONOLACTONE

Polyhydroxyacids strengthen the skin's natural barrier against chemical irritants, and provide non-irritating and non-stinging benefits to clinically sensitive skin including rosacea.

### RETINOL DERIVATIVES

Act to re-instate the skin's own mechanisms of moisturisation. Topical application can have beneficial effects on the vascular components of rosacea, especially erythema and telangiectasia.

### NIACINAMIDE

Helps to reduce transepidermal water loss; studies show that its prolonged use increases stratum corneum thickness and promotes barrier function improvement.

## BENEFITS OF A HEALTHY DIET FOR THE SKIN

Eating a healthy diet can produce long term results, often far more effective than topical treatments. The things we eat and what our body ingests has much greater impact on the overall appearance and condition of our skin.

**1. MOISTURISING EFFECTS:** Healthy fats are beneficial for your entire body, as they allow the body to absorb other nutrients and use them correctly. Eg. avocados, seeds, nuts and olive oil.

**2. PREVENT WRINKLES:** Eating the right foods can optimise the production of collagen, a compound crucial for the elasticity of the skin and health of skin cells. Eg. cutting down on the amount of sugar you eat.

**3. FIGHTS ACNE:** Try to consume more healthy fats, lean protein and leafy green vegetables, but avoid sugar and processed foods to fight against acne.

**4. BEAUTY TO YOUR LIPS:** Some good examples of foods that contain B vitamins and zinc are organic yoghurt, fish, nuts, seeds and cacao.

**5. MAKES YOUR SKIN RADIANT:** Start slowly by gradually replacing processed foods with natural foods.

**6. KEEPS THE AREA AROUND YOUR EYES PROTECTED:** Puffy eyes and dark under eye circles are a common problem that many of us experience. Foods that are low in sugar and with a low glycemic index can help to nourish and protect the skin around your eyes.

## PREVENTION

While there is no known cure for rosacea, there are a few things people can do to try and prevent a flare up of the condition.

- 1.** Modify your skin care routine. Try using gentler products, specifically designed for sensitive skin.
- 2.** Avoid excessive exposure to the sun. When in the sun, wear sunscreen, a hat and sunglasses.
- 3.** Avoid foods that trigger your symptoms. You can also try an elimination diet to see if there are specific food types causing skin problems.



# CONCLUSION

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We're happy and available to answer any questions you have or provide you with more information about your products. Please note, we try our best to respond to all inquiries within 48 hours, Monday - Friday. You are also welcome to give us a call if you would like to chat at (07) 5596 1708.

We look forward to hearing from you and strongly believe you'll find our natural treatment solutions to be beneficial and will wonder how you ever lived without it once you apply it to your skin. So, what are you waiting for? Let's work together to help you better manage your rosacea.





For more information visit  
<https://www.grahamsnatural.com.au>

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