

## The Simplest Natural Remedies for Rosacea

No need to be red in the face. Here's how to keep skin calm, cool, and collected—the natural way.

Palm Beach facialist and holistic skincare founder **Tammy Fender**, who ministers to the complexions of many a rosacea-prone client, says that it's important to remember that the skin responds to both external and internal conditions, and can be the first place for imbalances to register. “Beautiful, radiant skin is the result of a balanced lifestyle, and encompasses our emotional state and spirit,” she says. “I like to remember that rosacea is a condition, and it's treatable. With tender care and some simple shifts in daily patterns, I've found that usually it can be cleared very naturally.”

