



Daily Routine -Rosacea Mild

Juniper Australia recommends the following routine for mild rosacea that is under control and not very visible. If your skin is still reactive, very red or sometimes red you should use the management plan (Rosacea_Severe) – see footnote.

Morning

Cleanse, using **Sensitive Cleansing Lotion** as per instructions on the bottle

Tone, using **Calming Rose-Otto Mist** as per instructions on the bottle. Please note that for sensitive skin types it is very important to tone twice as this will assist in calming the skin reducing redness.

Apply **Sensitive Rejuvenation Oil** all over face and neck paying special attention to areas that are irritated or have veins.

Apply **Sensitive Moisturising Lotion** as per instructions on the bottle

- Please wait at least 10 minutes before applying any sunscreen

Evening

Cleanse, using **Sensitive Cleansing Lotion** as per instructions on the bottle

Tone, using **Calming Rose-Otto Toner** as per instructions on the bottle. Please note that for sensitive skin types it is very important to tone twice as this will assist in calming the skin reducing redness.

Apply **Sensitive Rejuvenation Oil** all over face and neck paying special attention to areas that are irritated.

Please note that for severe highly reactive rosacea. We recommend using the daily management routine – PDF (Rosacea_Severe)

Thank you for trusting Juniper and we look forward to giving you the gift of healthy skin.