

Peri Oral Dermatitis – Mild

Peri Oral Dermatitis is a common inflammatory skin condition found in adult women. It rarely occurs in men and may occasionally affect children. Groups of itchy or tender red papules (bumps) appear most often around the mouth. They spare the skin bordering the lips (which appears pale) but develop on the sides of the chin, then spreading to include the upper lip and cheeks. The surrounding skin may appear pink, and the skin surface often becomes dry and flaky with a burning sensation. Peri Oral Dermatitis can look like a cold sore (during severe flare-ups) around the mouth area or acne-like with dry and flaky skin. It can also appear around the nose 'periorificial' and eye area when it should be more correctly called 'periocular' dermatitis.

Characteristics of Peri Oral Dermatitis include:

- Groups of red papules or bumps around the mouth.
- Mild burning Sensation
- Dry and flaky facial skin.
- Aggravation by topical steroids, asthma inhalers, contraceptive pill, fluoride toothpaste, and harsh chemicals in cosmetics and skincare.

Juniper Australia recommends the following routine to get the best results for your skin type.

Morning

Cleanse **once**, using **Sensitive Cleansing Lotion** as per instructions on the bottle. This will gently cleanse and calm your skin, leaving it hydrated.

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

Apply **Pure Rejuvenation Oil** to the areas that are irritated. This high oleic oil is rich in Vitamins A, C, and E and will normalise the essential fatty acid imbalances and reduce the symptoms of dermatitis. The Pure Rejuvenation Oil is formulated with Australian Sandalwood which is an antipruritic (relieves the sensation of itching and prevents its reoccurrence).

Apply **Sensitive Moisturising Lotion** or **Ultra Calm Replenishing Cream** to calm, heal and protect the skin.

Evening

Cleanse **once**, using **Sensitive Cleansing Lotion** as per instructions on the bottle. This will gently cleanse and calm your skin, leaving it hydrated.

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

Apply **Pure Rejuvenation Oil** to the irritated areas. This high oleic oil is rich in Vitamins A, C, and E and will normalise the essential fatty acid imbalances and reduce the symptoms of dermatitis. The Pure Rejuvenation Oil is formulated with Australian Sandalwood which is an antipruritic (relieves the sensation of itching and prevents its reoccurrence).

Please note for **Periocular dermatitis** (dermatitis of the eye) you should use the following products.

Cleanse with the **Calming Makeup Remover**, moisturise with the **Calming Jojoba Moisturiser or Ultra Calm Replenishing Cream**, and lock in moisture/protect skin barrier with the Medi Balm. No other products should be used around the eye area.

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