

## Rosacea – Mild

**Rosacea** is a chronic inflammatory disease of the face, in which the skin appears abnormally red, usually occurring in adults after the age of 40, but can begin as early as 20. Rosacea can be identified by a red nose, forehead, and most commonly the cheeks.

Characteristics of Rosacea include - Red Papules and sometimes pustules on the nose, forehead, cheeks, and chin, but are generally not evident on the limbs.

Frequent Blushing or Flushing, a red face due to persistent redness and or prominent blood vessels –telangiectasia. Dry flaky facial skin, aggravation by stress, alcohol, menopause, sun exposure, and hot and spicy food or drink.

Juniper Australia recommends the following routine for mild Rosacea.

### 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 and reducing redness.

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

Apply **Sensitive Moisturising Lotion or Ultra Calm Replenishing Cream** 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 and reducing redness.

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

Please note that for moderate to severe/highly reactive rosacea. We recommend using the daily management routine – PDF (Rosacea Moderate to Severe)