

Rosacea – Moderate to Severe

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 to get the best results for aggravated Rosacea.

MORNING

Cleanse, using **Calming Face and Body Wash** as per instructions on the bottle. Massage the entire area with the **Calming Treatment Serum**. Moisturise with **Ultra Calm Replenishing Cream** or **Calming Jojoba Moisturiser**.

EVENING

Cleanse, using **Calming Face and Body Wash** as per instructions on the bottle. Massage the entire area with the **Calming Treatment Serum**. Moisturise with **Ultra Calm Replenishing Cream** or **Calming Jojoba Moisturiser**.

For routines on mild rosacea visit www.juniperaustralia.com under skin guides.

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