

120 NE 117th Ave., Rm.#2
Vancouver, WA 98684
971.303.8982

www.SkinAndBodyAlchemy.com



Rocasea Treatment

Rosacea is a common but poorly understood disorder of the facial skin that is estimated to affect well over 16 million Americans. With common symptoms including and not limited to redness, broken capillaries, acne-like pustules and surface dryness, it is common to mistake rosacea for other skin disorders.

What is Rosacea?

Rosacea is a chronic, inflammatory skin condition that primarily affects the face and can sometimes appear on the neck, chest, scalp, or ears. Rosacea causes redness and small, red, pus-filled bumps, which can sometimes be mistaken for acne. Over time, visible blood vessels may occur on the skin as well.

While rosacea typically affects lighter-skinned clients that tend to flush easier, it can happen to anyone. The specific cause of rosacea can be unknown but there can be a long list of symptoms and lifestyle habits that can worsen or enhance its appearance.

How Can I Treat My Rosacea?

Finding the right rosacea treatments and skin therapy can help control and manage this condition. Without treatment, rosacea can often worsen. Since the signs and symptoms

of rosacea can vary from one client to another, we customize treatments based on each individual.

These rosacea treatments can include a mix of topical treatments including anti-inflammatory serums and correct home skincare regimen, in-office procedures including enzyme peels, ultrasound treatments for rosacea to reduce overall redness and rejuvenate the skin.

Because rosacea is different for everyone, we develop tailored treatment plans to help you see the best results. Acne rosacea treatment is different than ocular rosacea treatment, for example. For some patients, rosacea natural treatment options may work best.

Our clients have achieved remarkable results, often by combining multiple different therapies in order to resolve their individual condition. We recommend your best course of action to not only heal any current rosacea you may be suffering from, but to also prevent any flare-ups in the future.

Can Certain Foods Trigger Rosacea?

Yes, certain foods and drinks can cause a rosacea flare-up or make current rosacea more inflamed. Some more common foods that can cause a flare-up include alcohol, especially red wine, hot beverages and foods, especially if they contain caffeine and spice. Also keep in mind that wind and exposure to the cold, extreme exercise, and stress can all aggravate the symptoms of rosacea, too.

General Treatment is recommended to reduce the chance of flare-ups, this includes incorporating Rosacea-friendly skin care into your daily routine and avoiding Rosacea-triggering factors.

Individual's with Rosacea have sensitive skin and must be careful in choosing products and methods of protecting themselves against the sun.