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## *Expert Advice: Recognizing and Treating Rosacea*

Rosacea is a common skin disorder involving inflammation of small vessels of the face. The condition appears most prevalent on the nose, cheeks and progressing onto the forehead and chin. The symptoms of rosacea may resemble those of acne. However, there are no blackheads. Men and women of all ages are at risk for developing rosacea, but it is most prevalent in fair-skinned adults. There are three stages of this disorder, which generally worsens with age.

- Stage 1** Flushing, or redness, which lasts for hours or days.  
Tiny blood vessels become visible.  
Sensitivity to cosmetics may develop
- Stage 2** Redness becomes more prevalent and persistent.  
Skin eruptions appear.  
Skin may become more oily under the surface, yet feel 'dry' to the touch.
- Stage 3** Large nodules appear on the nose and cheeks; a condition known as Rynophyma.  
Burning or gritty feeling in the eyes.

### **The Do's and Don'ts of Rosacea.....**

#### **Avoid:**

- Spicy foods, caffeine and alcohol. These items effect capillary dilation and may aggravate the condition.
- Heavy scrubbing or rubbing of the skin which can lead to further irritation of the skin.
- Heavy creams that contribute to clogging of the pores.

#### **Recommendations:**

- Use light anti-inflammatory serums to provide hydration and nourishment to the skin. Nicholas Christies Day Spa recommends Blue Nutriment Oil.
- Use full spectrum sun screen every day with spf 30.
- Use a soothing, water-based mask once a week. We recommend Nicholas Christies Soothing Gelle Mask with sea whip.
- See a dermatologist – he or she may recommend the use of oral antibiotics such as Minocin or Roaccutane.