

Whole Life Beauty LLC

Makeup Artistry Services

KK Shoaf, Makeup Artist

kk@wholelifebeauty.biz 804-484-2952

<https://wholelifebeauty.biz/>

Rosacea Skin Helps

Let me begin by saying that I am not a doctor or aesthetician. My 30 + years in the beauty biz, along with my own health journey, have shown me the direction to take to find non-prescription, safe-to-do-at-home solutions for many skin issues, including taming the Rosacea beast.

Now what if you're taking prescription medication(s) for your skin? The resources listed here can help make a positive difference in your skin regardless. Just inform your doctor so that everyone is on the same page with your treatment plan.

Last, as with beginning any new regimen that involves holistic healing, your body, especially your face, will more than likely go through a detox process, meaning that symptoms will worsen before they get better. That's completely normal! So if you try the expert advice given below, allow 2-3 weeks to get on the other side of the detox symptoms. I have many happy clients who are glad they did.

2 helpful videos:

Watch these first! Dr. Eric Berg is a chiropractor and holistic health practitioner who makes YouTube videos to explore, educate, and offer real solutions to many maladies. These videos have helped countless clients of mine control their rosacea flare-ups.

<https://youtu.be/XANNFYoelbE>

<https://youtu.be/i8rkUp4IR64>

2 helpful articles:

These 2 articles explore rosacea causes and ways to combat flare-up through diet, YES! Diet. Again, a commitment to these dietary solutions has been helpful to many of my clients. Dr, Katta's link, the second one below, also has a handy printable food guide. I love those!

https://www.google.com/search?q=rosacea+dietary+triggers&rlz=1C1SQJL_enUS833US833&oq=rosacea+diet&aqs=chrome.6.69i57j0i512j46i512j0i512l4j69i61.11544j0j7&sourceid=chrome&e=UTF-8

<https://www.doctorkatta.com/post/2017/06/18/the-rosacea-diet>

Vitamin C is an excellent treatment for rosacea as it contains anti-inflammatory properties that heal and soothe inflamed skin. Vitamin C also protects your skin against free radicals and sun damage that might be irritating your skin, making it a great product for the prevention of rosacea flare-ups. Rose Oil is also an excellent source of moisture and comfort on irritated skin. Even on blemish-prone and “oily” Rosacea skin, rose oil actually balances the moisture level and brings oil levels into alignment.

Below are some of my favorite skin care products to topically combat/control/soothe Rosacea:

- **Eminence Organic Citrus & Kale Potent C + E Serum** - high in vitamin C and good-for-you ingredients. **Available at fine salons.**
 - **Andalou Naturals 1000 Roses Moroccan Beauty Oil**
 - **Heritage Store Rose Oil Nourishing Treatment,**
 - - OR - the lighter weight **Heritage Store Rosewater Serum**
- The above items are available at most local health food stores and wellness conscious grocery stores, such as Whole foods and Wegmans, and***
<https://www.vitacost.com/>
- **Ever Daytime Brightening Serum** has both Vitamin C from citrus and high potency Bulgarian rose, **available at the link below (copy and paste):**
 - https://www.ever.com/products/daytime-brightening-serum-10-vitamin-c-booster?_pos=2&_psq=ever+day&_ss=e&_v=1.0&selling_plan=3207659582
 - Last is **Naturally G4U balance and Boost Hydrosol Mist.** Spritz it on before makeup application to help prevent redness bleed through or to calm your face during a Rosacea flare-up.
 - https://naturallyg4u.com/active-care-hydrosol-mist/?gclid=CjwKCAjwvJyjBhApEiwAWz2nLTyrqqCdtw3pwXr7_Xzezp2f1v_YACzJ0fSal7CsuVBay9fqBWwzRRoCUzMQAvD_BwE

As always, I'm here to help. Let's schedule some time together to find your best anti-redness solutions! ~ **KK**