

FACT SHEET



Rosacea

Rosacea is a common yet complex skin condition, unique to people of Northern European descent. Rosacea has a number of subtypes with contrasting presentations. These include permanent redness, sensitivity, blood vessel abnormalities (enlargement, “broken” capillaries or telangectasia), flaky skin, papules and pustules, and thickening of the skin. These conditions usually appear in a butterfly shaped pattern that covers the cheeks and nose.

Rosacea usually begins with a tendency to “flush and blush” in childhood and adolescence. This is usually accompanied by a ruddy complexion and sensitivity to skincare and make-up products. In the early adult years, this redness fluctuates and appears to clear up for certain periods, but as time progresses, the redness and sensitivity usually become permanent.

It is generally accepted that rosacea is a blood-vessel disorder, but the precise mechanisms remain unclear. Current treatments for rosacea focus on reducing inflammation, regulating blood vessel function and reducing exacerbating factors (many patients have rosacea that is “triggered” by certain environmental factors such as heat, alcohol or certain foods.) Treatment can involve oral and topical antibiotics, as well as topical Vitamin A (retinaldehyde), beta hydroxy acid (salicylic acid) and Niacinamide (vitamin B3). Gentle cleansing using a solvent based cleanser can reduce irritation. Topical zinc oxide is also helpful for rosacea patients as a non-reactive but highly effective sunscreen, and also for its anti-inflammatory properties.

RATIONALE® T_x for Rosacea

<p>DAY</p>	<ol style="list-style-type: none"> 1. Rationale Preparatory Cleanser 2. Rationale Niacinamide Serum 3. Rationale Daily Dose SPF 25 	
<p>NIGHT</p>	<ol style="list-style-type: none"> 1. Rationale Preparatory Cleanser 2. Rationale Retinaldehyde Serum 3. Rationale Skin Refining Serum 	
<p>WEEKLY MONTHLY</p>	<ol style="list-style-type: none"> 1. Procedure microPeel 2. Procedure Customised Peels 	