



Lifestyle Tips

Tips for managing your rosacea

Though there is currently no cure for rosacea, it can be managed with the right approach. Here are 5 steps to start changing the way you look—and live—with rosacea.

1. Visit a dermatologist

Left untreated, rosacea can get worse, so it's important to get treated. If you don't already have a dermatologist—a doctor who specializes in skin health—it might be a good idea to find one. He or she can help you find the right treatment and start you on the path to getting some relief.

2. Create a gentle skin care routine

Work with your dermatologist to create a routine that includes these healthy-skin habits:

- Use moisturizers that help repair the skin-barrier function, such as those with glycerin, petrolatum, or silicates
- Avoid rubbing or scrubbing skin at all costs; rosacea-affected skin can be extra sensitive
- Use a soap-free, fragrance-free, alcohol-free cleanser
- Wash and rinse with lukewarm—not hot—water
- Blot skin dry with a soft cotton towel; avoid rough washcloths, brushes, and sponges
- Avoid direct sunlight to the face and apply a daily, broad-spectrum (UVA/UVB) sunscreen with an SPF of at least 30

3. Choose your makeup carefully

- Use oil-free, scent-free, and alcohol-free products
- Apply green-tinted foundation evenly on your face to reduce the appearance of redness
- Always test makeup on an area of skin other than your face, such as your neck or the inside of your arm, to see if you have a reaction
- Consider buying antibacterial brushes to apply powder or blush
- Use a light touch when applying foundation
- Explore the benefits of mineral powder
- Skip red-colored lipstick, which can draw attention to facial redness, and stick with softer, neutral colors such as peaches and browns

4. Avoid extreme temperatures

For effective rosacea management, it's best to avoid extreme weather. Cozying up to the fire or enjoying a hot bath or shower might sound comforting, but if you have rosacea, overly warm environments can increase blood flow, and facial flushing can often follow. Things to avoid include:

- Hot or cold weather and wind exposure
- Saunas
- Hot baths
- Being close to heaters, fireplaces, and ovens

5. Learn about your personal rosacea triggers

Get the facts about what could be making your rosacea worse, and learn how to avoid the things that make your condition flare up, at RosaceaRelief.com.