



What advice should I give to a client suffering with rosacea?

One of the biggest misconceptions is that rosacea is caused by heavy drinking. I have seen teetotal ministers with rosacea. The causes can be broken down into three areas: reaction to an external aggressor, mites and hormones.

If it is caused by a reaction to an aggressor such as skincare, cosmetic or household products, weather or spiced food, then clients should stop exposing skin to products containing harsh chemicals. The worst culprits are non-natural make-up and the metal dioxides found in most sunscreens.

However, many women with rosacea daren't go without make-up and this can exacerbate the problem. The good news is that if they use a natural oil or cream with a non-irritating base, they will create a barrier between the skin and those external aggressors and subsequently you should see a significant improvement. And of course, these can also provide greater protection from damaging UVA light, as well as cold, wind and rain. It may even help their skin cope better with spicy foods.

If mites are the cause, essential oils can kill them off very quickly. If it's down to hormones, the rosacea could be exacerbated by factors such as stress, which plays havoc with hormones. So you should use products to help combat the cause, such as de-stressing essential oils to keep the skin as clean, nourished and protected as possible.

Get clients to check the labels on their skin, hair and body care products. A big no-no is wipes, which often contain synthetic perfumes or disinfectant.



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