Rosacea - Which products are best for your skin?

Whichever of the categories you fit into below, there are three products I usually recommend, plus the Miessence Vitality pack and/or the Osmosis Harmonised Waters Digestive Health or Skin Perfection.

- **CosMedix Rescue + Balm** – use it straight or mix it with any moisturiser. Leave it on or use as a temporary mask. Even though it seems thick and greasy, it will solve your dryness, your breakouts and your irritability; it’s simply fantastic! It’s value is in being anti-inflammatory, which is why it helps as a spot treatment for breakouts.

- **Osmosis MD Clear Plus + Activating Hydration Mist** – massage in gently after your serums to help them reach the deeper layers. This hydrating and nourishing spray is also anti-bacterial and won’t muck up your makeup, so use it throughout the day.

- **Osmosis MD Rescue Serum** – use once a day. It’s magic juice!

In addition to the above, choose one from each category:

### Reactive, dry, sensitive skins, with or without acne:

#### CLEANSER -
- CosMedix Elite Gentle Clean
- Osmosis Cleanse
- Aspect Dr Mild Clean

#### ANTIOXIDANTS/GROWTH FACTORS -

**Morning**
- Aspect Dr Redless
- Osmosis MD Stem Factor
- CosMedix Elite Reduce

**Night**
- CosMedix CPR Skin Recovery Serum
- MD Rejuvena Rejuvaphyl Redness recovery

#### MOISTURISER (morning, before SPF and/or night) -
- Aspect SMC
- MD Rejuvena Rejuvaphyl Ultra-Rich Hydration
- Osmosis Md Quench mixed with Osmosis MD Immerse

#### UV PROTECTION -
- CosMedix Hydrate+ - a sunblock and rich moisturiser in one

#### VITAMIN A SERUM -

After 3-4 weeks, your skin should be starting to feel more hydrated and less irritated. At this stage, add on a Vitamin A serum, only on alternate nights. Over the next 4 weeks, increase to using it nightly.

- Osmosis MD Calm
- CosMedix Serum 16
- CosMedix Elite X-Age

If you want the effects of a Vitamin A without using one, choose from one of the following:

- MD Rejuvena Rejuvaphyl Rejuvenating Complex (Retinol Free)
- Osmosis MD Replenish

#### MASKS (weekly) -
- Aspect Probiotic Sleep Mask
Still not sure?

The secret with managing Rosacea is to avoid your triggers, improve your gut health, manage your stress and use only the best skin care and makeup you can.

Hydration mists are especially useful in the management of Rosacea.

- Organic Nation More Than Rose Hydration Mist
- CosMedix Mystic
- Osmosis Colour Mineral Hydration Mist
- Osmosis MD Clear Plus + Mist

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Don’t forget, you receive $15 off your first order!

Still not sure?

Complete the Online Skin Consultation and Gaye, our registered nurse will happily help you to choose the right treatments and products for your skin type or concern.

Share this with a friend!