

# 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](#)

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## Oily/Acne Skin (not sensitive):

### CLEANSER -

- [Osmosis MD Purify Enzyme Wash](#)
- [Aspect Dr Deep Clean Facial Cleanser](#)

### ANTIOXIDANTS (morning only) -

- [Osmosis MD Replenish](#)
- [Aspect Dr Redless](#)
- [CosMedix Elite Pepoxide](#)

### VITAMIN A (night only) -

- [Osmosis MD Calm](#)
- [MD Rejuvena Rejuvaphyl Rejuvenating Complex LS](#)
- [CosMedix Serum 16](#)
- [CosMedix Elite X-Age](#)

### MOISTURISER (apply before SPF where applicable) -

- [Aspect Dr Resveratol Moisturising Cream](#)
- [MD Rejuvena Daily Hydration](#)
- [Osmosis MD Quench](#)
- [CosMedix Emulsion](#)

### UV PROTECTION -

- [CosMedix Hydrate+](#)
- [Aspect Hydrashield](#)

### MASK (weekly) -

- [Aspect Fruit Enzyme Mask](#)
- [Aspect Hydrating Mask](#)

### KITS -

- [Aspect Dr Blush Free Kit](#)

### HYDRATION MISTS -

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](#)

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.

**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!**

