Rosacea
Which products are best for your skin?

Choosing the perfect products to assist your skin to repair itself can be a challenge when you suffer from sensitive, reddened and/or rosacea skin. We’ve tried to simplify it for you. Whichever of the categories you fit into below, there are three products we usually recommend, plus the Miessence Vitality pack and/or the Osmosis Harmonised Waters 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:

### 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**
- **Rejuvaphyl Redness recovery**

### MOISTURISER (morning, before SPF and/or night)
- **Aspect SMC**
- **Rejuvaphyl Ultra-Rich Hydration**
- **Osmosis Md Quench**
- **Osmosis MD Immerse**
- **Organic Nation Hydration Day Cream**
- **Organic Nation Absolute Night Cream**

### UV PROTECTION
- **CosMedix Hydrate+** a sunblock and rich but light moisturiser in one.

### VITAMIN A SERUM (night only)
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:
- **Rejuvaphyl Rejuvenating Complex (Retinol Free)**
- **Osmosis MD Replenish**

### MASKS (weekly)
- **Aspect Probiotic Sleep Mask**

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Rosacea
Which products are best for your skin?

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
- Organic Nation Skin Food 4 Serum

VITAMIN A (night only)
- Osmosis MD Calm
- Rejuvaphyl Rejuvenating Complex LS
- CosMedix Serum 16
- CosMedix Elite X-Age

MOISTURISER (apply before SPF where applicable)
- Aspect Dr Resveratol Moisturising Cream
- Rejuvaphyl Daily Hydration
- Osmosis MD Quench
- CosMedix Emulsion
- Organic Nation Hydration Day Cream

UV PROTECTION
- CosMedix Hydrate+
- Aspect Hydrashield

MAKEUP
Take care with your choices. If you are choosing the best skin care, you don’t want to be undoing the good by increasing irritation and redness with “cover-up.” Colorescience and Osmosis Colour ranges will both treat your skin throughout the day, as they also cover and conceal.

MASK (weekly) lots of choices but here’s two favourites
- 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 our Skin Advisors will happily help you to choose the right treatments and products for your skin type or concern.

View All Our Skin Care Guides