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 + 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 skin care category on the following page. They are listed in order of application. As you can see in the selection above we’ve mentioned a hydrating mist. These are especially useful in the management of Rosacea. There is a range you can choose from below.

**HYDRATION MISTS**

- **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.

**MAKEUP**

Take care with your choices. You will often be tempted to cover your redness up. This is fine and natural as Rosacea takes a long time to heal. 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.” Our Jane Iredale, Colorescience and Osmosis Colour ranges will be kind to your skin throughout the day, as they also cover and conceal.
**Rosacea**  
Which products are best for your skin?

### Dry, Reactive, Sensitive Skins, With Or Without Acne

**CLEANSER**
- Aspect Dr Mild Clean
- CosMedix Elite Gentle Clean
- Osmosis MD Cleanse
- Societe Pure Everyday Cleanser

**ANTIOXIDANTS / GROWTH FACTORS**  
(Morning)
- Aspect Dr Redless
- Osmosis MD Stem Factor
- CosMedix Elite Reduce

**VITAMIN A SERUM**  
(night only)
After 3–4 weeks, your skin should be hydrated and less irritated. At this stage, add on a Vitamin A serum, only on alternate nights. Over the next 4 weeks, increase to nightly.
- CosMedix Serum 16
- CosMedix Elite X-Age
- Osmosis MD Calm
If you want the effects of a Vitamin A without using one, choose Osmosis MD Replenish.

**MOISTURISER**  
(morning before SPF and/or night)
- Aspect Dr Resveratrol
- Osmosis MD Quench
- CosMedix Emulsion
- Societe Skin Hydration Complex

**UV PROTECTION**
- Aspect Hydra Shield
- CosMedix Hydrate+
- Societe Prime & Defend

**MASK**  
(weekly)
- Aspect Probiotic Sleep Mask
- Societe Rejuvenating Peptide Gel Mask

### Oily/Acne Skin (Not Sensitive)

**CLEANSER**
- Osmosis MD Purify Enzyme Wash
- Aspect Dr Deep Clean Facial Cleanser
- Societe AHA Exfoliating Cleanser

**ANTIOXIDANTS**  
(morning only)
- Aspect Dr Redless
- Osmosis MD Replenish
- CosMedix Elite Pepoxide
- Organic Nation Skin Food 4 Serum

**VITAMIN A SERUM**  
(night only)
- CosMedix Serum 16
- CosMedix Elite X-Age
- Osmosis MD Calm

**MOISTURISER**  
(morning before SPF and/or night)
- Aspect Dr Resveratrol
- Osmosis MD Quench
- CosMedix Emulsion
- Societe Skin Hydration Complex

**UV PROTECTION**
- Aspect Hydra Shield
- CosMedix Hydrate+
- Societe Prime & Defend

**MASK**  
(weekly)
- Aspect Probiotic Sleep Mask
- Societe Rejuvenating Peptide Gel Mask

**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](#)

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