

# 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 [Miescence 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!



### *CosMedix Rescue Balm*

*The product eliminates any irritation and redness that I have. I highly recommend this product, it has made such a difference to the look and feel of my skin.  
Donna*

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](#)
  - [Rejuvaphyl Redness recovery](#)

### MOISTURISER (morning, before SPF and/or night)

- [Aspect SMC](#)
- [Rejuvaphyl Ultra-Rich Hydration](#)
- [Osmosis Md Quench](#) mixed with [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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## 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.

