

Sensitive Solutions: Navigating Rosacea and Strengthening Your Skin Barrier

By Krisstan Herrmann



Rosacea is a chronic inflammatory skin condition that affects all skin types, ages, and genders. While there are different subtypes of rosacea, it is mainly characterized by redness around the central area of the face, sometimes with visible blood vessels. If left untreated, it can cause irritation, swelling, burning/stinging, breakouts, and even skin thickening. Although there is no cure for rosacea, there are solutions out there to relieve this sensitive skin condition.

Understanding Rosacea and Skin Barrier Function

Regular facial flushing is normal and eventually goes away. For instance, we experience redness when we feel embarrassed or exercise on a warm day. However, those with rosacea have a tendency to flush at random times and it lasts longer.

The cause of rosacea is unknown but research has shown that it can be triggered by our neurovascular and immune system. It is also possible that systemic inflammation can be a contributor as well as the presence of a microscopic mite (Demodex Folliculorum). It is important that the individual see their dermatologist for proper diagnosis.

When treating rosacea, keeping the skin barrier healthy is vital. Since rosacea clients are more prone to sensitivity, redness, and dryness, a compromised skin barrier can make symptoms worse. Our skin is designed to protect us from pathogens, bacteria, and viruses. It is the first line of defense and aids in temperature regulation, water balance, providing sensation, and so much more. If we damage the skin barrier, it can lead to symptoms like rough texture, irritation, itchiness, and flakiness.

Focusing on a skincare routine that is anti-inflammatory, healing, and protective can help to maintain the skin barrier as well as relieve the effects of rosacea and control flare-ups. Some key ingredients in skincare to look for when addressing rosacea are: ceramides, hyaluronic acid, and fatty acids.

Ceramides are lipids that help to reinforce and restore the barrier by sealing hydration within the skin and keeping harmful irritants out. It helps to reduce redness, dry skin, and water loss.

Ceramides also help with age management by preventing wrinkles and providing smoother skin. Hyaluronic Acid (HA) is another ingredient that helps support the skin barrier. It is a humectant

that attracts and retains water molecules thus hydrating and plumping the skin. HA also helps to reduce inflammation and promote wound healing processes. Lastly, fatty acids in skincare are known to lock in moisture, strengthen the skin's lipid layer, and reinforce the skin's microbiome. They are typically derived from natural oils and are known to protect the skin from allergens, irritants, and inflammation.

Skincare Products for Rosacea and Barrier Repair

A gentle skincare routine is important when battling rosacea. Avoid using irritating ingredients such as fragrance, drying alcohols, sulfates, parabens, and harsh exfoliants.

When choosing a face wash, a mild cleanser is recommended. Hale & Hush **Quiet Wash** is the perfect choice as it gently cleanses and fortifies the skin's barrier. Thanks to ingredients like Mirabilis Jalapa Extract and Moringa Seed Extract, it helps to combat inflammation, irritation, and redness.



If a rosacea client experiences thicker or ruddy skin with some flakiness, Hale & Hush **Refine Polish** is a great cleanser for providing light exfoliation. It contains Jojoba beads that are non-abrasive and aids in moisture retention. In addition, Refine Polish has a special peptide that helps to reinforce the skin's microbiome reducing skin sensitivity and irritation.



There are also some great hydrating options such as Hale & Hush **Soothe Essence Serum**. Soothe Essence contains a chirally correct form of Hyaluronic Acid known as Sodium Hyaluronate. This ingredient reduces inflammation and redness while keeping the skin hydrated and plump.



Hale & Hush **Remedy Rehab Oil** is also beneficial for rosacea-prone skin by providing lightweight moisture. It is a botanical oil blend filled with fatty acids to help repair damaged skin, promote wound healing, and calm sensitivity.

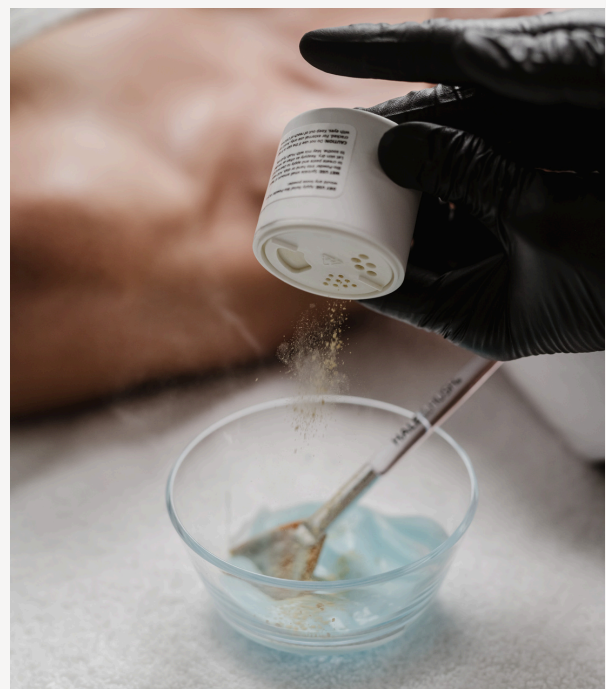


Protecting the skin barrier is also crucial for skin health. Hale & Hush **Broad Spectrum SPF 30** provides UVA and UVB protection while also moisturizing the skin. Rosacea-prone individuals should avoid any chemical sunscreens as they are known to cause irritation, stinging, and burning. Broad Spectrum SPF 30 is a physical sunscreen loaded with antioxidants and healing ingredients such as Zinc Oxide and Red Algae Extract to provide anti-inflammatory and protective benefits against oxidation and UV damage.



We also cannot forget to mention Hale & Hush's best-selling duo: **Hush Hydrate Gel + Relief Bio Powder**. This combo has done wonders for compromised skin! Hush Hydrate Gel instantly soothes, calms, and cools skin on contact - perfect for those suffering from rosacea. It also provides anti-inflammatory and anti-allergy healing from the inside out thanks to ingredients such as Aloe Extract and Turmeric Root Extract. Relief Bio Powder is a unique product as it is a powder designed with 8 botanical extracts for aiding skin under attack from redness, irritation, and itchiness! It can be used multiple ways: as a paste, powder, or mixed with other Hale & Hush products.

Relief Bio Powder also immediately conceals and calms redness when used in a powder form. One of the key ingredients in this product is Calamine which provides anti-itch, antiseptic, and astringent properties against any skin reactions.



Lifestyle Tips for Rosacea and Sensitive Skin

Research has also shown that certain diet and lifestyle habits are helpful at managing rosacea. Understanding your triggers can help to reduce flare-ups, ease symptoms, and reduce overall inflammation in the body. Rosacea can be caused by certain foods, beverages, emotional influences, temperature/weather, and even medical conditions.

Some common rosacea triggers are: alcohol, hot drinks, spicy foods, stress, anxiety, sun exposure, wind, excessively warm environments, topical steroids, menopause, exercise, and certain cosmetic ingredients.

If you need assistance discovering your triggers, a diary helps to keep track of what activities or foods were consumed causing a flare-up. Consulting with your healthcare provider about other ways to control rosacea is also beneficial. Professional esthetic treatments such as barrier-repair facials and LED light therapy are additional ways to keep rosacea at bay.



Conclusion

While rosacea is a chronic and often unpredictable condition, it is manageable with the right skincare, lifestyle adjustments, and awareness of personal triggers. Prioritizing barrier-supportive skincare, identifying and avoiding flare-up triggers, and embracing an anti-inflammatory diet can significantly reduce symptoms and support overall skin health. With a consistent and mindful approach, you can take control of your rosacea and maintain a calmer, more resilient complexion.



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