

# FACIAL REDNESS



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THE 5 ESSENTIALS TO  
UNDERSTANDING FACIAL REDNESS



THEAESTHETICLOUNGE



# DON'T GET EMBARRASSED BY YOUR REDENNNED SKIN. GET IT EVEN.

Skin is our passion. Let us show you how to successfully care for, manage and control your facial redness, for an even healthy complexion without the damage.

A close-up photograph of a person's face, focusing on the eye and cheek area. The skin appears slightly red and irritated, consistent with the theme of facial redness. The person has dark hair and is looking towards the camera.

# THE 5 ESSENTIALS TO UNDERSTANDING FACIAL REDNESS

**01 FLARE-UP CAUSES**

**02 ROSACEA TRIGGERS**

**03 NEVER ENDING  
STORY**

**04 KEEP CALM + CARRY  
ON**

**05 LEAVE IT TO THE  
PROFESSIONALS**

# 01 FLARE-UP CAUSES

**Whatever the type of facial redness you have, from sun damage to facial flushing or even Rosacea, it can be embarrassing and if left untreated can worsen over time.**

## ENVIRONMENTAL FACTORS

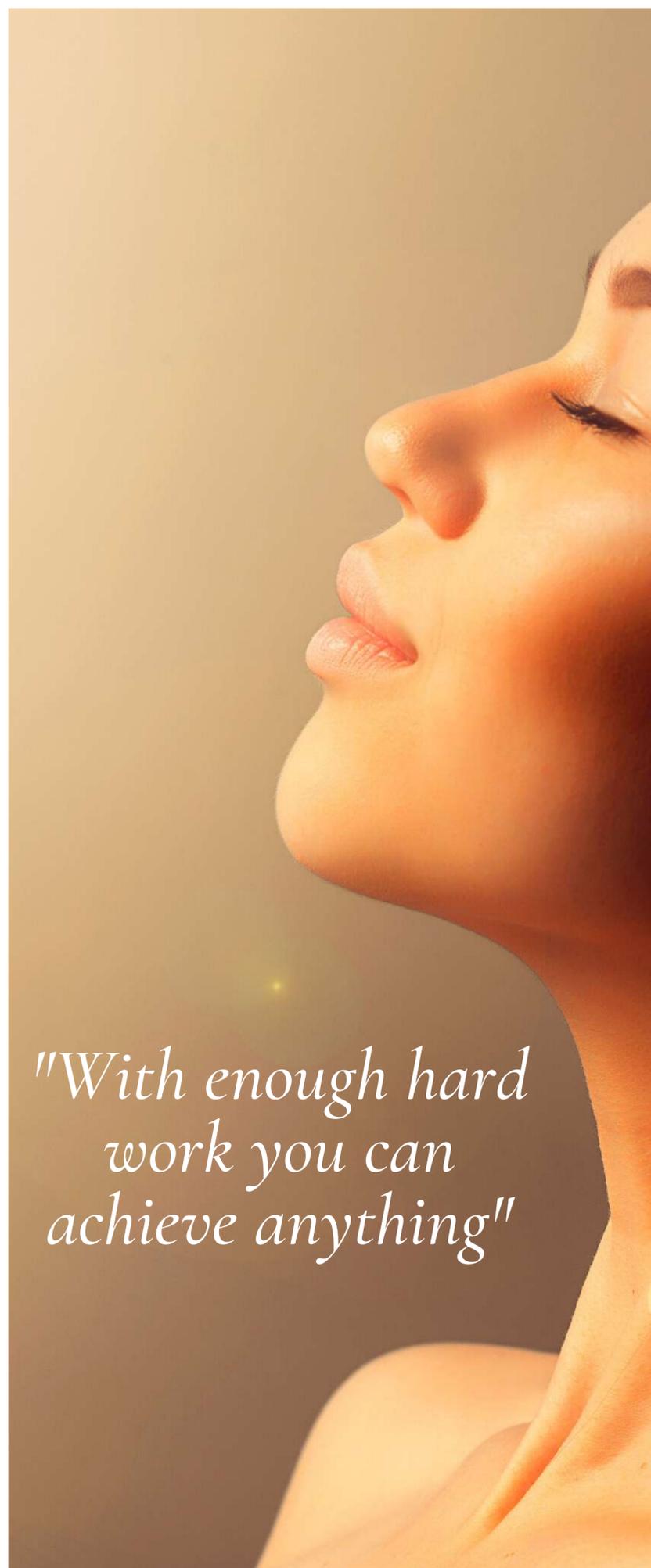
Many external factors can have a negative effect on your skin and exacerbate redness. From pollutants such as car emissions, second-hand cigarette smoke, aerosols and household cleaners to the sun and wind which can disrupt your skin's protective barrier and cause red, irritated, sensitised skin and facial flushing. Avoiding pollutants and physically protecting your skin against the environment will reduce flare ups.

## SUNSCREENS THAT TRIGGER

Chemical sunscreens protect your skin by absorbing the sun's rays and converting this light energy into heat. This heat causes your skin to flush, becoming reddened and hot. Choosing a physical sunblock for your sun protection will reflect the sun's rays, eliminating heat absorption and unnecessary flare-ups.

## COSMECEUTICALS VS COSMETICS

As Rosacea cannot be cured, correctly managing flare ups and reducing redness with active skincare is imperative. However, not all skincare products are created equal and many cosmetic products will cause dehydration and irritation. Feeding your skin with the right formulation of ingredients, only found in cosmeceutical skincare, will dramatically calm and de-sensitise facial redness and Rosacea.



*"With enough hard work you can achieve anything"*

## 02 ROSACEA TRIGGERS

**Lifestyle plays a big part in your Rosacea journey. It's vital to take care of yourself to reduce flare ups. Help minimise and prevent your Rosacea from permanently worsening by learning what is going on in your skin and what you can do to help it.**

### DON'T POP IT!

If you experience breakouts alongside your Rosacea, then you have progressed to stage 3. It is really important to get on top of your breakouts and manage this stage of Rosacea before it progresses. Popping pimples are only going to exacerbate your Rosacea by spreading the infection and weakening the skin. Control pesky pimples with a combination of skincare products that are anti inflammatory, anti bacterial and contain essential fatty acids. If you are serious about managing your Rosacea, light-based in-clinic treatments are essential.

### ALCOHOL AND THE C'S

Dietary choices can cause inflammation and dilate blood vessels which often triggers Rosacea to flare. Some foods and drinks known to trigger these responses include cinnamon, chilli, capsicum, curries, citrus, cheese, chocolate, coffee as well as red wine and some alcohols. Being aware of which foods you are sensitive to and limiting exposure to them can help control your Rosacea flare-ups.

*"Talk to yourself like you would someone you love."*

### STRESS

Stress impacts your skin by triggering a chemical response in your body to produce cortisol. This makes your skin more sensitive and reactive, even causing Rosacea flare-ups. If you find your Rosacea constantly flaring up, rethink how you handle stress, you may need to take some time out for yourself.



# 03 NEVER ENDING STORY

**Facial redness and Rosacea can be a frustrating and feel like a never ending story. There are four different stages of Rosacea, starting as harmless facial redness and mild flushing.**

## STAGE ONE

The first stage of Rosacea, may not obviously appear as Rosacea. Starting with only mild and localised facial redness or skin that easily flushes, when exposed to certain triggers. Your skin flushing at this stage is highly intermittent where it goes as quickly as it appears. Avoiding your triggers that cause facial flushing alongside a strengthening and calming cosmeceutical routine may prevent your Rosacea from progressing to stage two.

## STAGE TWO

You know your Rosacea has progressed into stage two when, what once was a healthy glow, is now constant reddened facial skin, that at times, can be sensitive, hot and have a burning-like sensation. Easily seen as pink or red flushing through the cheeks, nose and chin, we highly recommend starting with light based in-clinic treatments to remove weakened facial vessels and strengthen the deeper layers within.

## STAGE THREE

When pimples appear you most likely have progressed into stage three. Acne Rosacea appears with small red dots, papules and pustules. In some cases open pores, thickening like orange peel and swelling occurs. Consistent and possibly ongoing intervention is need with both in-clinic and at-home cosmeceutical skincare to effectively manage your skin and help prevent it from progressing into stage four.

## STAGE FOUR

This is the most advanced stage of Rosacea and presents with many challenges including, facial pain, burning sensations, intense flushing, swelling and inflammation from clusters of deep breakouts. When dilated blood vessels common in Rosacea, have been left untreated they progress into permanently bulging red facial veins with an inflamed deep purple skin colour. The nose is most commonly affected and becomes enlarged and thickened, known as Rhinophyma. At this stage medical intervention is required.

*"Stay patient and trust your journey."*

## 04 KEEP CALM + CARRY ON

**Reducing heat, soothing your skin and using the correct skincare are paramount in reducing redness and Rosacea. Making small consistent changes will help to manage your Rosacea.**



*"Skin perfection awaits."*

### HEAT

Anything that causes your skin to flush and redden must be avoided. Having hot showers, baths, saunas and aggressive exercise will cause an increase in blood flow and eventually weaken capillary walls, resulting in a permanent flushed appearance.

### KEEP IT COOL

Cleansing with tepid, lukewarm water will reduce heat within your skin. Staying out of the sun, wearing a hat and making sure you stay on top of applying your physical sunblock will also ensure heat is reduced within your skin. Working on stress management and actively cooling down your skin when it gets hot and flushes will help prevent your Rosacea from progressing.

### WHICH INGREDIENTS ARE BEST

The use of cosmeceuticals that specialise in strengthening the skin to reduce inflammation and redness seen in Rosacea are crucial. Ceramides and essential fatty acids are great for improving and protecting the skins barrier. Anti-inflammatory ingredients such as vitamin B, vitamin C and antioxidants calm the skin, reduce redness and strengthen. Soothing, antibacterial serums will gently control breakouts. Consistency is key with Rosacea, if you actually want to see change.

# 05 LEAVE IT TO THE PROFESSIONALS

**Redness and Rosacea can be a frustrating condition. Let us help you address and manage your skin.**

*"Feel beautiful today."*



## NOTHING HAS WORKED

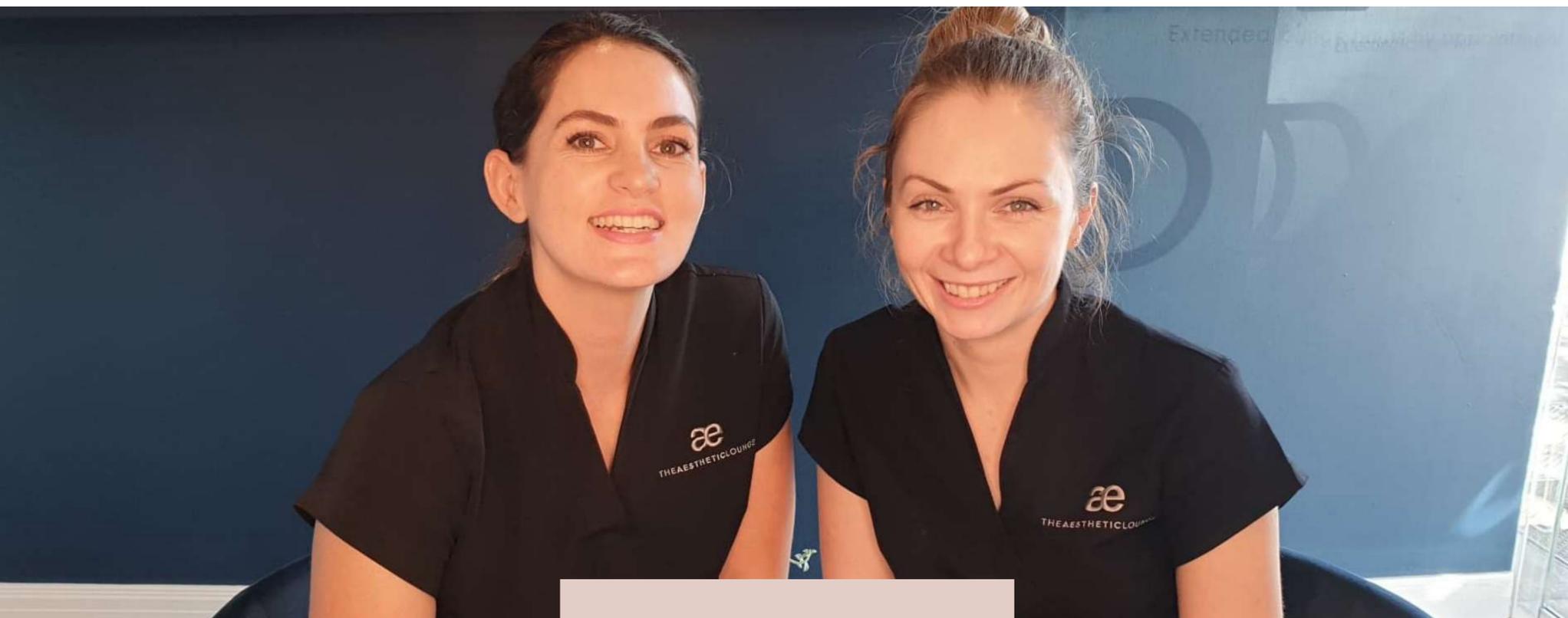
Unfortunately, we hear this all the time, 'that' treatment or product you were promised would help, didn't. We have found, not all clinics provide the same level and quality of treatments for Rosacea and redness as we do. Rest assured, you are not alone in your skin journey, we are here to help you achieve an amazing skin transformation, for your best skin ever.

## TIME TO GET IT RIGHT

Have you read and been given so much advice about your facial redness and Rosacea that the right direction for your skin has become blurry and confusing AND you still have the same skin concerns you started with? It's time to seek our professional guidance to get your skin on the right track with our Discovery Facial, where we learn all about your skin and what has and hasn't worked for you in the past, to get your skin on the right track, pronto!

## PROFESSIONAL HELP

Our Dermal Therapists are specifically qualified and trained in skin science, allowing them to give you the help and guidance your Rosacea skin needs. Our passion for all things skin will ensure you will receive the correct cosmeceutical skincare and a treatment plan that will literally change your skin and your life.



# We help people transform their skin.

WITH OVER 40 YEARS OF EXPERIENCE, LANA AND YASMINE UNDERSTAND SKIN AND HOW TO SAFELY CREATE LIFE CHANGING TRANSFORMATIONS. THE FOUNDATION TO ACHIEVE THIS COMES FROM A MULTILAYERED APPROACH. STARTING WITH A CONSULTATION OUR PASSIONATE SKIN EXPERTS WILL GUIDE YOU THROUGH A TAILORED JOURNEY TO SKIN PERFECTION.

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