



Rosacea, or acne rosacea, is a non-contagious skin inflammation that exclusively affects the face. The small surface blood vessels (capillaries) of the skin enlarge, giving the appearance of a permanent flush. The forehead, cheeks and chin may develop yellow-headed pimples. Unlike acne, rosacea does not scar.

The condition first appears between the ages of mid twenties upwards to 50 years. Frequent flushing or blushing is commonly the first sign. Over time, permanent redness (erythema) may develop as the capillaries enlarge and pustules begin to form. In men, severe rosacea can cause the nose to become reddened and enlarged (rhinophyma). The symptoms tend to worsen with advancing age. One complication of rosacea is conjunctivitis. Conjunctivitis is inflammation of the conjunctiva (membrane of the eye) causing itching, swelling and redness.

## Symptoms of Rosacea

The symptoms of rosacea include:

- enlarged capillaries (telangiectasis)
- a permanent flush across the nose and cheeks
- yellow-headed pimples on the forehead, cheeks and chin
- non-tender lumps under the skin
- mildly swollen cheeks and nose (hyperplasia)
- frequent blushing
- a sensation of burning or stinging
- a rash that is confined to the face.



### Environmental Triggers for Rosacea

Some of the factors that can trigger the rosacea blush or worsen symptoms include:

- alcohol
- hot drinks
- coffee and tea
- spicy foods
- overexposure to sunlight
- anxiety
- emotional stress
- overheating, especially in bed at night

If you're diagnosed with rosacea without more serious underlying causes, you have options. Before you seek prescription medication, and if your rosacea isn't too extreme, you may want to try some of the following natural remedies and treatments...

### Natural Remedies to Address Rosacea

**Aloe Vera-** Gel from the inner leaf of the aloe vera plant is emollient and moisturizing. It can be successful as a topical remedy for rosacea. Many moisturizers contain aloe. You can use these and follow package directions. Or, harvest a leaf from a live aloe plant and apply inner gel directly to your skin. It's possible to be sensitive or allergic to aloe vera, so do a patch test before you apply it to larger areas.

**Burdock-** is available as a supplement, extract, or food. As an edible remedy, burdock root can purify your liver and clear up skin conditions such as acne. Burdock plant extract can be an effective treatment for rosacea.



**Chamomile-** Like aloe, chamomile is common in moisturizing skin products. It's often used topically in herbal treatment for inflamed skin. Purchase a moisturizing product containing natural chamomile and use it by following label directions. Chamomile essential oil can be diluted and applied, too. You can also make chamomile tea, wait for it to cool, and apply as a skin wash or compress.

**Coconut Oil-** Moisturizers like coconut oil are popular for all sorts of inflammatory skin conditions, including rosacea. Although there are not many case studies on the effectiveness of coconut oil for rosacea, I still recommend it because of its known anti-inflammatory, antioxidant, and moisturizing benefits. Apply a small amount of high quality coconut oil to your skin. You can also use it as a carrier oil for appropriate essential oils if desired.

**Comfrey-** is a plant that produces a compound called allantoin. This compound has drawn attention for alleviating skin reactions. A [2017 study](#) on a product containing allantoin found it improved symptoms with virtually no side effects. It also reduced redness and appearance. Find products such as creams, lotions, or salves that contain natural comfrey or allantoin and follow label directions.

**Feverfew-** is another plant frequently named as a natural rosacea remedy. Feverfew has antioxidant qualities. It's also known to protect against UV exposure, somewhat like a mild sunscreen. UV exposure is sometimes known to worsen rosacea. Be sure to use topical feverfew products that are parthenolide-free. Parthenolides may increase skin sensitivity.

**Green Tea-** is very rich in antioxidants and is available as a tea and herbal supplement. Research has shown it can be effective in the treatment of rosacea. Antioxidants are helpful for inflammation, including skin conditions. As such, green tea may be a popular ingredient in skin products and creams for rosacea. Applying topical products with green tea is the best method for treating rosacea.



Cooled green tea may also be used as a compress and you can drink the tea for numerous health benefits, too.

**Lavender Essential Oil-** Different essential oils may be used topically to improve rosacea. Of all these, lavender is the best-studied and easiest to obtain. Dilute lavender essential oil in a carrier oil and apply to your skin. Or, mix some drops in your favorite moisturizer. Use about five drops per ounce of product.

**Niacinamide-** is a B vitamin found in foods. It's not to be confused with niacin or vitamin B-3. It's extracted into creams and lotions for topical skin conditions. Niacinamide is especially good for preventing and relieving skin flushing, which happens with rosacea. Purchase creams containing niacinamide from reliable companies and follow label directions.

**Oatmeal-** is a long-time home remedy for rosacea. It's thought to strengthen skin and reduce water loss, which can worsen the condition. Oatmeal may also help itching. Some skin products, like face masks, include oatmeal as an ingredient — these are great options. You can also mix a couple tablespoons of oatmeal with water and apply directly to your skin.

**Raw Honey-** Some types of honey, especially raw honey, may be effective and easy relievers for rosacea. This may be because honey helps skin retain moisture and dryness worsens rosacea. In a [2015 study](#), a type of honey called manuka honey was shown to be very effective against rosacea. Apply a small amount directly to your skin.

**Tea Tree Essential Oil-** is useful for all sorts of skin conditions because of its anti-inflammatory properties. It can also help itching. There aren't many studies on tea tree oil for rosacea specifically. Still, its evidence for helping similar skin conditions makes it a great contender. Tea tree essential oil can be diluted in a carrier oil and applied directly to your skin.



**Turmeric-** is a famous herbal anti-inflammatory. It may be recommended for painful and inflamed rosacea symptoms. You can also eat the herb or use it in cooking for its numerous health benefits. Try applying turmeric essential oil diluted in a carrier oil. Some creams and lotions contain turmeric. You can also mix turmeric powder with water and apply it to your skin as a poultice. I like to add it to my mushroom coffee.

### **Lifestyle Changes for Rosacea**

In addition to home remedies, certain lifestyle changes can be effective for managing your rosacea and avoiding rosacea's most common triggers.

- Create a routine to manage your stress and anxiety that can trigger rosacea flare-ups.
- Keep a food diary to determine and remove allergens or trigger foods from your diet.
- Eat more anti-inflammatory foods such as kale, ginger, and avocados, that are high in antioxidants and B vitamins such as niacinamide. I also like to add ginger to my mushroom coffee.
- Wear sunscreen regularly, or whenever you go outside, to prevent rosacea flare-ups from sun exposure and UV rays.
- Avoid certain medications, such as topical steroids, vasodilators, and beta-blockers, that could worsen rosacea or cause flushing.

### **Holistic Treatments to Address Rosacea**

Red light therapy works by penetrating the skin at a depth of around 8-10 millimeters. This penetration triggers a series of natural reactions in the skin cells. The mitochondria,



often referred to as the powerhouse of the cells, absorb the light and produce more energy, which in turn accelerates the healing and rejuvenation process.

In the context of rosacea, red light therapy has several potential benefits. Firstly, it helps reduce inflammation, a key component of rosacea. The light energy reduces redness and erythema, creating a more even skin tone. Moreover, red light therapy promotes collagen production, improving the skin's elasticity and texture. It's a gentle, non-invasive treatment, making it suitable for those with sensitive skin.

**MLD (Manual Lymphatic Drainage) Facial Massage-** Decongesting the lymph is particularly beneficial for skin conditions such as rosacea, eczema and acne and beneficial for the health of your skin in general. A Lymphatic Drainage Facial uses a specific massage technique to move the skin over the pathways of the lymph. This triggers the musculature of the lymphatic vessels to contract more frequently which promotes the elimination of waste products, harmful toxins and excess fluid from the tissues, spring cleaning your skin from within. The quality of the skin is intimately related to the quality of the blood and lymph. By cleaning the interstitial fluid (the fluid within the tissues) your skin cells are provided with a healthier environment in which they can thrive, thereby boosting your skin's radiance. When the lymph is flowing the cells are being bathed in a fresher fluid which causes the skin to look more fresh and alive. Very precise, gentle, rhythmical movements are applied to the surface of your skin with the pads of fingers which stimulates the movement and circulation of your lymph, helping your lymphatic system to do its job more efficiently.