

ROSACEA

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Your guide to calmer skin

Understanding, preventing and managing rosacea,
redness and sensitivity.
“Prevention is Power”

VIVENTESKINCARE.COM



01

Understanding Rosacea & Busting the Myths.

Rosacea. Even saying the word sounds a bit... red and rashy, right?

But here's the thing—rosacea is more common than you think, and it's not just about having a flushed face. It's a chronic skin condition that shows up in different ways—persistent redness, visible capillaries, sensitive bumps, and that 'my skin is mad at me' feeling. While it can feel overwhelming, you're not alone, and you can manage it with the right support, knowledge, and skincare.

Let's clear up a few things first, shall we?

✗ Myth #1: Rosacea is just adult acne.

Nope. While both can cause bumps and redness, rosacea isn't caused by blocked pores or excess oil. In fact, treating it like acne can often make it worse. Think gentle, not aggressive.

✗ Myth #2: Rosacea is caused by poor hygiene.

Oh please. That's like blaming frizzy hair on laziness. Rosacea is a complex inflammatory condition—not a sign that you're doing anything wrong. In fact, over-cleansing and harsh products can be part of the problem.

✗ Myth #3: It only affects people with fair skin.

It's true that rosacea can be more visible on lighter skin tones, but people with deeper complexions can absolutely have rosacea too—it's just often underdiagnosed or mistaken for something else.

✗ Myth #4: There's nothing you can do.

Wrong again. While rosacea can't be "cured" in the traditional sense, it can be calmed, soothed, and managed beautifully with the right combination of professional care, lifestyle tweaks, and smart home routines.

Common Rosacea Triggers (And What To Do About Them)

Rosacea is like that dramatic friend who overreacts at the slightest thing. One wrong move and—boom—your cheeks are throwing a tantrum.

The trick? Learning what sets it off before it spirals into a full-blown flare-up. While everyone's skin is different, here are some of the usual suspects (and what you can do to outsmart them):

🔥 1. Heat (and sudden changes in temperature)

Hot showers, saunas, hot yoga, heaters, summer sun—your skin doesn't love them.

What to do:

- Keep showers warm, not steamy.
- Skip the sauna (sorry!).
- Use a calming mist or cooling gel when things heat up.
- In winter, protect skin with a barrier cream before facing cold winds.

☀️ 2. Sun Exposure

UV rays are a major rosacea trigger and can undo weeks of progress.

What to do:

- Wear a non-irritating, mineral-based sunscreen every day.
- Reapply often if you're outdoors.
- Wide-brim hats and shade are your new BFFs.

🍷 3. Alcohol (especially red wine) It's not fair, we know. But red wine is a notorious flusher.

What to do:

- Notice your tolerance—some clients can handle white or bubbly better.
- Try spacing drinks out with water.
- Choose mocktails when your skin's flaring.

Common Rosacea Triggers (And What To Do About Them)

4. Spicy Foods

They're delicious... and potentially dangerous for your cheeks.

What to do:

- Track your reactions—some spices may be worse than others.
- Dial it down when you're already flaring.
- Choose flavour over fire.

5. Stress

Rosacea loves a cortisol spike.

What to do:

- Schedule time to decompress.
- Try gentle facial massage (we happen to know a place 😊).
- Prioritise rest and rituals that calm your nervous system.

6. Harsh Skincare Products

Fragrance, alcohol, exfoliating acids... rosacea hates them.

What to do:

- Use gentle, barrier-supporting skincare.
- Less is more: cleanse, hydrate, protect.
- Book a skin analysis with someone who gets sensitive skin (hint: us).

Remember, managing rosacea is like tuning into your skin's language. Once you know what it's reacting to, you can start to take back control—without the guesswork or Google spirals.

Step One



Proper Diagnosis. It is important to determine what skin type you start with.

No over-exfoliation! Keeping your skin's natural barrier intact will keep it more resilient when under stress attack.

What Not to do !



Avoid the temptation to scrub, peel or overload your skin with every miracle product on the shelf. Over doing it can actually trigger more inflammation to make you redder.

Steer clear of DIY acids, harsh exfoliants, or skipping sunscreen - these mistakes can set back months of progress.

Care at home



- Gentle cleansing.
- Barrier repair moisturisers
- Antioxidant loaded serums are key.
- Gut health foods & supplements.

Most importantly

- High-quality sun protection (not broad spectrum chemicals)

Care at Home



A gentle routine that won't send your skin into meltdown mode.

Rosacea skin is sensitive, reactive, and easily overwhelmed. Think of it like a nervous little puppy—it needs calm, consistency, and kindness.

The good news? You don't need a 12-step routine or a drawer full of fancy jars. What you do need is the right mix of gentle products, used the right way, in the right order.

Let's break it down:

💖 Step 1: Gentle Cleanser (AM & PM)



No foaming. No scrubbing. No “invigorating” anything. Look for a soothing, non-foaming cleanser that rinses clean without stripping your skin.

Key words to look for: “calming,” “barrier support,” “sulfate-free.”

💡 Vivente Tip: Always pat dry with a soft towel—don't rub like you're drying the dishes!

💧 Step 2: Hydrating Mist or Serum



Your skin barrier is likely compromised, which means hydration is key. A soothing mist or serum with hyaluronic acid, niacinamide, or panthenol can calm inflammation and prep your skin for moisture.

Avoid actives unless prescribed by your skin specialist.

Giving the Love



🧴 Step 3: Barrier Cream or Moisturiser

This is your skin's security blanket. Choose a fragrance-free formula designed to reduce redness and support the skin barrier.

Think ingredients that say, "Shhh, it's okay, we've got you."

What to avoid?



- Foaming cleansers or soaps
- Fragrance (even "natural" ones)
- Witch hazel, menthol, eucalyptus, or peppermint
- Scrubs and rough cloths
- DIY skincare fads (no lemon juice, please!)

Stop looking for Instant Results

1. Make an appointment with us at Vivente for a discovery session to learn about YOUR skin.
2. Bring along the products (including primers & foundations) that you are currently using so we can look at the ingredients
3. Get a personalised Skin Treatment Plan



💡 Bonus Tip: **Keep a Skin Diary**

If your skin flares, write down what you ate, what products you used, and anything else going on.

Patterns will emerge—and we can help decode them together at your next appointment.

Treatments That Work Wonders for Rosacea

✨ **LED Light Therapy** (Green & Violet)

Like a warm hug for inflamed skin. Green LED helps reduce inflammation, calm redness, and support healing—without heat or irritation.

Perfect for: calming flare-ups, supporting skin recovery, and reducing overall sensitivity.

🧘♀️ **Barrier Repair Facials**

These gentle facials focus on hydration, barrier support, and lymphatic drainage. They're custom-tailored to reduce inflammation without overstimulating.

Bonus: we sneak in some blissful facial massage to help your nervous system chill, too.

🍷 **Advanced Nutrition Support**

Rosacea often has internal triggers. Supplements that support gut health and reduce inflammation—like Skin Clear Biome™—can complement your topical routine.

Yes, your skin talks to your gut. And yes, we listen to both.

📘 **Cold Peltier & Electroporation**

Advanced tech that delivers active ingredients deep into the skin—without needles, heat, or trauma. Think of it as smart skincare with zero aggression.

Great for: rebuilding resilience in sensitive, reactive skin.



What can I add to my home regime to assist in my rosacea recovery?



hero products

Meder - Red Apex Serum

Botanical Extracts - Smoothing Jasmine Extracts

Available in store at Vivente or online at viventeskincare.com

Don't go it Alone



It is easy to feel like you are all by yourself and no one understands your frustrations with your skin not behaving like you want.

There is no need to put on a brave face - ask us for help!

How fast will it get better?



The sooner you begin a healthy daily home routine with nourishing products, the sooner you will see results.

Slow and steady wins the race! There will often be set backs but we can help you get back on track fast.

Your unique pathway



Our favourite pathway at Vivente to get you quick results is :

- Skin Diagnosis
- Gentle Home Care Products
- LED (green light for calming and healing)
- Regular cooling hydrating facials
- Gentle skin exfoliants (you really don't need those 'your face will fall off type of peels!)
- We excel in selecting the most optimum treatments that give results

Treatments to Avoid

... at least for now

🔥 Abrasive Peels or Microdermabrasion

These sound like a fresh start—but for rosacea skin, they're more like a bad idea in a fancy outfit. Too stimulating, too risky.

💡 Laser & IPL During Active Flare-Ups

While vascular lasers and IPL can help long-term with broken capillaries and redness, they must be timed carefully. We never treat hot, inflamed skin this way. Period.

💧 Harsh Acids or Retinoids Without Guidance

You've seen them all over social media—but these ingredients need a very strategic, professional plan. Otherwise, you'll just irritate your barrier and prolong your rosacea journey.

💚 At Vivente, we take it personally (in a good way).

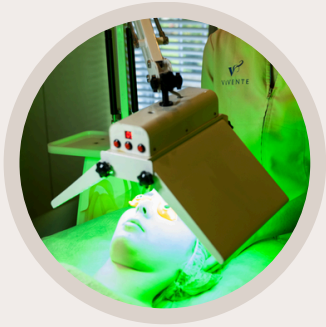
Every rosacea treatment plan is tailored to your skin. We don't rush. We don't overdo. And we'll never recommend a treatment just because it's trendy.

Instead, we'll create a gentle, intelligent pathway that helps you feel calm, confident, and back in control.



How can Vivente help?

At each visit, we monitor your progress, help you understand why your skin behaves like it does, and slow down the sensitised reactions.



Your first visit with us

Our main objective is to get your skin's barrier function back to what should be normal. We calm the skin and concentrate on normalising hydration levels so your skin becomes more resilient. Once this is achieved, we can begin the skin results with designing a treatment plan.



Your follow up sessions

All skin treatment plans and product prescriptions are regularly monitored according to your feedback and what we see. Weekly payment Plans are available

Healthier skin is our passion here at Vivente!

Hi! I'm Kim

I have been in the beauty industry for 40+ years and I literally have seen it all. My passion is to get you feeling confident and smiling again!



Let's start your skin journey today.

There are lot's of ways to reach out to me at Vivente

email

hello@viventeskincare.com

facebook & instagram

viventeskincare

or

book online for a skin diagnosis on our website:

viventeskincare.com

Let's get in touch

VIVENTESKINCARE.COM

