

Why

## Why Choose an Associated Skin Care Professionals Practitioner?

Your skin care treatments should be provided by a properly trained professional. Don't hesitate to ask your skin care therapist about his or her background, training, and experience—



especially as it relates to the treatment you are considering. As a member of ASCP, your skin care professional's state licensing credentials and/or core training have been verified. ASCP members follow a code of ethics, ensuring you're treated responsibly, confidentially, and with utmost respect. As a member, your skin care professional has comprehensive information on changing trends and treatments, so you'll receive the most up-to-date care.

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Associated  
**Skin Care**  
Professionals

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# Treating Rosacea



## What What is Rosacea?

Rosacea (rose-AY-sha) is a chronic skin disease that causes redness and swelling, primarily on the face, but also at times on the scalp, neck, ears, chest, and back. It is considered a vascular disorder. The condition can develop over a long period of time and is more common in adults, particularly those with fair skin. More women get it than men, though in men the condition is more pronounced. Rosacea's appearance is such that it is often mistaken for acne or sunburn. Its appearance may include flushing, persistent redness, visible blood vessels, and pimples. No one knows the cause of rosacea, but it is thought to run in families and can be aggravated by environmental factors and diet.



## How How is Rosacea Treated?

The key to rosacea treatment is to catch it early. It may start with skin that merely flushes red. Reducing skin temperature and calming

the skin is usually the first objective. Once inflammation is under control, other treatments follow. There are many treatments, including topical agents, chemical exfoliation, ultrasonic treatments, and hydration. Treatments may vary by the climate in which you live. While not a cure, any of these treatments can help control symptoms, sometimes for several years. Self-treatment beyond a simple and gentle cleansing routine is not advised since some over-the-counter remedies may actually worsen symptoms, as will aggressive scrubbing and rubbing. Your licensed esthetician may refer you to a dermatologist for evaluation and medical support.

## How How Should I Prepare for Rosacea Treatment?

Be ready to fill out a medical questionnaire and describe what medications and skin care



products you are using. Your therapist will do an analysis of your skin, look for any interactions between products and medications, and devise a treatment plan that's suitable for your unique needs. If possible, come to your appointment

without anything on the skin. If this is not possible, your skin care professional will cleanse your skin. Be prepared to commit to a series of treatments and a home care regimen.

## What What Should I Expect From My Rosacea Treatment?

After your professional treatment, your skin care therapist can recommend a home treatment plan, as well as follow-up professional treatments. Your skin may be more sensitive after treatment.

## What What About Home Care?

Your esthetician can provide the best guidance on caring for your skin after a treatment. In general, people with rosacea should keep a diary of things that trigger their condition, such as sun, wind, stress, alcohol, exposure to heat or severe cold, and irritating face products. Responses to treatments vary widely and trial and error is unfortunately part of the quest for normal skin.

