

# Redness flare-ups or a burning sensation? Understanding rosacea.

Rosacea is a chronic inflammatory skin condition that often shows up as facial redness, flushing, tiny bumps, visible blood vessels, burning or stinging sensations. It tends to come and go in cycles - with episodes that flare up and then settle.



It mostly affects adult women

Research into the epidemiology of rosacea in the UK was published in the British Journal of Dermatology in 2023. It found:

- Rosacea was mostly diagnosed in women (61.5% of the 60,042 cases identified in the study)
- 80% of rosacea diagnoses occurred after the age of 30
- Ocular symptoms were recorded in 20.8% of cases
- Alcohol consumption increased rosacea risks marginally
- Being a current smoker significantly decreased relative rosacea risks.

## Rosacea Triggers



SUN EXPOSURE



ALCOHOL



SPICY FOODS



STRESS



HOT DRINKS



COLD WIND

Understanding your triggers helps reduce frequency and severity.

What aesthetic treatment options are available:



Aerolase 1064nm Nd:Yag - reduces persistent redness, visible vessels, and inflammation.



Laser treatment in combination with Jan Marini medical grade skincare products: specifically designed to manage rosacea, reduce facial redness, and improve skin health.

This is just a taste of what we offer. To find out what treatments are right for you, call the clinic to book a consultation with Elena Maxim, our Laser and Aesthetic practitioner.

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