



Shed the Red: Managing Rosacea

Booklet

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IDI From the Beginning

IDI: Setting the Gold Standard for Professional Success

For over 25 years, The International Dermal Institute has pushed the skin care industry envelope to its limits, literally redefining professional excellence and offering skin therapists a unique opportunity to reach their personal best in the process. We do it by offering the most challenging and rewarding postgraduate skin and body therapy curriculum available anywhere today, with 38 postgraduate Training Centers worldwide; 18 of which are located in the U.S.

What we offer our students goes far beyond technical training and access to expertise you won't find anywhere else. Our mission is to stay in touch with that original sense of "electricity" – the feeling of connecting with destiny, and creating your own future with your own heart, mind and hands. A postgraduate skin care education at The International Dermal Institute offers that connection literally around the world, and gives students their own opportunity to get "plugged in" as part of a uniquely rewarding profession which thrives on human touch and communication.

This charge to be the best in postgraduate skin care is led by Jane Wurwand, a professional skin therapist. Since founding IDI in 1983, she's continually carried an urgent message to skin therapists: education is the key to improving every aspect of your business, from understanding galvanic current to creating a seamless booking system!

IDI is at the forefront of the evolution of skin care, elevating the respect and success of the skin care industry and the professional skin therapist around the world. Today the industry is just as competitive, and IDI maintains the international gold standard for postgraduate skin and body therapy training. Stand tall as a member of The International Dermal Institute's worldwide student body committed to professionalism, and having the best hands in the business!

Continuing with our legacy of innovation, we are supporting FITE, Financial Independence Through Entrepreneurship, a global platform to fund women worldwide into their own business to create sustainable income. From one woman to another, one entrepreneur to another, we can evoke a positive change. Learn how you can get involved at joinFITE.org.

Rosacea

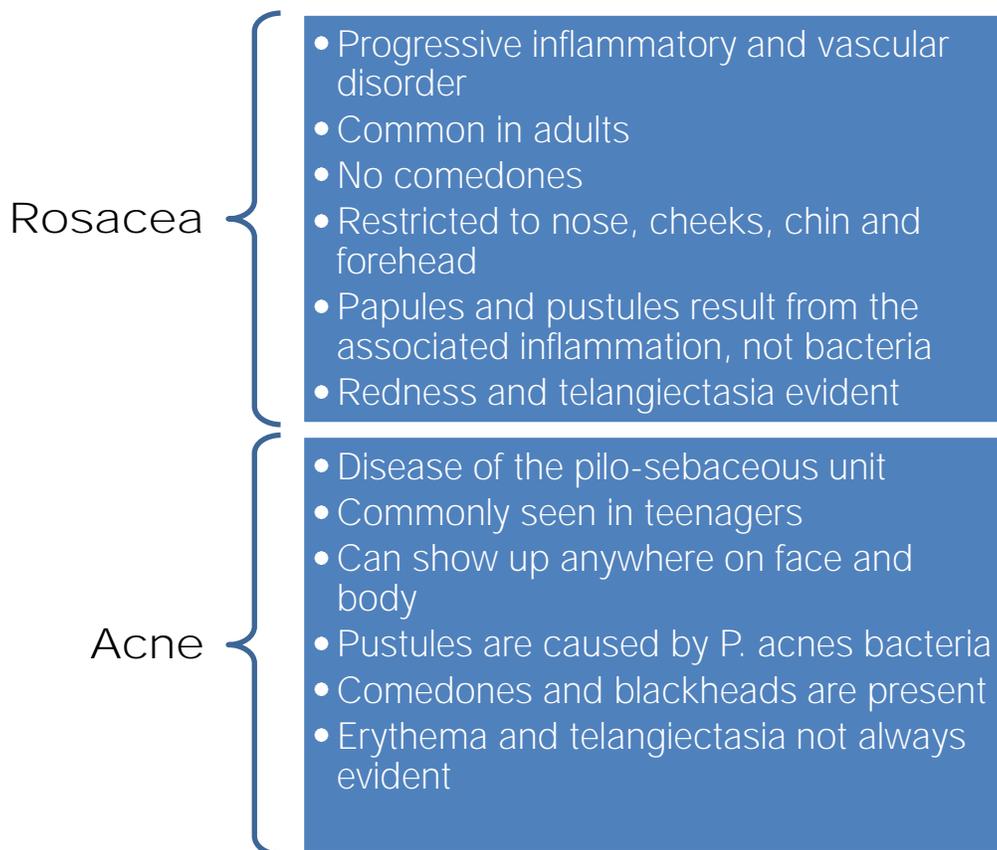
chronic inflammatory disorder

Characteristics

- Affects the central facial region
- Occasional lesions on sun-exposed areas
- Episodes of flushing and blushing
- Visible blood vessels (Telangiectasias)
- Acne-like bumps
- Irritation of the eyes
- Abnormal bumps or tissue growth

Statistics

- **Age:** 30-50 years
- **Genes:** 1 out of 3 patients report a family history
- **Gender:** Higher incidence in women vs. men (3:1 ratio)
- **Race:** Predominantly in Fitzpatrick skin phototypes I and II, although affects all races.
- **Statistics:** Affects over 16 million Americans



Rosacea Subtypes

Erythematotelangiectatic Rosacea

- Increased flushing
- Persistent erythema
- Telangiectasias
- Itching & burning, lower tolerance to skin care products

Papulopustular Rosacea

- Papules and pustules in the central facial region
- No comedones
- Central erythema
- Flushing is less frequent and severe

Phymatous Rosacea

- Papules or nodules
- Thickening of skin
- Telangiectasias
- Typically occurs on nose (rhinophyma) but can occur elsewhere on face

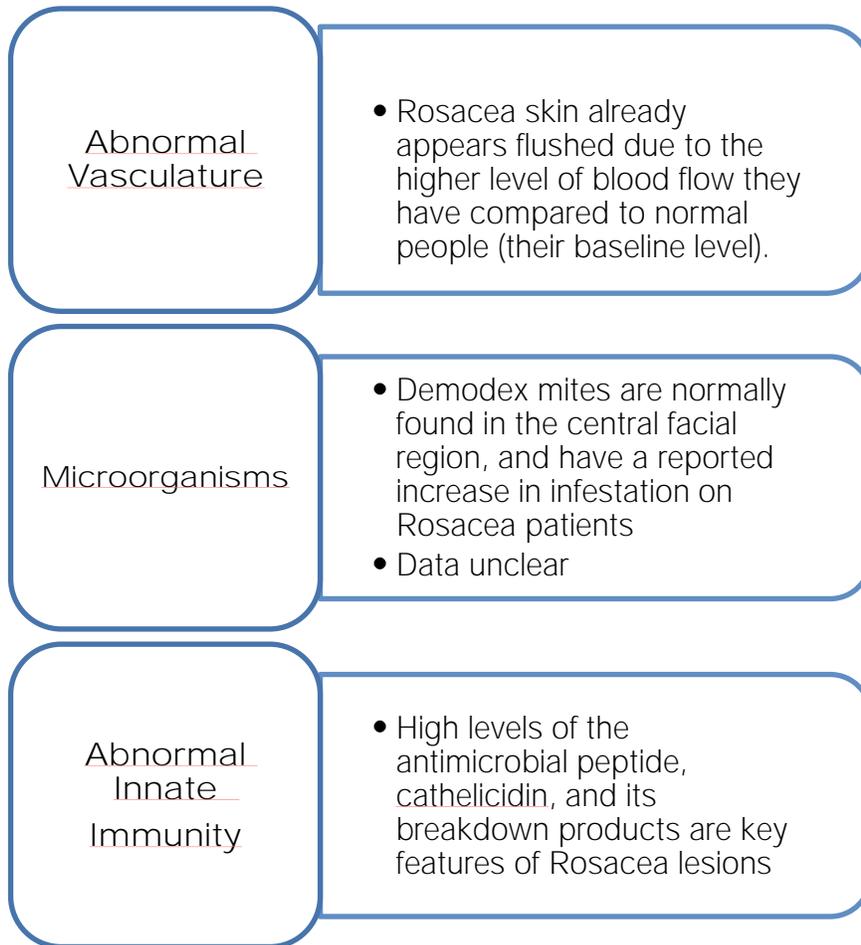
Ocular Rosacea

- Centered on the eyelids, conjunctiva and cornea
- Underestimated incidence
- A number of symptoms, including blepharitis, conjunctivitis, blurry vision and telangiectasias

Telangiectasias are small dilated blood vessels near the surface of the skin.

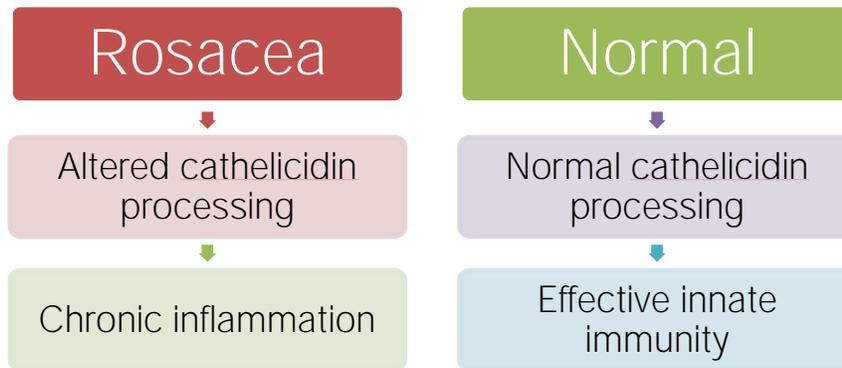
Causes

A single cause is still undefined, but these are the latest findings:



The Cathelicidin Story

- There is more **cathelicidin** in Rosacea than in normal skin
- Stratum corneum tryptic enzyme (**SCTE**) is also expressed to a greater extent in Rosacea skin compared to normal skin



Triggers and Tripwires

- ✚ Psychological stress
- ✚ Sun exposure
- ✚ Climate: Heat and wind are common triggers
- ✚ Diet: Spicy foods, alcohol, hot food, etc.
- ✚ Personal care products
- ✚ Bathing/cleansing



Ingredients to Avoid

- Comedogenic Ingredients
- Alcohol
- Witch Hazel
- Menthol
- Peppermint
- Eucalyptus Oil
- Fragrance
- Soap
- Sunscreen
- Topical Steroids



Ingredients to look for

- Oat
- Ginger
- Evening Primrose Oil
- Coneflower
- Chamomile
- Lavender
- Licorice
- Pilewort
- Red Clover
- Red Raspberry
- Sea Buckthorn
- Avocado
- Titanium dioxide and Zinc oxide



Professional Treatment Techniques for Rosacea

1. Warm Steam not for Rosacea but safe for sensitive or sensitized skin. This can be used at a distance, and will relax client, warms and softens the skin making removal of comedones easier, with less trauma to the skin. It can be used at a distance to facilitate cleansing and during microfoliation.
2. Microfoliation does not compromise the barrier properties of the skin as it is non-invasive and is less aggressive than exfoliation. A microfoliating product can be used on the skin for 1-2 minutes under steam for skin's that do not show signs of an impaired barrier function.
3. Manual Lymphatic Drainage is a specialized, advanced massage technique, especially suited to sensitive and Rosacea skins. MLD is non-stimulating to the blood flow (unlike classic European-style massage).
4. Pressure Point Massage is particularly effective for points that relate to the sinuses, lungs and eyes, and can be addressed to bring about relief to problems in the associated areas.
5. Aromatherapy Essential Oils are naturally hydrating, oxygenating and healing. Essential oils of lavender, sandalwood and chamomile are especially suitable for Rosacea and sensitized skins. Oils that help to reinforce the capillaries and decongest are advantageous.
6. Dr. Lucas Pulverizer can be used for: a) inhalation techniques b) to calm, relax and detoxify c) removing cleansing products and exfoliant residue without causing trauma or friction by rubbing with sponges or cloths d) re-hydration (the skin can be pulverized with a fine mist of pulverized herbal extracts)
7. Iontophoresis is a great tool for helping to penetrate key ingredients to reduce redness and inflammation. Use for 3-4 minutes on the positive polarity only.
8. Cool marble stones can be used over areas of couperose and redness, excellent for relieving inflammation and swelling.
9. Reflexology is highly beneficial in addressing the major stress areas through the feet to bring about balance. This can be performed during the masque stage of the treatment.
10. Stress relieving techniques must be incorporated into your treatment plan to help to reduce anxiety and stress hormones in the body. Try back stress relief, breathing techniques, aromatherapy massage techniques and energy work.

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