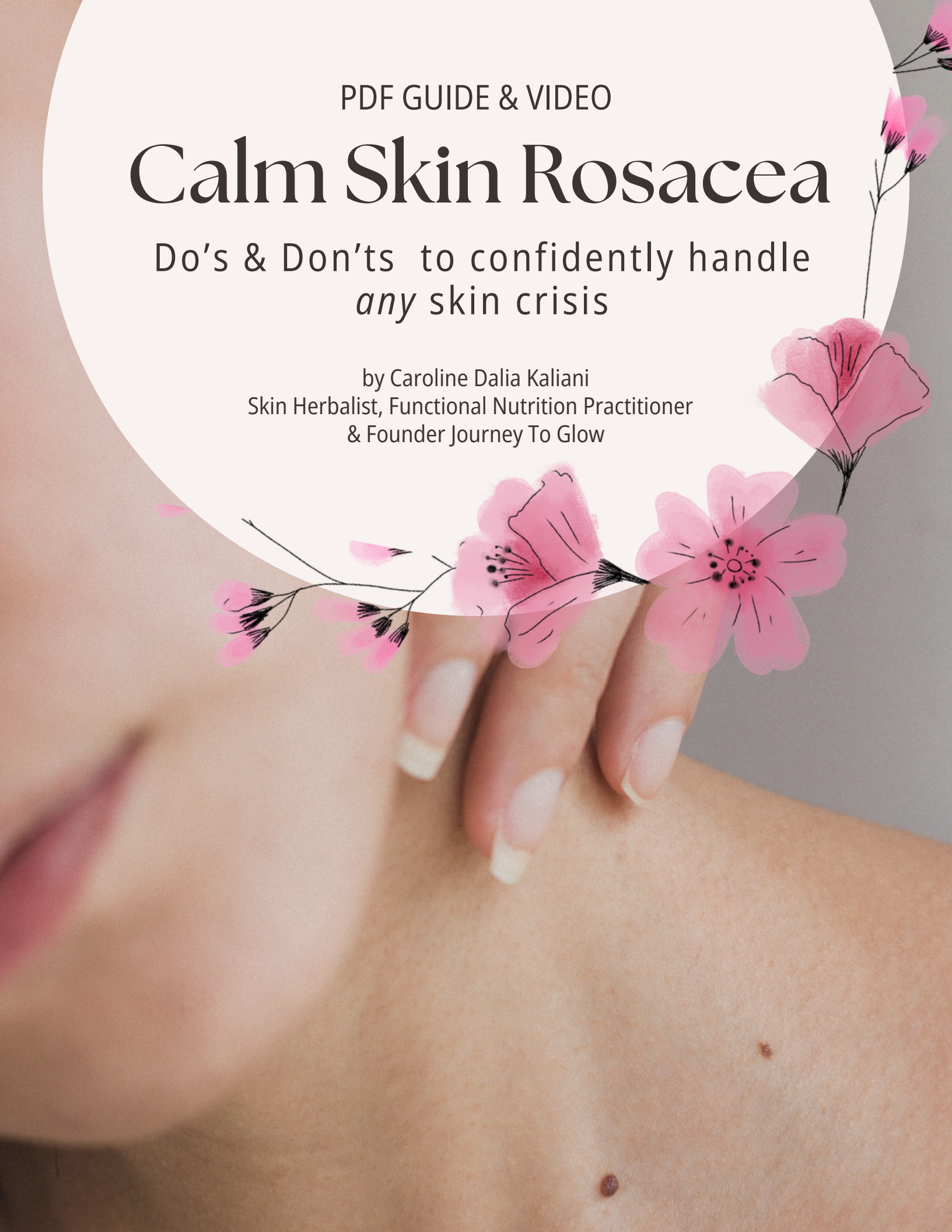


PDF GUIDE & VIDEO

Calm Skin Rosacea

Do's & Don'ts to confidently handle
any skin crisis

by Caroline Dalia Kaliani
Skin Herbalist, Functional Nutrition Practitioner
& Founder Journey To Glow



Bonjour!



Caroline Dalia Kaliani

Functional Nutrition Practitioner
Skin Herbalist &
Founder Journey to Glow &
Heal Rosacea Naturally

If you downloaded this guide, chances are your skin is in crisis or has been in the past. Maybe you'd like natural solutions to regain clear skin or would like to equip yourself with sound strategies should a skin crisis occur in the future.

If that's the case, you're in the right place!

My intention for this guide and [accompanying video](#) is to give you simple skincare, diet and lifestyle strategies that will help you not only handle your rosacea skin crisis confidently but also, set the foundations in place so you can heal your skin.



Disclaimer: I am not a doctor, I do not diagnose or treat. The information in this guide should not be construed as treatment or medical advice. [Read the full disclaimer here.](#)

Why your skin may be in crisis

I talk more about the possible root causes [in the accompanying video](#), but in short, a rosacea (or any) skin crisis may occur as a result of:

- Stressful life circumstances
- An emotional trauma
- A medical intervention
- Eliminating heavy metals or toxins too quickly out of the body
- Food sensitivities
- Overabundant Demodex mites
- The lymphatic system is overburdened
- Pathogens (bacteria, fungal overgrowth or viruses)
- You have leaky gut, IBS or some kind of gut dysbiosis
- Your liver is overburdened
- Poor liver detoxification
- Hormonal changes (although I would apply this one more to acne than rosacea)
- Systemic inflammation
- Environmental toxins (mould for example)
- You're going through a healing crisis (we talk about this in our program [Self-Heal](#))



Defining rosacea

First, let's define rosacea, most particularly, **papulopustular rosacea** – the rosacea subtype that comes with the bumps, breakouts, inflammation of the skin, etc...

Papulopustular rosacea is a subtype of rosacea that is characterized by facial redness, flushing, pus-filled blemishes called pustules and red, swollen “bumps”.

Papulopustular rosacea is referred to as subtype 2.

The best person to diagnose which subtype you have is a dermatologist.



If you've been diagnosed with papulopustular rosacea, you may experience a range of symptoms, including:

- Persistent facial redness that typically presents on the cheeks, nose, chin, and forehead.
- Papules which are small, raised, and inflamed “bumps” that are typically red. These papules can vary in size and texture, often resembling acne breakouts. They may be tender to the touch and can persist for several days or weeks before resolving. Papules are a characteristic feature of papulopustular rosacea.
- Pus-filled pustules which are small, pus-filled bumps that appear on the affected face areas. These pimples can be inflamed and may have a white or yellowish appearance. Pustules can be tender or painful, contributing to the overall inflammatory response.
- Breakouts caused by Demodex mites. More on those buggers below...
- Visible blood vessels (telangiectasias) which are small, dilated capillaries that appear close to the skin's surface. The condition is called telangiectasia. In french this is called “couperose” which is also the name of my favorite organic red wine Château Coupe Rose from Minervois. :)



A Functional approach to rosacea

In my functional & holistic work with clients, I don't speak (or care) about subtypes.

According to Functional Medicine, which is a "root cause medicine", all types of rosacea or skin "issues" such as acne, eczema, psoriasis, dermatitis point to **INNER inflammation / dysbiosis that must be addressed** for the skin to regain clear, glowing health.

However, the subtype (and knowing your skin) will influence your skincare routine most specifically, if Demodex mites are part of the problem.

So let's talk about our friends, the Demodex mites.

Hello, Demodex mites

Although the role of Demodex mites in rosacea is often dismissed by dermatologists, numerous studies point to the link between the two. **I personally have found hundreds of studies on the topic in both the NIH (National Institute of Medicine) and PubMed.**

I have written extensively about Demodex mites [on my blog](#) but, in short, Demodex mites have been shown to be more prevalent and damaging to rosacea skin.

Now, the debate is still out if the Demodex mites CAUSE rosacea or if they are more abundant on rosacea skin because the “terrain” is ideal for them to proliferate. If I look back on my rosacea journey, Demodex showed up *years later* when my skin was really inflamed. More on [my rosacea healing journey here](#) if you're curious.

Before you think “ewww, mites!” you should know that everyone has them. But they more easily damage rosacea skin because the barrier is inflamed and lacks resiliency.

If you want to dive deeper into Demodex mites and rosacea, read [this article](#).

If Demodex are causing red blotchy breakouts on your face and making rosacea worst, do not despair. Several essential oils (Melaleuca for example) and herbal compounds (ex: Black cumin seed, neem, aloe) have been shown to effectively target these mites. You'll find these active botanicals (and more) in the Radiantly Clear Rosacea / Demodex Skincare System.

[SHOP RADIANTLY CLEAR](#)



Aloe Vera & MSM Serum For Rosacea & Demodex Mites

Aloe vera is rich in vitamins & amino acids and possesses antioxidant + anti-inflammatory qualities. It supports the skin's elasticity and suppleness while protecting it from environmental stressors.

The high water content of the Aloe & MSM Serum replenishes lost moisture in the skin while targeting breakouts and damage caused by Demodex mites.

[SHOP ALOE & MSM SERUM](#)



Before we dive into do's and don'ts to confidently navigate a rosacea skin crisis, I have to briefly talk about the root causes of rosacea.

Rosacea (or acne, eczema, psoriasis, perioral dermatitis) is NOT a “skin issue”, **rosacea is a result of systemic inflammation IN the body.**

The quicker you can make this shift in mindset and strategy, the quicker you'll get on the path to healing. I

It's a shift from “treating rosacea” to ***getting to the root causes of rosacea***. It's a shift from “curing” (a cure in the form of a quick-fix pill) to healing by bringing the body back into balance.

So what are the possible root causes of rosacea?

- Heavy metals toxicity
- Gut dysbiosis (leaky gut, IBS, SIBO, SIFO...)
- Histamine intolerances
- MCAST (mast cell activation syndrome)
- Pathogens, viruses and/or parasites
- Low stomach acid
- Hormonal imbalances
- Blocked detox+ elimination pathways
- Food toxicity (glyphosate, gluten, pesticides, drinking tap water...)
- Food intolerances
- Blood sugar imbalance

If you're serious about healing your skin, I highly recommend getting to the root causes of your rosacea. Otherwise you will only manage “triggers” and that's exhausting.



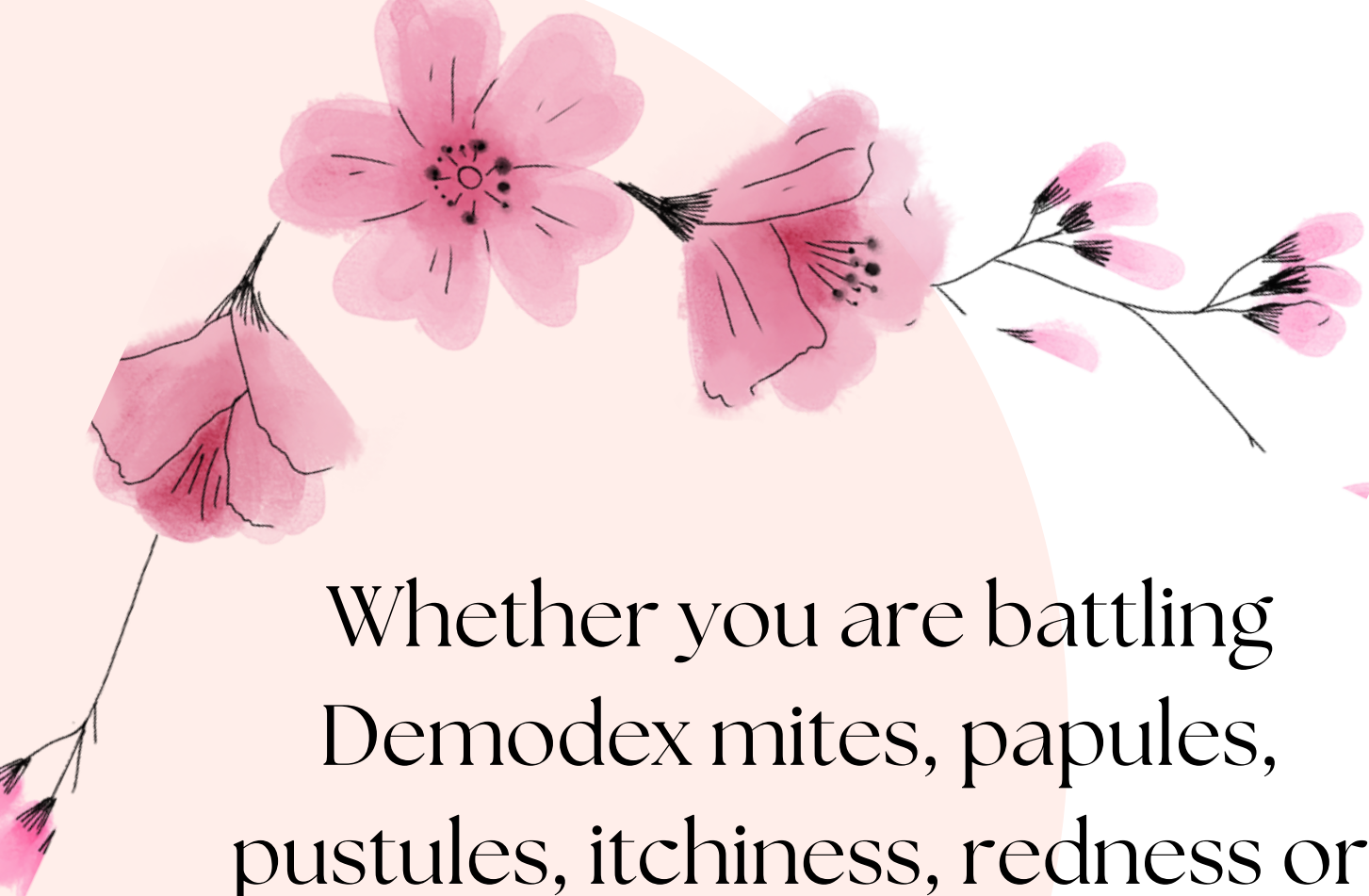
Watch the FREE Rosacea Masterclass
to dive into the root causes



FREE ROSACEA MASTERCLASS
9 Misconceptions About Healing Rosacea

[WATCH THE MASTERCLASS](#)



A watercolor illustration of pink cherry blossoms on thin black stems, located in the top left corner of the page. The blossoms are in various stages of bloom, with some showing detailed centers.

Whether you are battling
Demodex mites, papules,
pustules, itchiness, redness or
all of the above, here are a few
do's and don'ts to help bring
your skin into a calm and
happy place...



Practical Dos & Don'ts

WHEN YOUR SKIN IS IN CRISIS

Don't:

1. Friend, **try not to panic**. Easy to say, I know, but your state of mind affects your nervous system and to heal your skin you need to be in a calm (parasympathetic) state. More on how to calm the nervous system in the do's.
2. **Don't pick at your breakouts**. This will create scarring which is challenging to heal.
3. **Don't put your hands on your face** unless your hands are squeaky clean.
4. **Avoid harsh skin care products** that contain nasty chemical ingredients such as petrolatum (found in a popular, dermatologist recommended product).
5. **Don't over wash your face**, you'll disturb the skin microbiome which needs to be resilient and strong.
6. **Avoid harsh surfactants**. Think foaming cleansers; they will strip and dehydrate your skin barrier which will make it less resilient.
7. **Don't use too many products all at once**, this can disturb your acid mantle and it can be too much for your skin to handle.
8. **Avoid getting facials**, especially microdermabrasions, they will make things worse!
9. **Avoid using essentials oil** unless the product was expertly formulated within the safe dermal limit such as the [Radiantly Clear EOS Blend](#)
10. **Avoid sugar, dairy, gluten and high histamine foods** (*This is a general guideline as food should be adjusted based on your bio-individuality. Work with a [Functional Nutrition Practitioner](#) who will customize your diet according to your needs.)
11. **Don't jump into a cleanse or detox** unless you've prepared the body and have a [customized protocol](#) that will support the elimination of toxins.

Toxic ingredients to avoid in your skincare

Researchers report that **one in eight of the 82,000 ingredients used in personal care products are industrial chemicals, including carcinogens, pesticides, reproductive toxins, and hormone disruptors.** Many products include plasticizers (chemicals that keep concrete soft), degreasers (used to get grime off auto parts), and surfactants (they reduce surface tension in water, like in paint and inks). Imagine what that does to your skin, and to the environment!

Look for and avoid:

1. BHA and BHT
2. Coal tar dyes: p-phenylenediamine and colours listed as "CI" followed by a five digit number
3. DEA-related ingredients
4. Dibutyl phthalate
5. Formaldehyde-releasing preservatives
6. Parabens
7. Parfum (a.k.a. fragrance)
8. PEG compounds
9. Petrolatum (found in multiple CeraVe products)
10. Siloxanes
11. Sodium laureth sulfate
12. Triclosan
13. Oxybenzone, Octinoxate, and Avobenzone
14. Phthalates

just to name a few...

A hand is shown pouring a small amount of green seeds into a glass jar. The jar is filled with a colorful salad, including cooked lentils, cherry tomatoes, avocado, and leafy greens. The scene is set on a wooden table with various fresh ingredients like tomatoes and a wooden spoon nearby.

Diet & lifestyle recommendations to regain clear skin

Eat an anti-inflammatory diet

Diet has a HUGE impact on skin health and while there's a LOT to cover on the topic, here are some guidelines:

- Reduce/avoid refined sugar, gluten, dairy, caffeine & alcohol
- Focus on a whole food diet of mostly plants and sustainably-sourced animal proteins (if consumed)
- Aim for 100g of protein and 45g of fibre daily
- Drink 2-3L of filtered water daily
- Increase cruciferous vegetables, flax seeds, and healthy fats
- Balance blood sugar by eating your foods in the right order: eat fibre first, protein, fat then carbs

Eating the right food based on your bio-individuality is crucial for clear skin.

Read this article to learn more:

healrosaceanaturally.com/rosacea-diet





There's so much more to cover but before we move on, I want to remind you of the importance of :

1. Reducing stress, gentle exercise, and getting a good night's sleep
2. Pinpointing food sensitivities that are at the root cause of immune issues
3. Work on healing your gut and unburdening the liver, this is crucial in regaining and maintaining clear skin
4. Bringing your nervous system into a calm (parasympathetic state) with breathing exercises, meditation or walks in nature. The more you can be in a calm + compassionate state, the more your body can heal.

Did you know that there are free resources and articles on healrosaceanaturally.com? You can access the library [here](#).

Do:

Use skincare products with soothing ingredients such as Calendula, wild rose, helichrysum, plantain, lavender and chamomile. These gentle botanicals will help restore your skin barrier as well as soothe redness and itchiness.

Opt for face oils that contain anti-inflammatory, antibacterial, antifungal ingredients such as the [Radiantly Clear Face Oil](#).

Hydrate your skin with pure hydrosols such as [Soothing Flower Water](#) and aloe based serums (see our [Aloe MSM Serum](#)). Hydration is crucial!

Protect your skin barrier in winter with a nourishing balm. Check out our best-selling [Adoration Balm](#), your skin will thank you!

Opt for a cleansing face oil or gentle milk to cleanse your face (instead of a foaming cleanser). I use [Skin Blessing](#) to remove my makeup, it's VERY effective!

Use your full hand or palm when massaging your skin instead of the tip of your fingers which is more stimulating.



Do: Repair Your Skin Barrier



Healthy, radiant skin requires a resilient skin barrier.

I dive more into this topic in this article:

healrosaceanaturally.com/how-to-heal-a-compromised-skin-barrier

RADIANTLY CLEAR FACE OIL

The carrier oils used in the Radiantly Clear Face Oil have anti-inflammatory, antibacterial, anti-fungal and antiviral properties.

Formulated specifically for rosacea to rehydrate, nourish and repair the skin barrier while making the “terrain” resilient against Demodex mites and rosacea breakouts.

[SHOP RADIANTLY CLEAR](#)



A decorative illustration of pink cherry blossoms with black outlines, located in the top right corner of the page.

Don't forget to...

Change your pillowcase often and use a non-toxic, unscented laundry detergent.

Wash your makeup brushes after each use + clean hats, tuques, scarfs often, especially if you wear makeup.

Ditch chemical fragrances (perfumes, cleaning products, toxic candles) and harsh chemicals, ex: towels washed with Javex

Always use clean hand towels when washing your face and get rid of the ones that are old and stained; there might be bacteria or fungal growth on there. Personally, I buy new hand towels every 3 to 5 months and choose organic cotton over chemically treated fabric.

A close-up photograph of a person's face, focusing on the mouth and chin area. The skin is wet, with numerous water droplets of varying sizes scattered across it. The lighting is soft and warm, creating a serene and intimate atmosphere. The background is a solid, muted orange-brown color.

skincare ritual

Turn your
skincare into a
self-love ritual by
lighting a candle,
taking deep
healing breaths
and touching your
skin with love.

Watch [this video](#)
for more skincare
tips.

Practice self-compassion

Negative self-talk affects your mood and your immune system.

You want to CALM your inner state not aggravate it with anger or self-judgment.

Rosacea has a HUGE immune emotional component to it, worth exploring if you're up for it...

We explore the emotional root cause of rosacea in our program [Self-Heal](#).



ADORATION BALM

This balm is deeply nourishing and calming to inflamed skin, restoring aggravated skin barriers to a calm and balanced state.

[SHOP ADORATION](#)



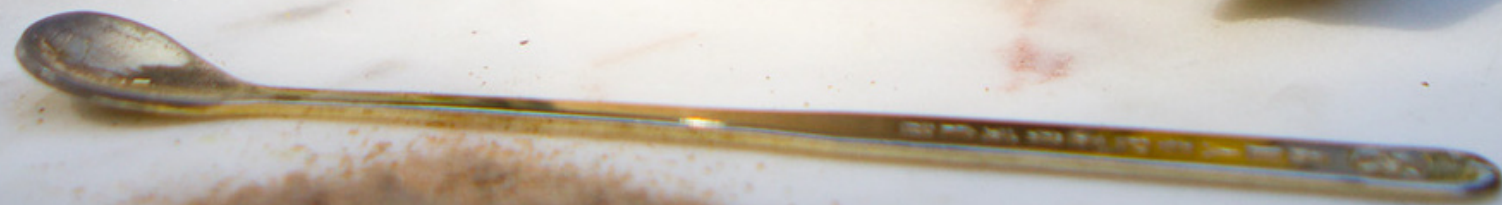
IMPORTANT CONSIDERATIONS FOR ROSACEA SKINCARE

1. **Always patch test** before using a new product
2. If you're new to natural skincare or are switching from harsh products or topical pharmaceuticals, **your skin may go through a "purge"** which means it may break out or flare from processing toxins. Your lymph is responsible for eliminating the "trash" and it will be overburdened if you've been using pharmaceuticals that suppress symptoms or toxic skincare that contains petrolatum (a petroleum derivative known to be an endocrine disruptor, something you NEVER want on or in your body)
3. **Give your skin time to adjust** to a new skincare routine and start slowly if your skin is very reactive.
4. **Take it slow, start by using ONE product at a time** and stick with it for a few days before adding another one. Ex: Mist the Soothing Flower Water on clean skin. Wait 30 minutes to see how your skin reacts. Apply 6 drops of Radiantly Clear Face Oil by gently pressing unto your skin. Wait 30 minutes to see how your skin will react.
5. If you purchased the [Radiantly Clear Rosacea / Demodex Skincare System](#) **use it consistently for at least 6 months.** Avoid using other skincare brands that could interfere with the active botanicals in the system unless using other products I have recommended during your skincare consult.

BOTANICAL POWDER

Formulated to target our dear Demodex mites often found ravaging rosacea-prone skin, this gentle yet effective exfoliating cleanser is packed with botanicals chosen for their anti-inflammatory, anti-bacterial, anti-viral, and —dare I say — anti-demodex properties.

[SHOP BOTANICAL POWDER](#)



Watch the [accompanying video](#) for more tips on how to handle a skin is in crisis with confidence!

Skincare tips Video



Visit our YouTube channel for more videos
youtube.com/@JourneyToGlow



Friend,

I know that there's a lot more to cover and discuss, but I hope that this guide was helpful in helping you navigate a skin crisis.

Please know that you are not alone on this challenging rosacea journey and that there are natural & holistic solutions to help you regain clear skin.

To learn more about Functional Nutrition & Herbal Medicine for radiantly healthy skin, visit:

healrosaceanaturally.com

LET'S BUILD YOUR ROSACEA
HEALING MAP

rosacea 1x1 consult



HEALROSACEANATURALLY.COM



Caroline Dalia Kaliani is a Certified Advanced Transformative Coach®, Functional Nutrition Practitioner and Skin Herbalist.

She launched her line of botanical skincare formulated specifically for rosacea after being unable to find anything on the market that suited the needs of her sensitive skin.

Caroline founded Journey To Glow to provide education, empowerment, and support to women wanting to heal their skin holistically and naturally.

She lives on Abenaki land in so-called Quebec, Canada, with her fiancé and fur-babies.

To learn more about Functional Nutrition & Herbal Medicine, and how it can support the healing of rosacea, visit healrosaceanaturally.com

To shop her line of botanical skincare for rosacea, please visit: shop.journeytoglow.com



And now, a gift!

Enjoy 15% off when you enter code
NOCRISIS15
at check out.

shop.journeytoglow.com



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