Skincare Regimen Overview

This sample follows a client with dermatologist-diagnosed rosacea. Their cheeks stay red between flares, a few small vessels are visible, and some products sting. The first priority is a simple routine that feels comfortable enough to follow every day.

Your morning and evening routine

Morning. Start with a gentle, fragrance-free cleanser if your skin tolerates it. Follow with a fragrance-free moisturizer and broad-spectrum SPF 30 or higher. If your current sunscreen stings, bring the label so we can review it and discuss a fragrance-free mineral option.

Evening. Cleanse gently and moisturize. Set aside the scrub and exfoliating toner for review. Make a note of any products that sting and bring their ingredient labels.

Product review. If you already use a vitamin K cream, bring it along. We'll review the full formula and how your skin responds. Evidence for topical vitamin K in typical rosacea is limited.

Beyond the daily routine

Nutrition coaching with Edyta

As a certified nutrition coach, Edyta can help you look for patterns with a two-week food and flushing diary. Note what you ate or drank, the temperature of the drink, and when flushing started. If hot coffee repeatedly coincides with flushing, try letting it cool and see whether that makes a difference. Use the patterns you notice to make small changes while keeping meals varied.

Professional care to discuss

If cheek redness or visible vessels persist, ask your dermatologist whether intense pulsed light (IPL) is appropriate for your skin tone and history. The plan prioritizes gentle daily care and a dermatologist’s assessment of any procedures.