



# Rosacea Care Best Practices

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Good

Common

## HABITS

- Wash with cool/lukewarm water
- Pat or blot, don't scrub or rub
- Limit # of products/ingredients
- Tune out label claims; choose products based on ingredients
- Avoid problem ingredients in face AND hair products AND topical prescriptions
- Choose mineral-based sun protectant with zinc oxide
- Try topical meds before pills
- Apply in correct order:
  - serum (if any)
  - topical prescription (if any)
  - moisturizer (essential)
  - sun protectant (essential)

## IRRITANTS

Butylene glycol  
Phenoxyethanol  
Propylene glycol  
Sodium lauryl sulfate  
Sodium laureth sulfate

## ALLERGENS

Benzyl alcohol  
Butylparaben  
Ethylparaben  
Methylparaben  
Propylparaben

## PORE-CLOGGERS

Coconut oil  
Cocoa butter  
Glyceryl stearate SE  
Isopropyl myristate  
Myristyl myristate  
Sodium chloride