

EASY Living

ONLY £2.70

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Beauty

Rosacea

THE RED ALERT: It can start with occasional flushing and skin sensitivity. Gradually, the face takes on a reddish cast, webbed with fine blood vessels and acne-like bumps made up of inflammatory cells. In a 2006 survey by the National Rosacea Society, 93 per cent of sufferers cited discomfort such as burning, itching and swelling.

WHAT CAUSES IT: Intriguing research presented last year at a meeting of the Society For Investigative Dermatology suggests that sufferers may have overly responsive defence mechanisms that cause an allergy-like reaction to environmental or emotional stress. Exercise aggravates the disorder in about 83 per cent of cases, according to a survey published in the journal *Rosacea Review*. Consumption of foods or drinks that dilate the vessels, like cayenne pepper and tomatoes, can also cause flare-ups.

THE REDNESS PORTFOLIO



PAI CHAMOMILE & ROSEHIP SENSITIVE SKIN CREAM, £22

This organic moisturiser is pumped full of azulene, an anti-inflammatory in chamomile, while rosehip heals skin.