

Treating Rosacea

Advice from Rachel Eve of
The Advanced Skin Clinic

What is Rosacea?

If you find that your skin looks or has episodes of flushing, where it turns red for a short period, most commonly over the nose and cheeks, it could be that you are suffering from Rosacea. Other symptoms can develop alongside the condition such as sensitivity, burning or stinging, spots, small blood vessels and a permanent redness.

What causes Rosacea?

Although no one knows for sure what causes rosacea, some circumstances and conditions can trigger it and have been identified to make rosacea worse, such as:

- exposure to sunlight
- abnormalities in the blood vessels of the face
- reaction to microscopic mites
- stress
- strenuous exercise
- hot or cold weather
- hot drinks
- alcohol and caffeine
- certain foods, such as spicy foods
- hormones

Treating Rosacea:

The first step if you think you may have Rosacea is to visit your GP for a diagnosis. For most people, treatment from a GP would generally involve a combination of self-help measures and possibly medication. You would be recommended to avoid any known triggers and may be prescribed some oral or topical antibiotics. These aren't always suitable due to many possibilities and triggers. Antibiotics will be beneficial if the rosacea is 'Acne Rosacea' as it will help to kill bacteria and inflammation which is one of the factors to a spot breakout. If the Rosacea is caused from capillaries (telangiectasia) then procedures such as laser or intense pulsed light (IPL) treatment may be helpful. These involve beams of light being aimed at the visible blood vessels in the skin to shrink them and make them less visible.

The least invasive way to treat most of the symptoms of Rosacea, is LED Phototherapy. It is well evidenced for its anti-inflammatory and healing benefits and is excellent for building integrity and reducing the symptoms of problematic and chronic skin conditions.

Low level Near Infrared light targets the skins deepest layers to reduce redness and irritation whilst Red light supercharges distressed skin cells bringing vital oxygen and nutrients to accelerate healing. The addition of Blue light offers a gentle antibacterial action without irritation.

Rosacea sufferers tend to have a reduced capacity to counteract the negative environmental factors. Red and Near Infrared light increase the levels of an enzyme called superoxide dismutase which offers an anti-oxidant effect to help neutralise free radicals. Over a course of Phototherapy treatments, the skin becomes more resilient to external elements and the integrity and the appearance of the skin is improved.

Dermalux LED phototherapy has been proven too:

- visibly reduce redness and inflammation
- improve telangiectasia (capillaries)
- encourage angiogenesis to strengthen capillary network
- increase superoxide dismutase to build resistance against environmental triggers
- destroy the bacteria which causes spots and blemishes



Settling in, as lovely as it is, hasn't previously been a destination village for the majority of us but that may be about to change with the opening of The Advanced Skin Clinic.

This new venture, at the village near Newmarket, is owned by the delightful Rachel Eve and although the clinic may look on the small side from the outside, on entering you will see that a lot of thought and care has gone into making the treatment room the perfect place to be pampered. Everything looks pristine and the duvet to snuggle under was like being enveloped in a big hug - certainly very relaxing while Rachel was working on my face.

I had booked in for one of the Rachel Eve Signature treatments. These are bespoke facials which are specifically designed to suit your skin and to address any skin concerns you may have. Her philosophy is that one size does not fit all when it comes to the skin so depending on whether you have the 110 minute treatment or the 95 minute treatment, a facial will be tailor made combining all technologies and techniques for the longer session and two or three different technologies and techniques for the slightly shorter session. Either way, you end up with a totally bespoke 'super' facial.

Before the treatment began, we went through the usual questionnaires about health, etc and what was immediately apparent was the depth of knowledge that Rachel has about her profession. Prior to opening the clinic, she worked for the International Institute for Anti-Ageing for five years and has a keen interest in long-term skin health. Her aim is to achieve visible results with healthier skin for her clients and this is

Health & Beauty

Getting under the skin

Beth Clarke visits the Advanced Skin Clinic near Newmarket for a special facial and listens to the advice of specialist Rachel Eve

achieved by using the latest advanced technologies, treatments and products available. I can certainly vouch for the technological side, there are some very state-of-the-art machines that not only look impressive but take skincare to a whole new level.

Rachel treats one client at a time so your privacy is maintained and it also means that you can talk to her about anything without anyone else hearing the conversation. Comfortably snuggled up on the treatment bed, my bespoke facial began. I suffer from eczema on parts of my face, had some slow healing scarring and was keen for Rachel to work on the lines around my eyes, so with all these 'requests' she set about a facial

specifically designed for me.

After cleansing and preparing my skin, Rachel began with an Environ collagen facial, putting me at ease by explaining the treatment and the sensation I would feel before she started. This facial works by using sound waves combined with a pulsed electrical current to push the anti-ageing serum into the deeper layers of my skin. Rachel explained that the anti-ageing serum she was using was a combination of three difference peptides which work to stimulate collagen and relax facial lines, whilst plumping and hydrating the skin. To target my problematic areas and boost the anti-ageing treatment, Rachel put me under her

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Rachel Eve in her clinic

futuristic Dermalux phototherapy (LED) light for 10 minutes. Having almost fallen asleep, the LED machine was removed and we were on to stage three - a super high-tech mask! Having explained that Vitamin A (Retinol) is one of the only proven ingredients to improve your living skin cells, Rachel applied a Vitamin A and C serum, before applying a cool, soothing mask. Once it started to set, the mask was clipped to a ionzyme machine to conduct an electrical current which you can really feel working - in a good way.

I'm sure I am not alone when I feel disappointed that these types of treatment come to an end. Rachel had talked me through every step of the way and although I was listening, I was also totally

relaxed and enjoying the pampering. I would have been very happy to have stayed for a further hour. My skin felt amazing, looked dewy and lines were less obvious. The next day, my eczema

patches had disappeared and the stubborn scarring was far less obvious - I was delighted with the result. I will certainly be making Stetchworth a destination in the future.

For all of the skincare treatments that Rachel offers, together with prices, please visit her website: www.racheleve.co.uk

FREE
consultation and 10% off treatments throughout October - simply quote Bury & West Suffolk Mag upon arrival. Booking can be made by phone or online.