



TALYALA EMU OIL



How to use emu oil for rosacea

Permanently red cheeks and stinging, sensitive skin isn't on anyone's beauty wish list. Luckily, there's a natural fix that can help to calm and soothe your irritated skin. Here's what you need to know about using emu oil for rosacea.

What is rosacea?

Rosacea is a type of facial skin inflammation where capillaries (blood vessels) at the surface of the skin enlarge, creating a permanent red flush across the cheeks and nose. Some people also experience yellow-headed pimples across the forehead, cheeks and chin, as well as a flaky, dry complexion. The cause of rosacea is unknown and while there are treatments available, there is no cure. It can occur in both men and women, although middle-aged women with fair skin are most commonly affected. It's not contagious, but it can be uncomfortable and distressing.

Why use emu oil for rosacea?

For some, simply avoiding triggers such as spicy food, alcohol, stress, UV light and extreme temperature changes, along with switching to gentle skincare products can be enough to manage their rosacea. In more severe cases, oral antibiotics and antibiotic creams and gels, laser therapy or surgery may be used to treat the condition. Because rosacea is an inflammatory condition, emu oil may be effective in reducing the redness of rosacea and its burning, stinging sensation. It contains essential fatty acids that have an anti-inflammatory effect while also deeply hydrating skin cells.

The key components of emu oil that make it effective for rosacea are:

Oleic acid: a fatty acid that is deeply penetrative and hydrating

Linoleic acid: another fatty acid that acts as a natural anti-inflammatory

Terpenes: compounds with antiseptic properties

Sapogens: natural skin softeners

Vitamins A and E: antioxidants that promote skin healing

How to use it

If you have rosacea it's important to use natural, gentle skin products to avoid triggering flare-ups. A completely natural product, pure emu oil is bacteriostatic (inhibits the growth of bacteria) and non-comedogenic (it won't clog pores) so it's ideal for those with sensitive skin.

If you would like to try using emu oil for rosacea, we recommend using a few drops of pure emu oil on clean, damp skin, three to four times a day, to soothe redness and increase hydration. A little goes a long way here, you only need two or three drops of pure oil for the entire face.

You may also be interested in using our natural, chemical-free skincare products such as moisturiser, body wash, shampoo and conditioner to completely avoid skin irritants.

Taking emu oil capsules can help to prevent inflammation in the body, therefore treating the cause of the problem rather than just the symptoms.

We suggest 1 -3 capsules, 3 times a day. Start on the smaller dose of 3 capsules daily, and if you don't feel improvement move up to 6 or 9 total per day - even customers with the most severe symptoms report a difference taking 9 capsules a day, but you probably won't need this many.

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