



ROSACEA RECOVERY

☀️ GLOW UP FROM THE INSIDE: YOUR 

CHECKLIST



Want to calm the flames (literally) on your cheeks? Here's your gut-first glow-up guide to help reduce rosacea flare-ups and restore balance from within:

☐ 🥄 Eat fermented foods 4x/week - Think kimchi, sauerkraut, or unsweetened kefir

☐ 🚫 Cut back on sugar and processed junk - Your gut (and skin) will thank you!

☐ 💧 Stay hydrated - At least 8 glasses of water or herbal teas daily

☐ 🦠 Take a high-quality probiotic - Especially if you've been on antibiotics

☐ 📝 Try an elimination diet - Ditch the dairy, gluten, or spicy stuff and track your skin's response

☐ 🧘♀️ Chill out - Meditation, deep breathing, or just unplugging can reduce inflammation. Think of this as your daily self-care ritual - not just for your skin, but for your whole being 🌿 ✨

