

# Feeling flushed? Facial Rosacea



by  
**Yvonne  
Rollinson**  
Beauty in a flash

ROSACEA IS a condition of the skin that plagues the over 30's and older age groups. Common signs include a flushed red face, nose, chin and forehead and the skin can be dry, flaky and look irritated.

The cause is unknown but is often hereditary and linked with the hormonal changes of the menopause.

The condition can be aggravated by face creams; changes in temperature; exposure to the sun and certain foods such as alcohol, coffee, oranges and spices. Rosacea used to be called 'acne rosacea'. It is treated differently from acne, though there maybe red spots and pustules and scaly, swollen skin.

This condition makes the skin sensitive and the frequent flushing and redness is due to prominent blood vessels.

#### SO WHAT CAN BE DONE TO HELP THIS PROBLEM?

- Avoid oil-based facial creams and wear water based make-up
- Never apply topical steroid cream
- Always use a high sun protection
- Avoid spicy food and alcohol
- Never have showers that are too hot and avoid saunas

Antibiotics can give some relief but rarely help the redness and flushing.

IPL- (intensed pulsed light) treatment helps to seal the broken capillary walls by transferring heat from the blood to constrict and sticking them shut, diminishing the redness and inflammation. There is minor discomfort during this treatment and mild erythema (redness) but this clears after a few hours. 4-6 treatments are recommended and a 6 monthly maintenance.

Products with Vitamin E and Chamomile are helpful for this condition. For a soothing face pack, mash a quarter of an avocado with a dessertspoonful of plain yoghurt. Spread on the face and leave for 15 minutes. Rinse with tepid water and freshen with a mild skin tonic such as diluted rose water.

Before and  
after IPL  
for skin  
improvement  
and  
sunspots



## Sahauri presentation



ADAPT ASSOCIATION president Jane Cronin proudly presented a cheque to Vacaciones en Paz representative, Jose Ramon Gimenez (Holidays in Peace), with gift bags for the children fostered in San Pedro, in the presence of the Mayor of San Pedro, Jose Garcia Ruiz.

Yearly Vacaciones en Paz brings children from the Saharan refugee camps during July and August when conditions in their homes are harsh, temperatures exceeding 55° and sandstorms risking injury to eyes, throats and ears. Spain and other European countries provides relief and medical aid, a project ADAPT keenly supports.

Funding included a donation of €1,200 from the Raquel Peña Ballet company: collections, raffles and the 'Tonne of Money' appeal (the brown money collection) added to the coffers.

ADAPT meetings will resume after the Summer starting the first Saturday of the month at 11.00 at the new venue, Castelar College, San Pedro: for directions visit [www.adaptspanpedro.eu](http://www.adaptspanpedro.eu)

## U3A Moraira -Teulada

A GENERAL meeting of the U3A Moraira-Teulada is to be held on Monday, 4th October at Salon de Banquettes, Avenida Mediterraneo, Teulada. The doors will open to Members at 09.45 and the meeting will start at 10.30. New members are welcome. For

further information please contact the U3A President, Ann Colclough on **965 747 343**. On October 19th the Moraira Teulada U3A will be holding an Open Day/Exhibition at La Senieta in Moraira. See [www.u3amoraira-teulada.org](http://www.u3amoraira-teulada.org) for more details.

For more information or a consultation, contact Yvonne Rollinson - Beauty in a Flash - on **667 341 431** email [info@advancedskincare.biz](mailto:info@advancedskincare.biz) or phone Clinica Dental La Plaza, Javea on **966 461 120** for an appointment with Yvonne.

## An evening of clairvoyance

by Louise Clarke

DAVID DARNBROUGH came through again during a lovely evening of clairvoyance at Los Arcos Restaurant in Torrevieja recently.

David received many messages, including one for PCN's Nursing Manager, Ann, who had a quite unexpected but lovely message from her father; it brought tears to her eyes, as it did to all the lucky people that evening that received messages from their loved ones.

A big thanks to all that attended this very special evening which raised €359.90 in aid of Paul Cunningham Nurses. The charity would also like to express its many thanks to Angeliqne from Los Arcos and her staff and

also to David Darnbrough, for making the night so special.

#### FUTURE PCN EVENTS

**An Evening with Tristan Morell** - Friday 1st October 2010. Meet Tristan Morell from SOL TV Show, Mind Body and Soul, at The New Odd Couple in Playa Flamenca **672 762 595**. Tristan is a clairvoyant a palmist and Tarot card reader and astrologer! Call Ruth on **672 762 595** or call into The New Odd Couple to book a half hour private reading. You can find out more about Tristan at [www.tristanmorell.com](http://www.tristanmorell.com).

**Calling all Ladies** - Don't forget next Thursday 23 September is 'Ladies Wellbeing Day in Quesada' and up until this weekend also your chance to win a complete makeover - just answer 3 simple questions and YOU could be the winner! Call Linda Sage **966 716 919** on or visit [www.paulcunninghamnurses.com](http://www.paulcunninghamnurses.com) for complete details. Ladies Wellbeing Day 11.00 - 4.00 is just €12 for Cava or Pimms on arrival and a Buffet Lunch



David  
Darnbrough

## The Mad Hatter tea party

TORREVIEJA COSTA Lions Club is to hold its Mad Hatters Tea Party in the fabulous grounds of Casa La Pedrera, near Torremendo on Sunday 26th September. Lions members will be dressed as Alice in Wonderland characters.

The event will be officially opened at 15.00 by the popular Sunshine FM Presenter Darren James. Entertainment will include The JB Brass Band and The Velvetones will perform during the afternoon.

Wine, beer and other cold drinks will be available as well as homemade cakes, scones, teas and coffees.

There will be games to while away the afternoon, including croquet, Roll the Ball, a Mad Hatters Treasure Hunt and prize draws, one free with your €5 ticket. La Pedrera facilities include swimming, hay stack rides and horse riding.

For tickets contact any Lion Member or phone Lion President the Knave of Hearts on **966 731 495**. All proceeds are to be donated to the Torrevieja disabled children's charity APANEE.





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