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Mini Review

Do Over-The-Counter Skin Treatments and Skincare Aid in Eczema and Rosacea Management? - @

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Skincare routines are not only a form of self-care for our mental health but a way of managing the discomfort that can accompany skin conditions such as eczema and rosacea. Untreated eczema and rosacea can result in emotional and physical distress [1].

Eczema is a highly prevalent inflammatory skin condition. There are different types of eczema, however, the most common cases would be categorized as Atopic Dermatitis, or AD [2].

Common eczema symptoms would be dry patches, itching, swelling, red bumps, and red or brown patches of skin [2,3]. Eczema typically appears in infants and children but persistence throughout adulthood is common [4].

Rosacea is another highly prevalent inflammatory skin condition that affects the face and occasionally areas such as the chest and scalp. Individuals with this condition struggle with blushing skin. The symptoms that arise with Rosacea may include redness, visible blood vessels, swollen bumps, and stinging sensations [5,6]. Unlike eczema, rosacea most often occurs in adults [7].

The commonality between Rosacea and Eczema is that their etiology and pathogenesis remain unclear [2,8]. These are two common skin conditions that continuously flare up and recede. This further supports the idea that for each and every individual, the cause(s) and trigger(s) differ. By pinpointing the cause(s) of flare-ups, we can move towards a method of alleviating pain and discomfort. These flare-ups can be caused by both environmental and genetic factors.

Although these conditions are hardly curable, the symptoms may be treated regularly. This is where a skincare routine would come into play. Traditionally, dermatologists would prescribe topical treatments, or steroids [1]. Oral antibiotics such as erythromycin and Oxytetracycline are often helpful for Rosacea [9]. Even though these treatments have displayed beneficial results, natural remedies are becoming more sought-after, as they are easily accessible to all. Because rosacea and eczema can result in dry, itchy, red skin, we would be able to maintain a healthy skin barrier by controlling moisture. Emollients are often used for this reason, as they create a protective barrier that prevents transepidermal water loss [4]. Examples of emollients include shea butter and coconut oil. However, the most popular treatment that yields optimal results is sea cucumber oil [10].

Marula oil is another popular emollient that has been integrated into skin care regimes today. Marula (*Sclerocarya birrea*) is an ethnomedicinal plant. Women in South Africa have utilized marula oil for years in order to protect against dry, cracked skin and damaged hair. This oil has been shown to reduce skin redness and improve skin texture and hydration [11]. There have been clinical tests performed in order to determine the potential that marula oil has in cosmetic formulations. These tests have had moderate success [12,13].

After a careful review of the current literature, we believe that using simple ingredients such as marula oil can yield great results when treating inflammatory conditions such as eczema and rosacea. It's a gentle emollient that has great stability. When testing its efficacy within a population, we may examine individuals who have experienced eczema during their childhood with persistence into

adulthood. It is important to take into account both genetic and environmental factors, as these components may all have an effect on the exacerbation of eczema and rosacea [14].

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