

Perioral Dermatitis

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If you've found this guide, start by taking a deep breath.

We understand how frustrating Perioral Dermatitis (PD) and topical steroid withdrawal (TSW) can be: the internet is full of conflicting information, which is no help when your skin is angry and you just need the truth.

I began having trouble with PD at age 36, which is fairly typical: most women experience symptoms between the ages of 20 to 45. Also typical? My symptoms. I saw redness, small bumps, and flaking skin around the chin, mouth, and nose.

So, I became my own guinea pig. After about four months of experimenting on myself (think yogurt masks, apple cider vinegar, nourishing oils, heavy creams...), I went to a local dermatologist who prescribed an antibiotic lotion. After using it for

four days, things were significantly worse. I was a bad patient: I quit. It was then that I got really serious about figuring out a natural, sustainable solution.

We are here to help and we have a lot of experience with PD and TSW. The best part? We have faith that your skin can heal itself with the right course of action, and this plan should help rekindle your hope in 3-4 weeks.

SO... WHAT IS PERIORAL DERMATITIS?

Perioral Dermatitis is a very common condition of the facial skin (perioral = around the mouth), especially in women of menstruating age. It is frequently undiagnosed or misdiagnosed, and acts like a cross between acne and eczema. In most patients, the causes are multiple, uniquely combined, and ever-changing (making it a challenge to treat!).

It varies in severity: in mild cases, it consists of patches of slightly bumpy, red, or irritated looking skin, often with some mild flaking around the mouth, chin, and nose (and less frequently, around the eyes). In more severe cases, the skin becomes very inflamed, with flakes or scabs that can bleed or become infected. Some of the many things that can cause or exacerbate it are steroid facial creams, sodium laureth/lauryl sulfate, fluoride, cinnamon, stress, and even coffee (so sad).



Let's do this,
together.

PD takes time to change. In order to see results, you must be patient and committed, but those results will be lasting if you invest this time in understanding the condition. Below, you'll find a super-easy guide to helping your skin heal.

1 CRITICAL BEGINNING STEPS

STOP USING

Steroid Creams

Start weaning yourself IMMEDIATELY. You should let your dermatologist know you plan to wean off steroids, and ask for guidance in doing it very gradually. Things may get worse before they get better: steroids are known for causing rebound reactions when they are discontinued.

Oils and balms

We know, we know...but even beautiful, natural versions are too heavy and irritating for PD.

Sodium Laureth/Lauryl Sulfate

You can find this sneaky ingredient in just about anything that makes suds. Shampoo, shower gels, laundry detergent, dishwashing soap, toothpaste, and more.

Synthetic fragrance and color

You'll find these additives in countless household and personal care products — even dental floss, believe it or not.

START USING

Black Clay Facial Soap, once a day

Cleanse your face thoroughly in the evenings before bed, for three weeks.

Purely Simple Face Cream, once a day

After using the soap, apply the cream sparingly over the angry areas of your PD flare-up. Less than a full pump is required for your whole face and neck. Do this in combination with the Black Clay Facial Soap for three weeks.

Don't use any other products on your face.

If your skin starts to improve, you may start enjoying this routine twice a day.

2 SUPER IMPORTANT NEXT STEPS

Fast-forward to three weeks from now: things are progressing and hope has been restored. You're ready to think about the next phase of healing.

If your PD really starts to heal, and you're craving more moisture or nourishment, try SLOWLY adding our Nectar Vital Rose Drops to your routine. Add two drops of Nectar Vital Rose Drops to your Purely Simple Face Cream per day. If your skin is healing well after several months, you can also add our Purely Gentle Mud Cleanser.

Remember: this should happen after a strict three-week regimen of Black Clay Facial Soap and Purely Simple Face Cream.

Do NOT exfoliate or pick at your skin when it's angry or irritated. Once your PD has mostly healed, you can start to exfoliate gently once a week.

Go without makeup whenever possible until your skin is mostly healed. If you have to wear makeup occasionally, try to shop from these brands.

If you're not going to be outside, skip the sunscreen until your skin starts to heal.

3 NOW FOR THE FUN PART: THE SHOPPING LIST!

FOR THE SKIN

[Osmia Black Clay Facial Soap](#)

[Osmia Purely Simple Face Cream](#)

[Osmia Lip Doctor](#)

After three solid weeks of improvement, consider adding:

[Osmia Nectar Vital Rose Drops](#)

[Osmia Purely Gentle Mud Cleanser](#)

HAVING TROUBLE?

Everyone reacts differently to skincare plans—if you are not seeing results, [please email us](#) and we can help adjust your routine or suggest a few products from other brands that are gentle enough to try. While we hope Osmia works as well for you as it has for so many others, we are committed to helping you see results. We'll do our absolute best to customize your routine and guide you toward your healthiest skin.



Additional homework for greater success:

There is a lot more to PD than just products. Stress, diet, and general lifestyle habits contribute greatly to this condition.

For a more comprehensive list of stress relievers as well as our recommendations for PD-compatible food and supplements, [read here](#).

Looking for tips on makeup, sunscreens, hair and dental products, and household products? [Read here](#).

Consider picking a place in your home with good natural light and taking a photo of your bare skin at the same time of day, once a week. It's impossible to notice progress if you spend too many hours in front of the mirror, so stick with a once-a-week photo and spend the rest of your time doing things you love.

WE ARE HERE FOR YOU.

Reach out anytime at help@osmiaorganics.com

*with your questions
(and your stories
of success!).*

You can do this.

I completely relate to the sense of frustration and powerlessness that PD and TSW can create. I'm here to tell you that there is hope—you have what it takes to heal yourself. Remember that it's a process: it will take time, patience, and consistency (and maybe an occasional glass of red wine and some Tina Fey) to get you through it. You've taken the first BIG step by finding this guide (strong work!) and now you have the information you need to reclaim your glow with patience, perspective, and power.

With health and joy,

