

7 Menopausal Skin Tips

Sue Pieri-Davies (MSc; MCSP; PGCILTH)

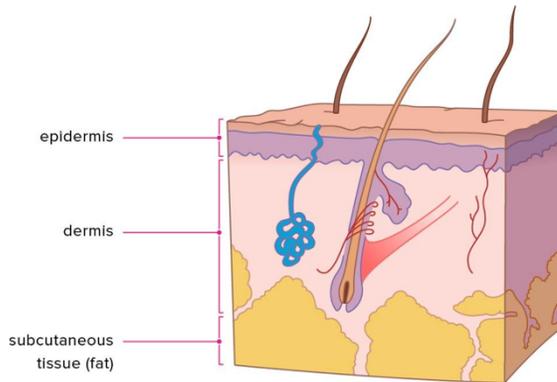


Skin & Menopause

You CAN do something to help your skin at any age of life. The menopausal years provide a particular challenge for some, so here, Sue outlines what happens and why. Follow the handy tips as recommended by dermatologists specific to the menopausal years and feel happier in your skin.

Background:

The skin, the largest organ, is very complex and has many purposes in addition to its contribution to your beauty, e.g. it protects, produces the essential Vitamin D, and regulates body temperature.



The epidermis (outer layer) is the surface of the skin & provides a waterproof protective barrier that is constantly renewing itself.

The dermis (middle layer) holds a lot of water, connective tissue i.e. collagen and elastin, and blood vessels which provide nutrients and oxygen and remove waste. It

also houses sweat glands and hair follicles. It gives the skin its structural and elastic properties, providing 'cushioning' of the tissues.

The subcutaneous layer (hypodermis) houses many fat cells and larger blood vessels and nerves. It acts as an insulator giving cushioning from insults and aids contouring and facial shape, as well as regulating body temperature and storing energy.

What Happens with Ageing?

Changes differ between women but here are some menopausal changes you can expect:

- Bone density is lost, especially around the eyes, cheeks and jawline so the basic facial structure is altered, and 'shrinks', resulting in lost definition with folds and sagging tissues, and 'heaviness' in the mid-lower face.



- Ageing occurs more rapidly e.g. sagging; wrinkling; shadows, bags and folds appear
- Temperature regulation problems (flushing and sweating)
- Dryness (due to skin thinning) with a reduced ability of the epidermis to

hold on to water with possible itching

- Skin flaking (due to dryness) and reduced protection from bacteria.
- More skin cell death causing wrinkles and changing the aesthetic appearance of skin
- Loss of firmness and elasticity due to collagen loss and slower collagen production due to hormonal changes.
- Rapid loss of collagen (and therefore oestrogen) resulting in thinning of the skin & bruising more easily
- Reduced Vitamin D production
- Impaired healing properties of the skin

Cosmetic Implications

Cosmetic appearances change over time and can have a significant detrimental impact on how we feel.

This may affect self-esteem and can lead to social avoidance with physical and social relationship disruptions.



What to Do for Menopausal Skin?

A few simple, everyday actions can slow the impact of time, and help to restore some aspects that bother you!

1. **ALWAYS** apply sun protection factor 30 or higher to any visible areas of skin-even in winter! This will help prevent further thinning; protect from cancer risks which are



raised with age; reduce existing dark spots and prevent new ones from developing; while slowing wrinkle production.

2. **Drink water** to maintain skin hydration and help to keep skin plumped



3. **Eat** a balanced diet, and include superfoods to counteract the effects of oxidative stress in the tissues (more information coming on superfoods and nutrients).



4. **Cleanse** using a mild product to avoid further damage to more vulnerable skin. Your cleanser should ideally be perfume-free to avoid irritation in sensitive skins. If acne prone, salicylic acid may help to reduce sebum, reduce inflammation and



exfoliate dead skin cells. These may however also irritate, so you should consult a practitioner to identify

the most appropriate skin care regime for you.

5. Moisturise daily using a product containing Hyaluronic Acid or Retinoids (Vitamin A) to attract and hold on to water, stimulate collagen production and plump the skin. This will help to reduce fine wrinkles and hyperpigmentation (age spots). BUT these ingredients can also be associated with skin irritation so you should seek professional help when deciding on skincare products that would best suite your own individual needs. (There are a vast array of cytoceuticals and dermal products available)

6. Stop smoking. ... perhaps a more difficult ask. BUT The repeated action of the muscle used around the mouth (Orbicularis Oris) when you smoke contributes significantly to the development and deepening of upper lip lines (lipstick bleed lines)



7. Make Time for a daily skin regime with professional advice prior to the use of product ingredients that are unknown to you. If you want to stop the clock from running fast, you have to pay it some attention! Help is available for even the most stubborn of skin conditions, and preparation of the skin is ESSENTIAL if you are considering additional, aesthetic treatments such as injectables, peels, lasers, lights and surgery



Always choose a registered, regulated healthcare professional for aesthetic treatments, ensuring a full consultation is carried out prior to any decision or treatment choice.