

“Radiant skin is an attainable goal throughout menopause

# REVIVING Radiance

Miss Jenny Doyle on how to reignite your skin's glow throughout menopause



The journey through menopause is a transformative chapter in a woman's life, marked by hormonal shifts and newfound wisdom. However, alongside the emotional and physical changes, menopause can also affect the skin in ways often overlooked. Oestrogen levels decline, leading to a reduction in collagen production and skin vitality. Indeed, studies show that a woman's skin loses about 30% of its collagen during the first five years of menopause. In this article, we explore the options of skincare and skin treatments tailored to revive menopausal skin.

## Skin changes encountered during menopause

Menopause ushers in a time of oestrogen decline, which profoundly influences the skin's appearance and texture. The most common changes include:

- **Dehydration and thinning:** With reduced oil production and moisture retention, the skin can become parched and irritable. Collagen loss leads to thinning, resulting in fine lines and wrinkles.
- **Loss of elasticity:** Depleted oestrogen levels cause a loss of skin elasticity, resulting in sagging and drooping, particularly in facial areas.
- **Sensitivity:** Fluctuating hormones can heighten skin sensitivity, exacerbating conditions like rosacea and redness.
- **Pigmentation issues:** Hormonal imbalances can trigger uneven melanin production, leading to the development of dark spots and an uneven complexion.

## Skincare

Adapting one's skincare regime in order to combat these changes as they occur is key. Often, women find switching up to a gently hydrating cleanser and adding in a moisturiser that is rich in ceramides, hyaluronic acid, and essential fatty acids can help repair the skin's barrier function and lock in moisture. Products that contain collagen-stimulating ingredients like retinoids, peptides, and vitamin C can help address the loss of elasticity that occurs with the decline in collagen. Sun protection is a non-negotiable step in any skincare routine and is particularly important during menopause, where health conditions like skin cancers can often present. Opt for a broad-spectrum sunscreen with as high an SPF as possible (50 is ideal!). Don't forget that Hormone Replacement Therapy, while usually focused on tackling many of the systemic symptoms of menopause, can help regulate hormonal imbalances and potentially mitigate some of the skin changes experienced during menopause.

## Skin treatments

You may find that with the speed of skin changes that can occur, you wish to consider medical treatments to tackle some of the skin changes that occur. From those that tackle the loss of collagen to others that can address issues like redness or pigmentation, here is my round-up of the top treatments for menopausal skin.

- **BBL (Broadband Light) Laser:** BBL addresses uneven pigmentation and redness, employing pulses

of light energy to target sun damage, age spots, and vascular irregularities, resulting in a clearer, more even complexion.

- **Moxi Laser:** Moxi laser treatments provide a gentler approach to uneven pigmentation, rosacea, and fine lines. This sub-ablative laser encourages collagen production and skin renewal, delivering youthful radiance without extended downtime. Combining this with BBL can offer incredible results with little downtime.
- **Profilo:** An injectable treatment that renews sagging skin and volume loss during menopause, Profilo's hyaluronic acid formulation hydrates and stimulates various collagen and elastin types, delivering a youthful radiance.
- **Platelet Rich Plasma (PRP):** Known as the "vampire facial," PRP therapy harnesses your body's own platelets and growth factors to stimulate collagen production, promote tissue repair, and enhance skin texture naturally.
- **Microneedling:** This collagen induction therapy uses fine needles to create controlled micro-injuries in the skin, prompting the body's natural healing response and boosting collagen and elastin production for smoother texture and improved firmness. We recommend the Skin Pen device, the first FDA-approved microneedling device.

- **Softwave:** Utilising ultrasound technology, Softwave targets deep skin layers to stimulate collagen production, promoting the growth of new collagen fibres and effectively reducing wrinkles and fine lines. The bonus with this treatment is that a single treatment yields results for one to two years, and there is no downtime.
- **Polynucleotides:** An emerging option, polynucleotide treatments offer rejuvenation by promoting cellular repair and tissue regeneration. Administered through tiny injections, PN stimulates collagen and elastin production, resulting in firmer, smoother skin. Our favourite polynucleotides are called Ameela. They offer a great product tailored specifically for the delicate skin around the eye.

## Elevate your skin holistically

Always remember that radiance isn't just skin-deep. A balanced diet, regular exercise, hydration and managing stress levels and sleep will all have an impact on your skin health. In order to achieve the best results, make sure you look after yourself from within also.

## Glow on, embrace change

Radiant skin is an attainable goal throughout menopause. As you navigate this chapter, remember that change encompasses professional care as well as self-care practices in terms of at-home skin care and looking after yourself holistically.