

# AGEING OF THE SKIN - THE EFFECTS OF MENOPAUSE



With Frances Furlong

**T**his month's feature focuses on cutaneous ageing and the menopause. Let's be honest, as a female, hormones are blamed for everything, but one thing is for sure, they can play havoc with your skin. Long before menopause, hormonal shifts start showing their signs on your face. To maintain a healthy balanced skin, you need to start treating your hormonal skin issues safely, from the outside and the inside.

The menopause is the result of a decline and change in hormone levels, it typically affects women around the age of 50-53 years.

## Oestrogen

When it comes to popular hormones, oestrogen takes the prize for being the most widely known and discussed. It is primarily the sex hormone but it also helps our skin and hair remain youthful and is responsible for skin thickness, skin moisture and wrinkle formation. Vitamin A, a great track record in increasing collagen and controlling pigmentation try Obaji Brightinex retinol.

Oestrogen can increase the Hyaluronic Acid content in the skin by maintaining fluid balance and structural integrity. They can also increase collagen production in the skin, allowing the skin to remain plump, hydrated and wrinkle-free. It plays a major role in the collagen and elastin network of the skin. Try daily creams and serums that contain Hyaluronic Acid, well know to increase plumpness and hydration to the skin – Inspira magic sphere serums, hydrating, firming and lifting and Caviar Deep Repair, moisturise with Youth Preserve Cream or Face Sculpture. Losing oestrogen means losing dermal collagen production, so skin thins out, loses elasticity and sets the stage for wrinkle formation. Losing these hormones results in dehydrated, dry & itchy skin. If you struggle with dry skin make sure you are getting enough high quality omega-3. My favourite is Omega 3+6+9 taken in a capsule form. With regards to treatments, dermal fillers placed naturally and subtly can help with plumping up the skin's mattress, for fine crepey lines anywhere on the face, neck and décolletage Restylane Skin Vital boosters can really help and



don't volumise the area treated. My bespoke power booster facial which includes injections of vitamins, derma roller to thicken the skin and a syringe of Restylane Vital gives a plump, firmer rejuvenated look to the face and neck.

Oestrogen loss can also reduce the number of blood vessels in the skin, resulting in pale skin with a lack of nutrients traveling to the skin's surface, brighten your skin with creams and serums containing vitamin C and COQ10. I find Obaji Bright Alive a fantastic product. A vitamin C, which has also been shown to boost collagen production, also brightens skin and evens out skin tone Obaji Bright Alive, Obaji C Bright and Auriga Flavo C serum.

The decrease in oestrogen production from the ovaries leads to the many symptoms associated with the menopause particularly in the cutaneous tissue, including dryness, atrophy, fine wrinkles, poor healing, altered fat distribution and hot flushes, which can present in redness and broken capillaries to the face being present, along with red, itchy and blotchy skin which can exacerbate certain conditions like rosacea. Daily glycolic skin products and in house mild chemical peeling can reduce redness and help to close enlarged pores, intense pulsed light treatments help to break down redness and flushing, as well as Obaji Rozatrol daily serum specifically for redness and rosacea prone skin.

You can also help with food, here are some Top Foods that provide Adequate Oestrogen for all your skin needs:, start to include them into your regular diet:- Carrot, beetroots, potatoes, pumpkin, peas, alpha-sprouts, flax seeds, sunflower and sesame seeds, bran, chickpeas, beans and soy. ■

## Treatment Focus Dermal Fillers

**1 The science** - a very fine needle is used to inject a soft filler substance into the dermis of the skin to help lift out wrinkles and folds in the skin tissue, it can be a sugar derivative Hyaluronic acid type, a calcium based filler or a more volumising particle like polylactic acid which helps with facial dystrophy. An experienced practitioner can assess your needs and help pick the right type for you.

**2 Benefits** - who is suitable? All individuals over the age of 18, who do not have any known allergies to any of the substances and who do not have any infections at the injection site. A full medical history should always be given, medications and medical history need to be discussed also as part of patient safety.

### 3 How many and when can I expect to see results?

Hyaluronic acid fillers give an almost immediate effect and get better once settled, calcium based take 12 weeks to reach maximum effects, but last longer generally, polylactic acid based need minimum 3-5 treatments given 6 weeks apart, but can last 18 months to 3 years.

## THE DETAILS

Please call Michelle on 07508 404862 for further information. [info@perfect-skin.co.uk](mailto:info@perfect-skin.co.uk) [www.perfect-skin.co.uk](http://www.perfect-skin.co.uk)