

A woman with blonde hair is shown from the chest up, looking slightly to the right and touching her face with her hand. The background is a solid light blue color. The word "believe" is written in a large, light blue, sans-serif font across the top of the image. The text "In better skin." is overlaid in a bold, white, sans-serif font.

**In better skin.**

**The Complete Guide to  
Menopause**



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## The Complete Guide To Menopause

It is time to get talking about Menopause. It's estimated that one third of the female population in the UK are currently perimenopausal or menopausal. Despite how many people are dealing with menopause right now, they often do it silently, without asking for help.

Since menopause is associated with ageing, there has always been lots of shame and embarrassment surrounding the topic. The stigma can negatively affect wellbeing just as menopausal symptoms do, making it even harder for those going through the transition. Together, we can empower - and remove the negativity surrounding menopause.



## What is Menopause?

Menopause is a natural transition, and a normal part of ageing that marks the end of having menstrual cycles, but it can be tough. Generally, most people will begin the transition between the ages of 45 and 55, though factors other than age can influence the process. During the time leading up to menopause, a number of uncomfortable physical symptoms may be experienced.





## Menopause Stages

There are three stages of menopause, and menstruating people on average take around 7 years to get to the third stage - postmenopause. For some people, it can take less time, and for others even longer, up to 14 years before reaching postmenopause. It is important to emphasise that no matter which stage you are in, menopause symptoms often can be managed by lifestyle changes, including adequate skincare, a healthy diet, and regular exercise.

## Peri-Menopause

Perimenopause generally lasts between 3 and 5 years, however, there is no one way to experience menopause, so the timing may differ. For some, this stage is the most difficult to deal with due to sudden hormone fluctuations and the occurrence of more frequent or very irregular periods.

## Skin Changes

As oestrogen levels shift during this stage, the skin has more trouble retaining ceramides and locking in moisture. It is common to experience dry skin, redness, sensitivity, breakouts, itching and flaking.





## Menopause

The menopause stage can be diagnosed when it has been 12 months since a menstrual period. Around 25% of collagen will have been lost from the skin at this point, and the dramatic decrease will influence the appearance of the skin.

## Skin Changes

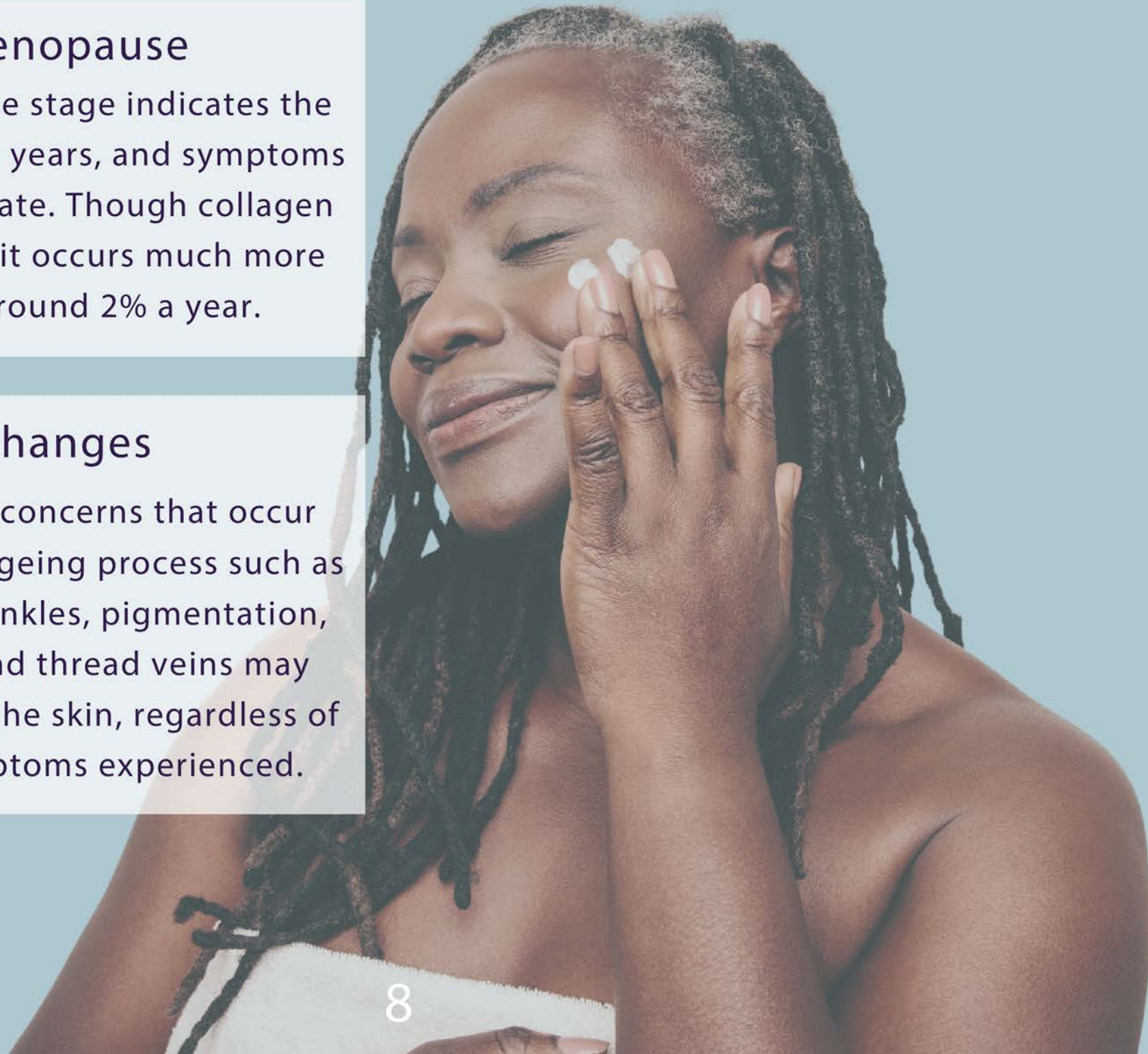
12 months after the last period, skin may feel duller, thinner, less supple and crepey in texture. Due to the collagen loss, fine lines and wrinkles and sagging around the eyes, mouth, neck and cheeks may be prominent. The lack of oestrogen may also cause increased hair growth on the face.

## Post-Menopause

The postmenopause stage indicates the end of reproductive years, and symptoms will begin to dissipate. Though collagen loss will continue, it occurs much more gradually, at around 2% a year.

## Skin Changes

By this point, skin concerns that occur due to the natural ageing process such as fine lines, deep wrinkles, pigmentation, uneven texture and thread veins may also be present on the skin, regardless of menopausal symptoms experienced.







## Menopause & The Skin

Throughout the peri-menopause and menopause stages, the skin can suffer considerably. Up to 50% of women experience skin changes resulting from menopause. As hormone levels fluctuate and dip, frustrating symptoms and visibly dramatic changes occur within the skin. It is important to remember it is not just the face - the skin across the whole body can be affected.

A smiling woman with blonde hair, wearing a white shirt, is the background of the slide. She is looking towards the camera with a bright smile.

## Managing Symptoms

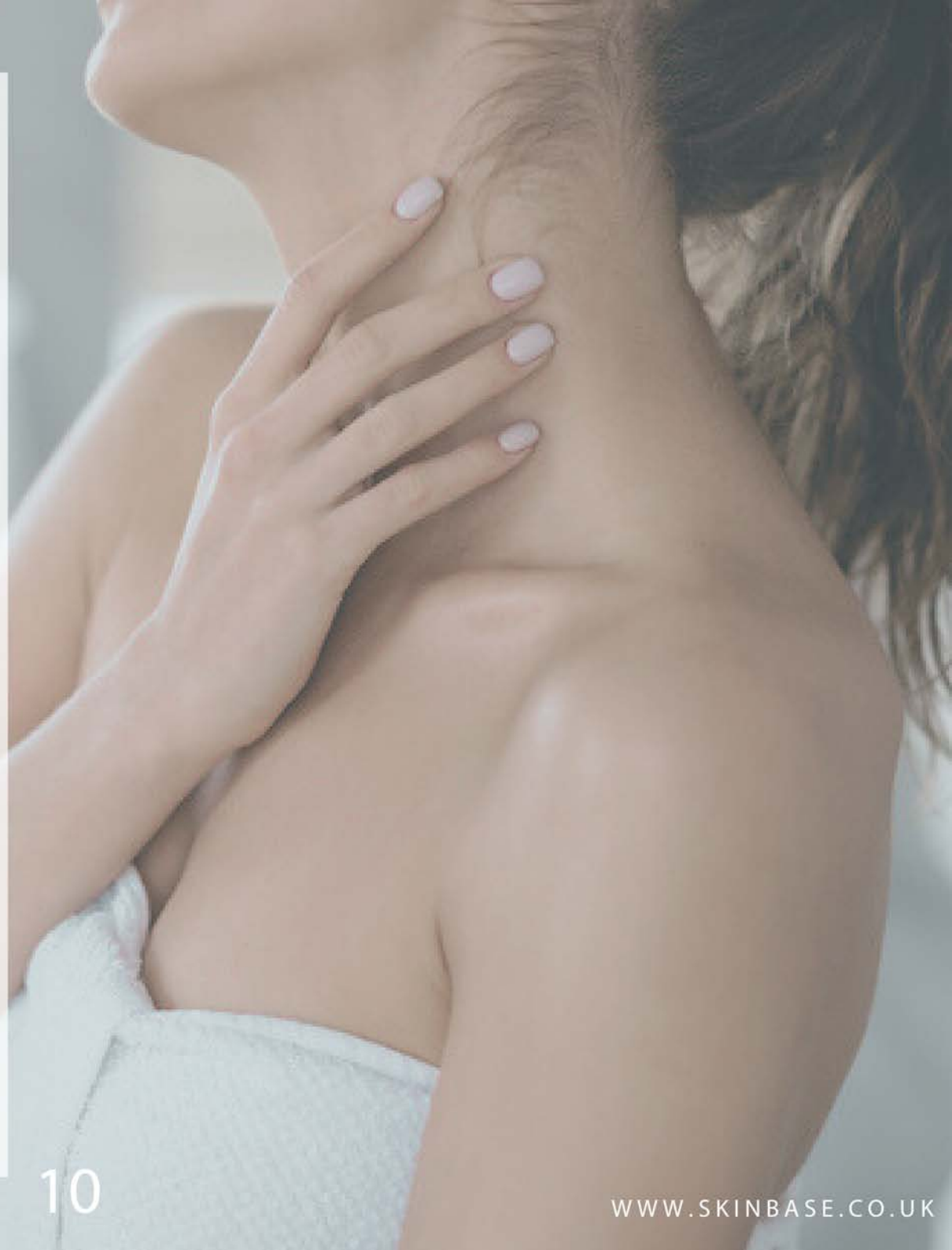
We know this might sound like a lot to take in, but it's not all doom and gloom. Having the facts means you can take action to manage the symptoms you are experiencing. First let's take a look at the skin concerns you might experience during menopause and what you can do.

Remember there are lots of women out there looking fantastic in their 40s, 50s, and beyond - we've got the solutions you need lined up!



## Dry, Itchy Skin

As women enter the peri-menopausal stage of life, the ovaries begin to irregularly release fewer hormones, causing oestrogen levels to decline, and throwing off the ratio of hormones in the body. Oestrogen is key in activating fibroblasts - the type of cell responsible for collagen, elastin and hyaluronic acid production. These components are vital in keeping the skin healthy, hydrated and moisturised. As the levels of each component declines, the skin loses its ability to retain moisture. The lack of moisture causes the skin to become dry, with a rough, scaly texture, which can also cause itchiness.





## Eczema

When entering peri-menopause and dealing with dry skin, it can be considerably worse if you already have a dry skin condition, such as eczema. Women may find that their well controlled eczema flares, or childhood eczema returns. On lighter skin, areas of eczema will appear red, scaly and inflamed, while on darker skin it may appear grey, brown or purple. Along with the changes causing dry, itchy skin, menopause causes the sebaceous glands to produce less oil as hormone levels fluctuate, and changes the skin's microbiome composition. Both of these effects can worsen barrier function, which can contribute to an impaired skin barrier, leaving you vulnerable to further damage.



## What You Can Do:

- Avoid drying products that strip the skin, such as foaming, bubbling soaps, and instead stick to gentle cleansers.
- Get in the habit of moisturising in the morning and the evening - preferably while the skin is still damp.
- Avoid scratching as much as possible - tap or pat the skin to relieve symptoms
- Use laundry products intended for sensitive skin to avoid further irritation
- Avoid tight clothing - wear loose, light items not made from synthetic fibres.
- Shower in warm - not hot - water and avoid spending too long in baths, pools, hot tubs etc. to avoid drying out your skin further.
- For eczema, it can be useful to see a healthcare professional, in case you would benefit from a prescription of cream or HRT.



## Redness & Flushing

Redness and flushing is a common, well recognised symptom of menopause, with up to 75% of menopausal women affected. The flushing may cause visible redness across the face, neck and chest accompanied with a hot, burning sensation. While lots of women can be affected, redness and flushing may range from mildly irritating to debilitating or distressing.





## How Menopause Causes Flushing

During menopause, oestrogen levels drop causing hormonal levels to fluctuate. Unfortunately, oestrogen works to stabilise the hypothalamus, which is the heat regulating centre of the brain. Reduced levels of oestrogen therefore affect the body's natural thermostat, making the brain think the body temperature is either too high or too low. During a hot flush, blood vessels widen, causing the redness and burning symptoms. Soon after, in response to the heat, the body will quickly drop its temperature, narrowing the vessels so heat can escape. This is why redness and flushing episodes are often followed by shivers.

A close-up photograph of a Black woman's face, focusing on her mouth and nose. She has her hand near her mouth, with her fingers slightly curled. The background is a soft, out-of-focus light blue.

## Black Women & Menopause Symptoms

Hot flashes and night sweats affect Black women at a disproportionate rate to White women. The symptoms are more likely to begin sooner, be experienced at a higher rate than White women, and last longer. Hot flashes and night sweats affect White women for an average of 6 and a half years. For Black women, these uncomfortable symptoms can be more physically challenging and stick around for longer - 10 years on average. Black women going through menopause are also likely to experience higher rates of depressive symptoms and sleep disturbances - such as shorter duration and poorer quality sleep.





## Asian Women & Menopause Symptoms

There is also a lack of awareness and understanding of menopause among Asian women. The perception of women's health in some cultures is often seen as shameful - a taboo not to be discussed. This discourages those suffering from asking for help when they need it. Those who do ask for help may find it is much harder to get an accurate diagnosis, as menopause symptoms differ. There are differences in biological and hormonal changes in women of different races and ethnicities. Dry eyes, tinnitus and joint and muscle aches and pains are often cited by Asian women as their main menopausal symptoms - instead of the traditional hot flushes and itchy skin.



## Rosacea

Redness and flushing can also result from rosacea, which appears to be more common in women of menopausal age. Though a link has been observed between an imbalance of female hormones and incidents of rosacea, there are very few studies on the relationship between the two. Lots of women therefore have to deal with the double impact of peri-menopause symptoms and rosacea symptoms.





## What You Can Do

To handle flushing or rosacea symptoms, try to avoid any known triggers where you can. Caffeine, alcohol, spicy foods and sunlight are commonly known triggers. Care for your skin from the outside too, with soothing, calm products. Avoid further aggravating your compromised skin barrier and simplify your routine. The SkinBase Essentials range is ideal for maintaining healthy skin. You can also optimise hormone levels with hormone replacement therapies to handle symptoms if this is right for you.



## Acne & Spots

As hormone fluctuations wreak havoc across the body, it is no surprise that acne and spots are experienced during peri-menopause and beyond. While hormonal acne as a teenager is seen as normal, it can be much harder to adjust to breakouts in later life. During menopause, as oestrogen levels drop, testosterone levels remain consistent. As a result, they are slightly higher than oestrogen for the first time, causing sebum production to increase. Oily skin leads to clogged pores and acne. The breakouts usually form as deep bumps around the jawline and lower face, where there are greater numbers of androgen receptors. All of the symptoms associated with menopause can exacerbate stress levels, which can also affect acne development. An “inside out” approach of controlling hormone and stress levels is the best way to treat breakouts and maintain healthy skin.





## Facial Hair Growth

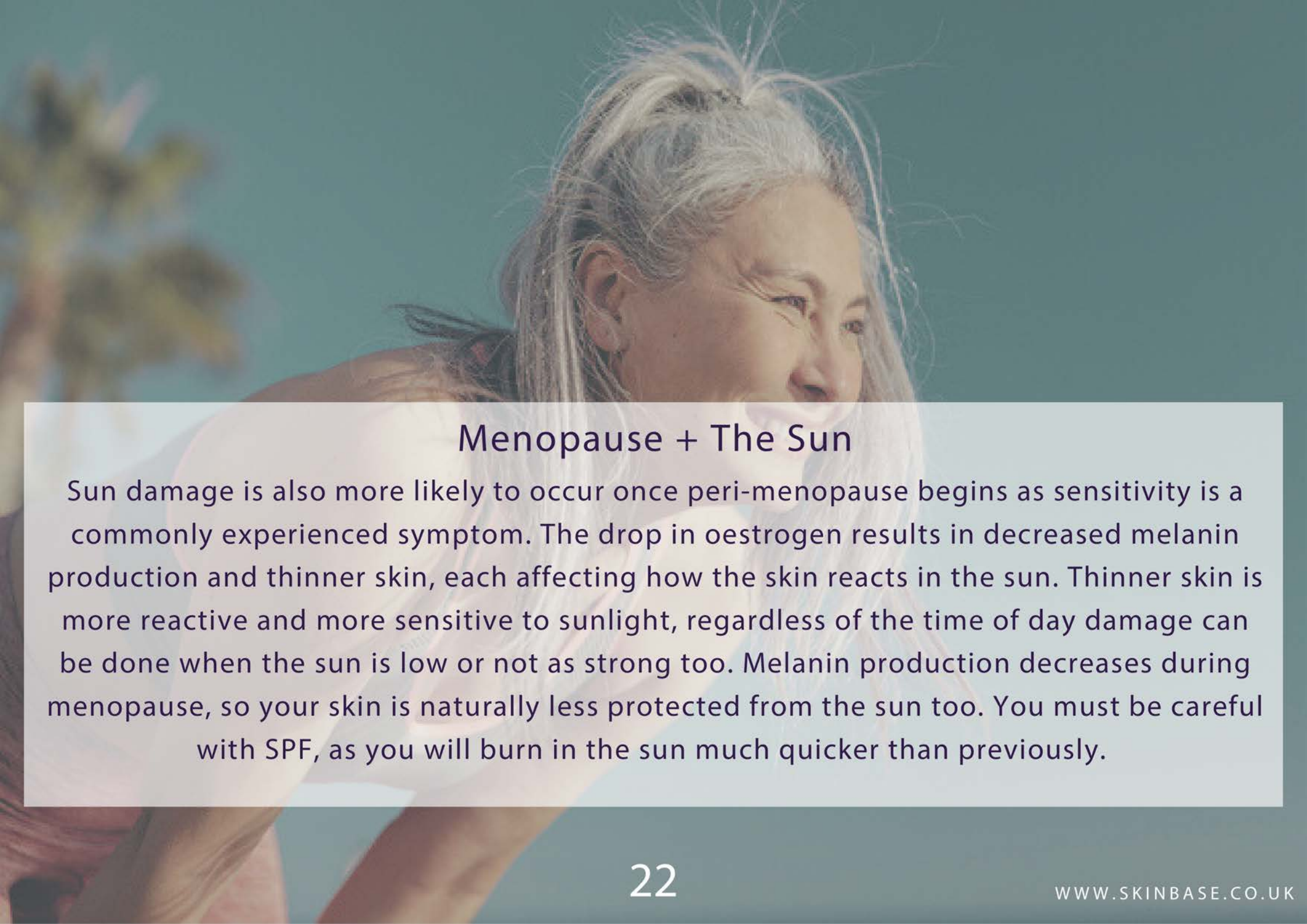
Unfortunately, as the imbalance of oestrogen and testosterone causes acne, it also manifests as increased facial hair growth. At the same time, the hair on the scalp begins to thin due to testosterone dominance and a lack of progesterone. The facial hair growth can range from a peach fuzz appearance to darker, coarser hairs. While unwanted hair can be embarrassing and affect confidence, it can also lead to further problems such as ingrown hairs. IPL hair reduction is the best way to remove unwanted hair and restore a smooth appearance. To minimise the chances of ingrown hairs, a regular exfoliation treatment such as microdermabrasion is the best option.

## Sun Damage

Often, signs of sun damage appear more prominent on the skin at a similar age as the start of peri-menopause. This is particularly true for those who have had lots of direct sun exposure over the years, with no SPF protection. Sun damage may appear as an irregular skin tone, dullness, pigmentation and age spots.







## Menopause + The Sun

Sun damage is also more likely to occur once peri-menopause begins as sensitivity is a commonly experienced symptom. The drop in oestrogen results in decreased melanin production and thinner skin, each affecting how the skin reacts in the sun. Thinner skin is more reactive and more sensitive to sunlight, regardless of the time of day damage can be done when the sun is low or not as strong too. Melanin production decreases during menopause, so your skin is naturally less protected from the sun too. You must be careful with SPF, as you will burn in the sun much quicker than previously.



## Fragile Skin: Bruising & Slow Wound Healing

If you do experience a sunburn, you may notice it takes longer to heal than before.

The same is true for cuts, bruises, and spots due to the increased fragility of the skin during menopause. The natural ageing process decreases the strength of the skin anyway, but the oestrogen loss during menopause exacerbates the process.

This is because oestrogen is a key component in activating the fibroblasts responsible for collagen production. Therefore, decreased oestrogen results in decreased collagen, and a lack of strength. A lack of collagen allows for easier bruising, as there is less collagen cushioning the blood vessels, and it slows down the healing process. To combat this, a radio-frequency treatment such as the Collagen Lift can boost levels of collagen and help to keep the skin strong.





## Signs of Ageing

Signs of ageing, such as fine lines and sagging skin, are also more likely when collagen levels drop during menopause, as the skin is weaker and loses its firmness. Other changes that occur during menopause can also encourage the formation of ageing skin symptoms, such as decreased bone density. As the bones in the face change, the eye sockets deepen, the cheeks flatten, and the chin recedes and droops. Each of these effects contribute to slack jawlines, skin laxity and jowls. It is thought that up to 20% of bone loss for women happens during menopause. It is key to maintain collagen levels and bone density for a healthy appearance.

A woman with long brown hair, wearing a white tank top, holding her arm. The background is a solid light blue color.

## What Can You Do?

A course of Collagen Lift can help to maintain healthy skin and bones, as high collagen levels are vital to keep both strong. You can combine this with a healthy diet, high in calcium and protein, regular exercise and avoid smoking and alcohol.

1 in 2 women suffer from osteoporosis post-menopause, so it is key to consider healthy lifestyle choices and keep the skin and bones strong.





## Dull Skin

Dull, lacklustre skin is a common complaint during menopause as fluctuating hormones, stress, sleep disturbances and anxiety take the glow away from the skin. As oestrogen levels drop, and cell turnover slows down, the skin also finds it harder to retain moisture, while dead skin cells sit on the surface for longer.



## What You Can Do

Maintain a consistent, nourishing skincare routine with lots of hydration, and manage stress to combat your dull skin problems. Hydrate and restore the glow from within by drinking lots of water and eating a healthy, balanced diet. SkinBase Microdermabrasion is an excellent way to get rid of the dead skin and boost cell renewal.





## Treatments for Menopausal Clients

Good news! Our range of SkinBase treatments can combat a range of skin concerns that may arise during perimenopause, such as unwanted hair, acne, fine lines and wrinkles, dull and tired skin, pigmentation and blemishes, vascular lesions and sagging skin. Read on to find out more about them...

## Microdermabrasion for Menopause

The combination of mature skin and decreased oestrogen means cell turnover decreases significantly during the stages of menopause. If it is taking twice as long to replenish skin cells, those dead skin cells are going to sit on the skin for longer. Therefore, when it comes to dull, dry, menopausal skin - exfoliation is key. Microdermabrasion gently abrades away any dead cells, dirt and debris from the surface to freshen and smooth the skin. No matter which stage of menopause you are dealing with, SkinBase Microdermabrasion can benefit the skin.



## Microdermabrasion Benefits (1)

### Incredibly Effective

A large number of dead skin cells can be removed from the skin. This greater effectiveness allows an almost instant glow, which is great for those struggling with their new menopausal complexion.

### Improves Skin Tone & Texture

Those suffering with dry, itchy skin during menopause, or signs of ageing such as fine lines and wrinkles, will be looking for a solution to get their healthy skin back.

## Microdermabrasion Benefits (2)

### Cell Renewal & Collagen

when the skin reaches menopause age, lots of functions that help us to maintain youthful skin become sluggish. The dual-action approach exfoliates the skin to encourage cell renewal, while the suction of the vacuum encourages collagen production.

### Enhanced Absorption

As the skin becomes thinner and the skin barrier becomes more sensitive during menopause, applying hydrating and protective skincare is key. By exfoliating the top layer of skin, MD allows products to absorb into the skin better, for a softer feel and look.



## Collagen Lift for Menopause

Collagen is the 'scaffolding' of the skin and it rapidly depletes during menopause. The skin becomes less supple, with a crepey texture, and does not bounce back as it once did. On top of all this, areas will begin to sag - causing droopy jowls and under eye bags. However, you do not have to let this happen - as the SkinBase Collagen Lift is the perfect treatment.

SkinBase Collagen Lift sculpts, tones, tightens, firms and lifts the skin to achieve a more youthful appearance -and boosts your collagen production! It's a soothing, relaxing treatment - perfect for a bit of "me time".

## Collagen Lift Benefits (1)

### Incredibly Effective

For some people, collagen fibres will respond instantly to treatment for an immediately visible tightening effect. For others, it will take more than 1 treatment for the skin to show visible results. All clients are different, and genetics plays a part. After a course of treatments you will achieve fabulous results that last for up to two years.

### Collagen Production

A wound-healing response is triggered within the body during a CL treatment. As there is no wound to heal, the flood of new collagen will work on menopause symptoms, such as wrinkles, sagging and textured skin. Therefore, the skin will appear plumper and smoother.



## Collagen Lift Benefits (2)

### Hyaluronic Acid

During the treatment, hyaluronic acid is stimulated which provides menopausal skin with a much needed boost! A naturally produced "moisture magnet", hyaluronic acid will help skin to stay hydrated and plumped for longer.

### Perfect for the Face and Body

As the skin reacts to hormone fluctuations during menopause, it is not only the face that feels the effects. The Collagen Lift treatment is ideal for any area of the body too, so you can firm your jowls or your arms - as well as your face!



## Collagen Lift Ultimate for Menopause

Collagen Lift Ultimate combines the technologies of SkinBase Microdermabrasion and Collagen Lift for a results driven treatment that works to resurface, regenerate, repair and sculpt the skin for transformational results.

## Collagen Lift Ultimate Benefits

With the combined benefits of both treatments, CL Ultimate is the ideal treatment to help with menopausal skin concerns and maximise results.



A person is lying down, receiving an IPL treatment on their face. A practitioner's hand is visible, holding a white IPL device over the person's cheek. The person's eyes are closed, and they are wearing a white protective mask over their mouth and nose. The practitioner is wearing a white shirt with the 'SkinBase' logo on the sleeve. The background is a clinical setting with a monitor and other equipment.

## IPL for Menopause

Though oestrogen levels decline during menopause, levels of testosterone circulating the body remain the same. This shift in hormones can cause facial hair to grow.

SkinBase IPL can get rid of unwanted hair, as well as treating vascular concerns, acne, pigmentation and sun damage experienced during menopause.

## IPL Benefits (1)

### Non-Invasive

When it comes to menopausal skin, the last thing you need is invasive, painful procedures. SkinBase IPL is a comfortable treatment, with a special cryo-cooling handset and soothing aloe vera gel post-treatment.

### Range of Skin Concerns

There are a range of symptoms associated with menopause, but they are not likely to all be experienced by everyone. IPL is a versatile treatment, ideal for anyone.



## IPL Benefits (2)

### Sun Damage Repair

Unfortunately, around the age that menopause begins, any previous sun damage will begin to show on the skin too.

Those days without SPF will appear as pigmentation, sun spots and fine lines and wrinkles. IPL Advanced can heal and treat the skin to turn back the clock on ageing and give a youthful appearance.

### Incredibly Effective

IPL provides excellent results in as few as 3/4 treatments. Invest some "me time" into menopausal skin and get that glow back.

## Other Symptoms

Other non-skin related symptoms can also be difficult to deal with during peri-menopause and beyond.

Dry Eyes  
Burning Mouth  
Bleeding Gums

Sore Breasts  
Weight Gain  
Mood Swings

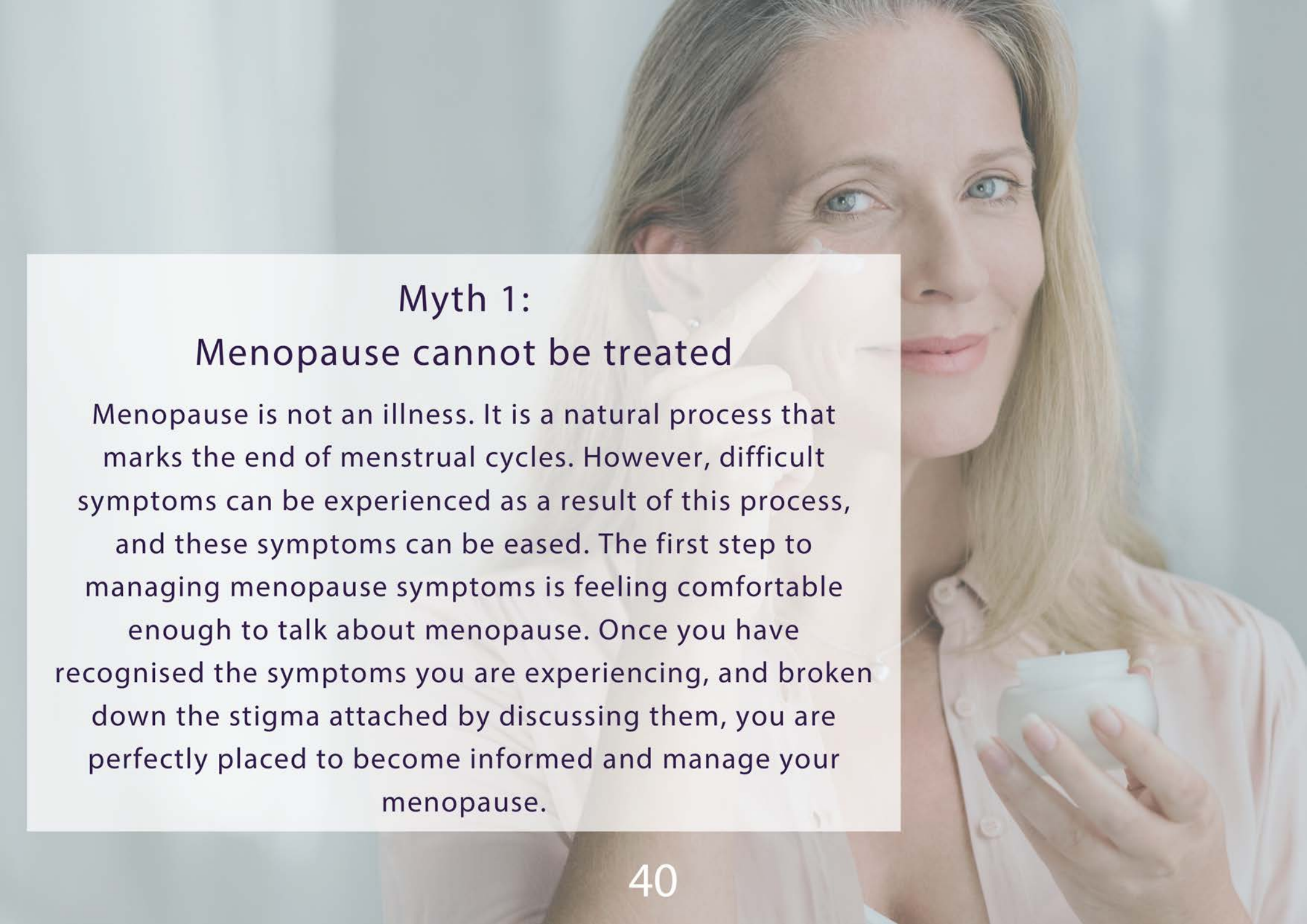
Heartburn  
Dizziness  
Tinnitus  
UTI's

Altered Sense of Smell  
Joint & Muscle Aches  
Heart Palpitations  
Changing Periods

Cold Flushes  
Skin Crawling  
Electric Shocks

Depression  
Anxiety  
Fatigue



A woman with blonde hair is shown from the chest up, applying a white cream to her face with her right hand. She is holding a small white jar of cream in her left hand. The background is a soft, out-of-focus light blue.

## Myth 1: Menopause cannot be treated

Menopause is not an illness. It is a natural process that marks the end of menstrual cycles. However, difficult symptoms can be experienced as a result of this process, and these symptoms can be eased. The first step to managing menopause symptoms is feeling comfortable enough to talk about menopause. Once you have recognised the symptoms you are experiencing, and broken down the stigma attached by discussing them, you are perfectly placed to become informed and manage your menopause.



## Myth 2 - Menopause marks the 'end of life'

Menopause means “final period” which can be daunting as a new, unknown chapter is on the horizon. While the end of menstrual cycles and fertility can be unsettling, it can also be thought of as a rebirth. Many women feel liberated from pregnancy and menstrual symptoms, and are ready to focus on themselves once they reach post-menopause. Known as the “second spring” in Japan, menopause isn't about ageing and slowing down - it is about moving onto the next phase of life.




A close-up photograph of a woman with long, wavy blonde hair, smiling warmly at the camera. She is applying a white cream to her cheek with her right hand. The background is a soft, out-of-focus light blue.

### Myth 3 -

## Menopause begins when periods stop

The average age for menopause is around 52, and you are officially in menopause when you haven't had a period for a full 12 months. If you go almost a year without a period, and then you have one, the clock resets. However, the transition period - perimenopause - can start up to 15 years before this point. Perimenopause is when unpleasant symptoms begin, so don't wait until your periods have stopped before seeking help.



## Myth 4: The older you get your period, the older you begin menopause.

The best indicator for when you may reach menopause is knowing when your mother started. Menstruating later does not mean you will begin menopause later. Potentially, you may begin menopause earlier if you started menstruating later than average. If you are a smoker, you may also begin menopause earlier, while more pregnancies or regularly drinking alcohol may result in later menopause.





**In results.**

Menopause  
Treatments

## Microdermabrasion Course - Danyel Noon Aesthetics



"I never really had regular skin treatments and didn't understand how much your skin changes, especially through the menopause. I'm over the moon with the results from this treatment, I'm now hooked. Even my husband said I looked more beautiful."





## Collagen Lift Course

"Mum had zero confidence, barely went out and felt tired and old since menopause. She felt the woman in the mirror was a stranger. Since her course, she has been going out a lot more and even started to follow her dream of starting her own business."

Modern Alchemy Beauty

## Microdermabrasion Course - Rebecca Willshee



"Thank you for introducing me to this treatment after hitting 50 & the menopause. Wow - this is one treatment I now know I can't do without after seeing the results. It has made me confident and I am feeling fab at 50."





## Collagen Lift Course

"53 years of age and can I say it... navigating through menopause, and what a roller coaster it is.

Almost overnight my face went droop. I am blown away with the results. What I absolutely love is how subtle and gradual the changes are, and so so natural."

N2G