

In better skin.

The Menstrual Cycle
& Your Skin



Page	Content
04.	What is The Menstrual Cycle?
05.	Menstrual Cycle & The Skin
06.	Menarche to Menopause
07.	The Ovarian Cycle
08.	The Uterine Cycle
09.	Menstruation
13.	Follicular Phase
17.	Proliferative Phase
18.	Ovulation
22.	Luteal Phase
26.	Secretory Phase
27.	Irregular Cycle
28.	Hormones
33.	Microdermabrasion & The Cycle
36.	Collagen Lift & The Cycle
39.	CL Ultimate & The Cycle
40.	Hydro & The Cycle
43.	IPL & The Cycle
46.	Treatment Results

DAY 1-6

Sensitive, Dull, Acne-Prone Skin

- Oestrogen & progesterone levels at their lowest, affecting collagen production and increasing the sensitivity of the skin barrier.
- Increase hydration: use a nourishing moisturiser, avoid harsh active ingredients and exfoliation, and drink around 2 litres of water daily.
- A mini course of Collagen Lift treatments will stimulate collagen, elastin and hyaluronic acid and help you achieve a healthy glow.

DAY 7-12

Healthy, Glowing Skin

- Rising oestrogen levels enable collagen and hyaluronic acid production, for enhanced hydration and a healthy glow.
- Maintenance is key - continue with hydration and add in active ingredients in the form of serums to prepare for ovulation.
- The SkinBase Hydro treatment is an excellent way to maintain your glow and give your skin an added boost in the proliferative phase.

follicular phase

ovulation

luteal phase



DAY 13-15

Lacklustre, Oily Skin & Hair Growth

- Oestrogen levels peak and hormones are imbalanced, causing dullness, potential acne breakouts and facial hair growth.
- Deep clean the pores daily and keep them unclogged with lightweight products, such as the SkinBase Daily Repair & Protect.
- If you are struggling with facial hair growth, SkinBase Intense Pulsed Light is the ideal treatment to get rid of unwanted hair.

DAY 16-28

Congested, Acne-Prone Skin & Inflammation

- Oestrogen levels decrease and progesterone levels rise, resulting in higher sebum production and inflammatory acne breakouts.
- Focus on oil production and exfoliation - the Skin Renew AHA Cleansing Foam is the ideal product to exfoliate and cleanse.
- SkinBase Microdermabrasion is the perfect exfoliation treatment to treat congested skin and prepare for the cycle to begin again.



What Is The Menstrual Cycle?

The menstrual cycle is more than just your period. It is a chain of activities, usually lasting for an average of 28 days, involving the brain, the uterus and the ovaries.

Understanding your menstrual cycle allows you increased body literacy. When you know yourself, you can achieve greater freedom, including: managing symptoms, preventing pregnancies, conceiving, and preparing for menopause.

The Menstrual Cycle & The Skin

Fluctuating hormones can have a significant effect on the appearance and the health of the skin. Hormone imbalances can manifest as frustrating, painful conditions, such as dryness or acne.

Cycle Syncing

Cycle syncing your skincare is a great way to give your skin what it needs in each phase to maintain a glowing complexion. It is best used by those who can identify recurring monthly patterns in their skin concerns, indicating hormonal effects.





Menarche to Menopause

Menarche is the term given to the first menstrual period that occurs during adolescence, most commonly between the ages of 12 and 13.

Between menarche and menopause, cycles generally become regular, allowing you to track, predict and manage symptoms. This allows for an easier transition into menopause, which can be nerve wracking.

Menopause marks the end of menstrual cycles, and can be diagnosed when it has been a full 12 months without a period. The average age for perimenopause to begin is between 45 and 55 years.

A smiling woman with long, wavy brown hair is the background of the slide. She is looking slightly to the right and has a bright, happy expression.

The Ovarian Cycle

The menstrual cycle can be divided into two smaller cycles - uterine and ovarian. The ovarian cycle focuses on changes occurring in the follicles of the ovary.

Ovarian Cycle Stages & Activities

The ovarian cycle is in charge of the preparation of endocrine tissues and the release of eggs. The different stages involved in the ovarian cycle are:

- **Follicular phase**
- **Ovulation**
- **Luteal phase**

The Uterine Cycle

The other cycle within the menstrual cycle is the uterine cycle, which describes the changes occurring in the endometrial lining of the uterus.

Uterine Cycle Stages & Activities

The uterine cycle is in charge of the physical changes that occur in the uterus. The different stages involved in the uterine cycle are:

- **Menstruation**
- **Proliferative phase**
- **Ovulation**
- **Secretory phase**





Menstruation

- The menstruation phase of the uterine cycle occurs alongside the follicular phase of the ovarian cycle.
- Hormone levels, such as oestrogen and progesterone, are at the lowest point of the cycle during your period.
- With no fertilised egg and low hormone levels, the top layers of the uterine lining (endometrium) are released.
- As the lining breaks down, blood from inside the uterus sheds. The endometrium becomes the thinnest it will be.
- The menstruation phase typically lasts for 5 days, but can vary between 2 and 8 days for some people.

Menstruation & The Skin

What Will My Skin Look Like?

The skin may appear dull and tired, with increased dryness and sensitivity and potential acne breakouts.

- Low levels of oestrogen contributes to increased sebum build up, which can trigger acne and spots.
- Low levels of oestrogen also impacts collagen production. When collagen production is low, the skin is often less plump and glowy and more dull.
- In the earliest days of the cycle, sensitivity and irritation is also common, as the skin barrier is thinner and weaker due to the low collagen.



A close-up, soft-focus photograph of a woman's face. She has her eyes closed and a gentle smile, with her hand gently touching her cheek, suggesting a skincare routine. The background is a light, neutral tone.

Menstruation Skincare Tips

During menstruation, it is best to increase hydration, both from the inside and outside:

- Ensure you are using a nourishing moisturiser and drinking around 2 litres of water daily.
- Avoid harsh active ingredients and exfoliation while the skin barrier is weaker than usual.
- Incorporate oils and masks into your routine at this stage to ensure maximum hydration.
- SkinBase Collagen Lift is an excellent treatment to boost your complexion and your confidence.

SkinBase Collagen Lift

If your skin is hardest to manage during the menstruation phase, you can benefit from a course of Collagen Lift treatments:

- A non-invasive, non-surgical, relaxing radio-frequency treatment.
- The perfect opportunity to unwind at the beginning of your cycle.
- Stimulate the production of collagen, elastin and hyaluronic acid.
- Counteract a dull complexion and achieve a rejuvenated glow.
- The stomach area would not be treated during menstruation.

A close-up portrait of a young woman with dark, curly hair, smiling warmly at the camera. She is wearing a small pearl earring. The background is a soft, out-of-focus light color.

Follicular Phase

- The follicular phase begins on day one, and ends at ovulation. Oestrogen levels peak just before ovulation.
- Ovarian follicles grow rapidly during this phase due to the production of follicle stimulating hormone (FSH).
- Most ovarian follicles contain an egg and FSH triggers the maturation of these eggs, ready for release.
- The egg released during ovulation comes from the dominant follicle - the one that has grown the largest.
- The follicular phase varies in length from cycle to cycle. For those with a 28 day cycle, the follicular phase is likely to last between days 1 and 13, with ovulation on day 14.

Follicular Phase & The Skin

What Will My Skin Look Like?

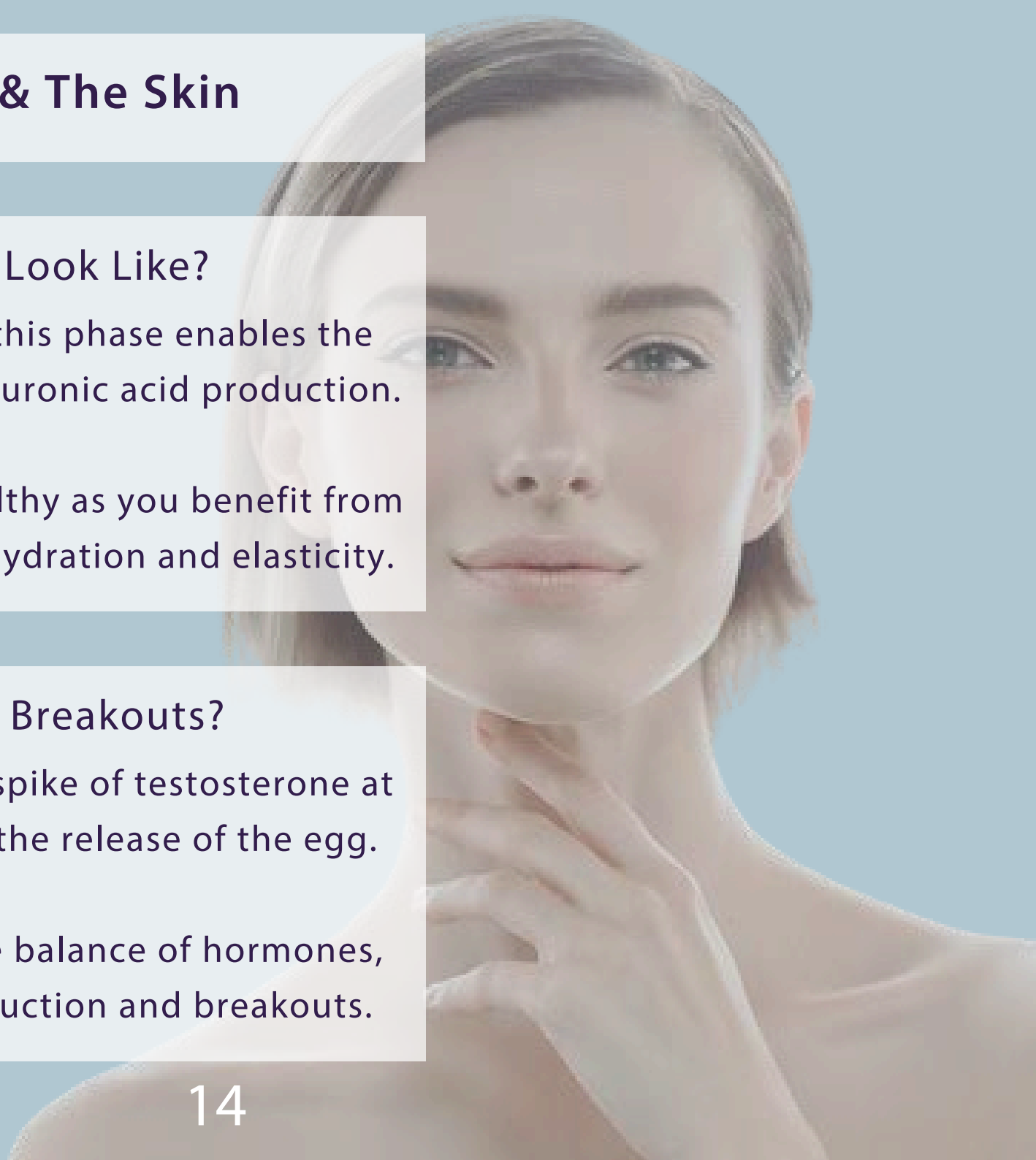
Higher levels of oestrogen in this phase enables the most efficient collagen and hyaluronic acid production.

Your skin may appear more healthy as you benefit from increased moisture retention, hydration and elasticity.

Why Do I Still Have Breakouts?

The body also releases a small spike of testosterone at the follicular phase to trigger the release of the egg.

Testosterone can throw off the balance of hormones, causing increased sebum production and breakouts.



A close-up, soft-focus photograph of a woman lying down with her eyes closed, appearing to be in a relaxed state during a facial treatment. Her hands are gently cupping her face. The background is a warm, out-of-focus light brown.

Follicular Phase Skincare Tips

Maintenance is key here to ensure your skin remains as healthy as possible in the follicular phase, and to prepare for the ovulation phase.

- Continue with hydration and add in active ingredients in the form of serums at this point.
- Water based serums in this phase can help you to achieve or maintain a post-period glow.
- The Hydro treatment is an excellent way to give your skin a boost in the follicular phase.

SkinBase Hydro

Hydro is a great choice for those who are struggling with breakouts, want to prepare for ovulation, or wish to maintain the glow achieved through high levels of oestrogen.

- A rejuvenating facial experience, combining a peel and water-based serum.
- The perfect opportunity to relax and revitalise your post-period complexion - see and feel a difference immediately.
- The peel unclogs the pores, ensuring any testosterone-triggered sebum is gone.
- The serum contains a range of powerful active ingredients to revitalise your skin.



Proliferative Phase

- The proliferative phase takes place after the period and before ovulation, ending as the follicular phase does.
- Proliferative is defined as “growing rapidly”, which is an accurate description of the uterus during this phase.
- As oestrogen levels begin to rise, it encourages the uterus to thicken and causes the uterus lining to grow.
- As the ovaries release an egg, the uterus creates an environment in which the egg can successfully implant.



Ovulation

- Ovulation divides the follicular and luteal phases in the ovarian cycle, and the proliferative and secretory phases in the uterine cycle.
- Rising oestrogen levels peak, signalling the brain to increase levels of luteinising hormone.
- The hormone spike triggers the release of the egg, which then enters the fallopian tube.
- Ovulation usually occurs around 14 days before the beginning of your next period/cycle.



Ovulation & The Skin

What Will My Skin Look Like?

Your skin may lose its post-period glow, and acne can appear, or worsen, depending on your skin.

- Decreasing oestrogen contributes to a more lacklustre, dull appearance, as oestrogen is what helps to provide a glow after menstruation.
- High levels of progesterone and testosterone encourages sebum production, potentially causing clogged pores and breakouts at ovulation.
- Increased testosterone levels can also contribute to facial hair growth at this stage of the cycle.

Ovulation Skincare Tips

If you are lucky enough to not be affected by hormonal acne, prevention at the ovulation stage is key. If you do suffer with breakouts, these tips will help you to manage your acne symptoms.

- A course of SkinBase Hydro at the follicular phase will help with this prevention, as the peel will remove sebum from the pores.
- Deep clean the pores daily and keep them unclogged with lightweight skin products.
- If you are struggling with facial hair growth, SkinBase IPL could be the answer.



SkinBase Intense Pulsed Light

SkinBase IPL can be used to remove unwanted hair triggered by the cycle.

- IPL uses non-invasive wavelengths of light to heat the hair follicle, making it unable to support further hair growth.
- The light is absorbed by the melanin inside the hair, causing it to fall out and reducing the hair growth in the treatment area.
- You can expect to see significant results within 3-6 treatments with SkinBase IPL.



Luteal Phase

- Ovulation marks the beginning of the luteal phase, which usually lasts between 9 and 16 days.
- After the egg is released at ovulation, the follicle becomes a temporary gland - the corpus luteum.
- The gland secretes oestrogen and progesterone to prepare the uterus for implantation of a fertilised egg.
- Without fertilisation, the gland becomes inactive and hormone levels drop, causing menstruation.



Luteal Phase & The Skin

What Will My Skin Look Like?

As the luteal phase is the last before the cycle resets and the period begins, inflammatory acne is common.

- Oestrogen levels will have decreased to almost their lowest point, and progesterone levels rise. This imbalance leads to higher sebum production.
- Oestrogen levels are too low to have an antibacterial effect, causing the inflammatory acne. This is usually true for those with oily skin.
- Breakouts reported commonly last into the next phase, receiving the name “period breakouts.”

Luteal Phase Skincare Tips

In this phase, it is key to focus on controlling oil production and exfoliating the skin.

- If you have congested pores, a foaming cleanser is a great addition to your routine.
- The SkinBase Skin Renew AHA Cleansing Foam is the ideal product to exfoliate and cleanse.
- Foaming cleansers eliminate excess oils and sebum by pulling it all out of the skin.
- If you need extra help, or want to leave it to the professionals, a course of SkinBase Microdermabrasion would be beneficial too.

SkinBase Microdermabrasion

SkinBase MD is the ideal exfoliation treatment for the luteal phase.

- Using fine crystals and a vacuum, pores are unclogged of sebum, dead cells, bacteria and debris to combat acne and excess oils.
- The MD vacuum also boosts collagen production, preparing your complexion for the upcoming menstrual phase.



Secretory Phase

- The secretory phase of the uterine cycle begins at ovulation, and lasts until the menstrual cycle ends.
- Progesterone levels increase, becoming higher than the declining oestrogen levels for the first time in the cycle.
- The endometrium (lining) stops thickening and prepares for a fertilised egg, by making and releasing chemicals.
- Without a pregnancy, progesterone levels decline and prostaglandins are produced, stimulating cramping.
- The cramping triggers the period. The uterine wall sheds, and blood vessels shrink. Thus, a new cycle begins.

Irregular Cycle

Though everyone is different, there are established clinical ranges that can be used to determine the regularity of your cycle. It is important to know irregular cycles can occur for a variety of reasons, and are often nothing to worry about.

- In the first few years after menarche, cycle lengths and phases can vary as your body gets used to menstruating.
- Lifestyle factors, such as pregnancy, breast feeding, excessive exercise, shift work, increased stress, jet lag and weight loss/gain are common causes of irregular cycles.
- Irregular periods can be a sign of a medical condition, such as polycystic ovary syndrome (PCOS), or hyperthyroidism.

Hormones

- The menstrual cycle phases occur in response to the complex interactions of key hormones within the body.
- On day 1, when your period begins, hormone levels are at their lowest level, and then fluctuate throughout the cycle.
- Understanding the hormones in play is the best way to smoothly transition through the phases of the cycle:
 - **Oestrogen**
 - **Progesterone**
 - **Follicle Stimulating Hormone (FSH)**
 - **Luteinising Hormone**



Follicle-Stimulating Hormone (FSH)

- Follicle-stimulating hormone is a gonadotrophic hormone released into the bloodstream by the pituitary gland.
- FSH regulates the function of the ovaries, and is essential during puberty, fertility and the menstrual cycle.
- FSH is key from day one of the cycle at the follicular phase as it stimulates follicle growth in the ovaries, allowing the dominant follicle to develop the egg ready for ovulation.
- Follicle-stimulating hormone also contributes to the rising levels of oestrogen during the cycle.

Oestrogen

Oestrogen has many roles in the body and is one of the key hormones in the menstrual cycle. There are 3 types of oestrogen in the body: oestradiol, oestriol and oestrone.

- Oestradiol is produced by the ovaries of women of childbearing age, and is key to the menstrual cycle.
- As FSH causes oestrogen levels to rise, oestradiol is the hormone that triggers ovulation, releasing the egg.
- Oestrogen levels peak, triggering the thickening of the uterine lining, ensuring a fertilised egg can implant.



Luteinising Hormone (LH)

- LH is produced and released by the pituitary gland and is very important both pre-ovulation and post-ovulation.
- The oestrogen peak encourages the release of more LH into the bloodstream, causing the ovarian follicle to burst at ovulation and release the matured egg.
- After ovulation, LH also stimulates the corpus luteum to produce progesterone.

Progesterone

- Progesterone is a steroid hormone, and is important in preparing the body for pregnancy.
- The corpus luteum secretes progesterone, increasing levels higher than oestrogen.
- The changing hormones stop the uterus lining from thickening any more in the secretory phase.
- Without fertilisation, the corpus luteum breaks down, triggering the shedding of the lining.

Microdermabrasion & The Cycle

Post-ovulation (the luteal phase of the ovarian cycle and the secretory phase of the uterine cycle) is the best time to begin your course of Microdermabrasion.

- Pre-ovulation, particularly during the period, the skin is increasingly sensitive and period acne is likely to be present.
- Getting MD after ovulation allows you to deal with increased sebum and treat period acne without aggravating your skin.
- There are lots of other benefits of Microdermabrasion for your skin.

A person is lying on a white towel on a treatment table, receiving a microdermabrasion treatment on their back. A hand is holding a small, dark, handheld device and moving it across the skin. The background is a soft, out-of-focus blue.

Microdermabrasion Benefits (1)

Incredibly Effective

A single MD treatment can remove lots of dead skin cells and debris in a single session, to unclog pores and leave the skin feeling smooth and fresh.

Improves Skin Tone & Texture

Symptoms during the menstrual cycle, such as dryness, acne and stress, can affect the skin in a number of ways. MD will counteract these symptoms and improve tone and texture.

Microdermabrasion Benefits (2)

Increased Collagen

There are times during the cycle when oestrogen levels are low, impacting collagen production and increasing dullness and sensitivity. The suction of the vacuum during treatment encourages collagen production.

Enhanced Absorption

As the skin barrier becomes more sensitive during the menstrual phase, applying hydrating and nourishing skincare is key. A course of MD treatments prior to this stage will enable these products to absorb into the skin better, for a softer feel and look.

A person is lying down, receiving a treatment on their neck. A hand is holding a device with a circular applicator head, which is being moved across the skin. The background is slightly blurred, showing what appears to be a clinical or spa setting.

Collagen Lift & The Cycle

- The menstrual phase can be painful and tiring, and the presence of dull, dry skin may significantly deplete your confidence as your cycle begins.
- It is the ideal time for a SkinBase Collagen Lift. Boost your complexion and your mood, and start your cycle with a range of skin benefits.

Collagen Lift Benefits (1)

Non-Invasive & Relaxing

Collagen Lift is non-invasive and relaxing, similar to a hot stone massage. It is the ideal treatment to rejuvenate skin, brighten your complexion and boost your mood.

Collagen Production

During the treatment, the body triggers a wound healing response, instantly flooding the area with collagen to reduce dullness and sensitivity.

Collagen Lift Benefit (2)

Stimulates Lymph & Circulation

High progesterone levels can cause the skin to swell. The CL treatment can counteract this by stimulating the lymphatic and circulatory systems, allowing them to work more effectively.

Perfect for the Face and Body

Hormones can wreak havoc across all of the skin - not just the face. Conveniently, the CL treatment is versatile, and can be used across the body too.



Collagen Lift Ultimate & The Cycle

Collagen lift Ultimate is the ideal treatment for the times in your cycle you would benefit from the exfoliating effects of SkinBase Microdermabrasion and the rejuvenating relaxation of the Collagen Lift treatment. The post-menstruation follicular phase, when oestrogen levels are high, is a great time to introduce your skin to the advanced treatment and benefit from the combined effects. Or, if you would prefer a gentler approach in the follicular phase, we've got another treatment that is perfect for you.

Hydro & The Cycle

Pre-ovulation, but after the menstrual period, you may wish to reintroduce gentle exfoliation and nourishing skin ingredients.

- The follicular phase is a great time to incorporate the Hydro treatment into your routine for an instant skin boost.
- Hydro is an incredibly effective, versatile treatment ideal for a natural renewal, and the treatment benefits are numerous.



Hydro Benefits (1)

Incredibly Effective

The combination of natural AHAs, BHAs and active ingredients within the peel and serums are incredibly effective, allowing you to see and feel a difference in your skin immediately.

Personalised Treatment

We know that everyone experiences menstrual symptoms differently. So, the Hydro can be personalised with a choice of serums to treat skin concerns that are specific to your complexion.

Hydro Benefits (2)

Better Skin for Longer

SkinBase Hydro is progressive, and enhances the cell renewal process, allowing better skin for longer. The quench of hydration and hardworking serums also work to improve the appearance of your skin over time.

Enhanced Absorption

The peel solution removes dead cells and impurities off your skin, removing any barriers to absorption and enhancing the penetration of the serums during treatment, and skincare post-treatment, for a softer look and feel.



IPL & The Cycle

- Post-ovulation is the best time for IPL.
- Having hair reduction treatments at the beginning of your cycle can be uncomfortable, due to increased sensitivity.
- IPL treatments should be performed every 3-4 weeks, so you can schedule your SkinBase appointments in line with your cycle.
- SkinBase IPL has a specially designed handset to make the treatment as comfortable as possible, and that is not the only benefit!

IPL Benefits (1)

Non-Invasive

When you are cycling through irritating, stressful, and even painful symptoms, the last thing you need is an invasive treatment to help. SkinBase IPL is a comfortable treatment, with a special cryo-cooling handset and soothing aloe vera gel post-treatment.

Incredibly Effective

IPL provides excellent results in as few as 3 to 6 treatments, so you can easily rid the skin of any unwanted hormonal hair growth, and stay confident in your skin. Invest some "me time" into your cycle and get that glow back.

IPL Benefits (2)

Range of Skin Concerns

It is not just unwanted hair that arises during your cycle, and IPL does more than just hair reduction. Hormonal acne and pigmentation can also be comfortably treated with IPL.

Fast Procedure

Unlike waxing and shaving, once your course is complete, you may never need to have treatments again. The treatments in the course you do have require no post-treatment clean up, so you can get on with your day quicker.



In results.

Treatment
Results

6 x Microdermabrasion



Ocean Beauty

6 x Microdermabrasion



Hidden Beauty

6 x Microdermabrasion



Rebecca Willshee Nail & Beauty Specialist

12 x Microdermabrasion



The Blissful Beauty Company

6 x Microdermabrasion



Beauty by Holly Nicole

6 x Microdermabrasion



A Nu U Beauty & Brows

6 x Collagen Lift



The Skin Clinic @ The Boutik

6 x Collagen Lift Ultimate



Carole's Beauty Treatment

6 x Collagen Lift



Beauty by Eve

6 x Collagen Lift



Becky's Beauty & Holistic's

6 x Intense Pulsed Light Hair Reduction



Serenity Health and Beauty