



10 Menopausal Skin Symptoms and What You Can Do About Them

No.	Skin condition	What's happening	Recommended Actions
1	Dryness and Wrinkles	Lower oestrogen levels lead to a decline in collagen production, reducing elasticity, which causes dry, thinning skin and increased wrinkles. Skin may appear dull and lose its youthful glow.	Look for moisturisers that contain hydrating ingredients like hyaluronic acid, glycerin or ceramides. In the evening, add a facial oil to your routine for extra nourishment. Try to avoid products with heavy fragrances and limit over-cleansing, as this can strip away moisture. Make sure to choose products specifically designed for dry skin. And don't forget to apply sunscreen every day to protect your skin from UV damage!
2	Loss of Elasticity	A reduction in oestrogen causes a decrease in collagen and elastin, leading to sagging and loose skin.	To combat loss of elasticity, opt for firming creams with ingredients like peptides, antioxidants, or retinol. You might also want to try non-invasive treatments or incorporate daily facial massages—gua sha is a great tool for lifting, sculpting, and draining excess fluid from your face. Consistent facial massage can work wonders to tone and rejuvenate your skin.
3	Redness from Hot Flashes	Hormonal fluctuations cause sudden heat surges, resulting in flushed or reddened skin, especially on the face, neck, and chest.	During a hot flush, a quick spritz of cooling water spray can provide instant relief. It's helpful to avoid known triggers like spicy foods, alcohol, and stress. Wear breathable fabrics (skip polyester!), and you can also try gua sha to gently soothe and cool the skin.

4	Acne and Breakouts	Hormonal imbalances increase sebum production, clogging pores and causing breakouts, even if you've always had clear skin.	Opt for gentle, non-comedogenic cleansers and moisturisers—these products are specifically formulated not to clog or block your pores. If you have acne-prone skin, look for ingredients like salicylic acid to help manage breakouts. A simple, natural tip: use rosewater on a cotton pad twice daily to cool your skin and calm inflammation. It's a soothing, effective way to keep breakouts under control.
5	Rosacea	Hormonal shifts can trigger rosacea, causing redness, visible blood vessels, and small, red bumps on the face.	Use skincare designed for sensitive skin and avoid harsh scrubs. Avoid washing your face with very hot or cold water—lukewarm is best. Rosewater is also a great option here to calm inflammation, and applying it twice daily can make a real difference.
6	Prickly Skin (Weird Sensations)	Declining oestrogen affects nerve endings, causing odd sensations like tingling, prickling, or itching without a clear reason.	Those prickly, tingling sensations can be triggered by temperature extremes, so try to avoid overly hot or cold feet at night. When the tingling starts, use a cooling spray and moisturise regularly. Calming, anti-itch creams with ingredients like aloe vera or colloidal oatmeal can also soothe the skin. Choose soft, non-irritating fabrics and try taking a walk to boost circulation—it can even help you sleep better.
7	Facial Hair	Hormonal imbalances, especially less oestrogen compared to androgens, can cause unwanted facial hair growth, particularly on the chin or upper lip.	For smooth skin, consider hair removal methods such as waxing, threading, or laser hair removal.

8	Signs of Sun Damage	Decreased oestrogen weakens the skin's natural protection against UV rays, making sun damage like age spots, hyperpigmentation, and fine lines more visible.	Make sunscreen your daily essential, especially SPF 50. I personally love Korean sunscreens—they're lightweight, don't leave a white cast, and absorb beautifully into the skin. For an added glow, consider using brightening products with vitamin C and niacinamide to reduce sunspots and hyperpigmentation.
9	Bruising, Fragile Skin, and Slow Wound Healing	Lower oestrogen levels can cause thinning of the skin, making it more prone to bruising, tearing, and slower to heal.	Use a daily moisturiser with ceramides to strengthen the skin. Avoid harsh treatments and protect your skin from injury.
10	Jowls	The loss of collagen and elastin due to lower oestrogen levels can result in sagging skin along the jawline, leading to the appearance of jowls.	As the skin loses elasticity, firming creams with peptides and antioxidants can help restore a youthful appearance. For a natural lift, use a gua sha to massage and sculpt your jawline—it can also help ease any tension you might be holding in that area.