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WELCOME!

This info sheet is part of a menopause symptoms series created alongside my podcast *Maybe it's Menopause Mayhem*.

It's here to share the key headlines in a clear, easy-to-understand way — so you can feel a little more informed, a little less alone, and a lot more supported.

THE FACTS

1: Hormonal changes can reduce skin moisture

As with a lot of symptoms, this is once again about those falling and fluctuating oestrogen levels. This can reduce the skin's natural oils and its ability to retain water.

2: Skin may become thinner and more sensitive

Lower oestrogen levels can affect collagen production, leaving skin feeling drier, tighter, itchier or more easily irritated.

3. Dryness can affect more than your face

The dry skin can literally appear anywhere – including the scalp, arms, legs and intimate areas. And during the course of perimenopause it can vary, both in terms of severity and location!

PERSONAL IMPACT

Physical Discomfort



Skin may feel tight, itchy, sore or irritated – and scratching can make it worse.

Sleep & Concentration



Persistent itching can disturb sleep and make it harder to focus during the day.

Confidence & Wellbeing



Flaking, redness or changes to your skin's appearance can affect how comfortable or confident you feel.

IMPORTANT

Menopause is just one reason you may experience skin irritation; if it is severe, please do reach out and speak to your health care provider.

TOP TIPS!

Moisturise gently: Apply a fragrance-free moisturiser after washing, while your skin is slightly damp.

Be gentle with your skin: Choose mild, unperfumed cleansers and avoid long, very hot showers or baths.

Reduce irritation: Wear soft, breathable fabrics and try not to scratch – gently pat or cool itchy patches instead.



THE PAGE WITH PRACTICAL GUIDANCE!

Where might I notice it?

- Face and lips.
- Arms, hands and legs.
- Scalp.
- Vulva and intimate areas.
- Skin that suddenly feels more sensitive than usual.

What to look for in skincare

- Fragrance-free or unperfumed products.
- Creams or ointments rather than light lotions for very dry areas.
- Moisture-supporting ingredients such as ceramides, glycerin or hyaluronic acid.
- A daily dose of SPF for exposed skin.

When to seek advice

- If your skin is persistently itchy, painful, cracked or bleeding.
- Develops a new or spreading rash.
- Is disturbing your sleep or daily life.
- Does not improve with gentle skincare.
- Changes suddenly or significantly.

IMPORTANT

If you are experiencing vaginal or vulva dryness, ordinary moisturisers may not be suitable. Persistent symptoms in intimate areas should be discussed with your health care provider or a pharmacist.

Products you could try...

These are three products that have either been recommended to me by women experiencing dry skin or that I use myself:

1: CereVe Moisturising cream: this cream contains ceramides to support the skin barrier. It is widely available in UK and US. Check availability in other countries.

2: E45 cream: a straightforward emollient for dry, itchy skin. Widely available in UK, there will likely be similar creams elsewhere.

3: Weleda skin food; This is my current go-to cream! A richer option that can be easily purchased instore or online.



Find out More....

NHS: Emollients

Choosing and safely using moisturising treatments.

British Association of Dermatologists

Reliable patient information about skin conditions and treatment.

American Academy of Dermatology: Dry Skin

Dermatologist reviewed information on causes, care and when to seek help.

My dry-skin reality

Perimenopause has sometimes left me feeling as though I'm shedding like a snake. But all jokes aside, persistent dryness can be uncomfortable and affect far more than appearance.

Moisturisers don't need to break the bank, so shop around and find what works for you!

