

FEELING LIKE A HOT MESS?

Tackle the warm-up to menopause with a dose of beauty empowerment
BY CARLY HOBBS



BEAUTY

Once upon a time, the only choline levels we needed to think about involved chicken. But now, thanks to more understanding around the menopause, we're aware that symptoms can start years before, in a condition called perimenopause. "Many women experience hormonal shifts that send their periods haywire in the years leading up to menopause," explains GP Dr. Sonia Khorana. "This can last from a couple of months to several years. The nosedive in the hormones oestrogen and progesterone causes skin dryness, a drop in collagen and thinning hair." You can also throw night sweats, muscle pain and sleep issues into the mix. There may be no escaping it, but there are ways to make your

HAIR THINNING

Many of us have an emotionally fraught relationship with our hair, so stopping the onslaught of perimenopause on our mane is important. Opt for a supercharged shampoo like **Lee Stafford Hair Growth Activation Shampoo, £6.37**. It contains green tea extract, wheat starch and lemon essence to soothe dryness and stimulate growth. Once a week, add a scalp treatment, such as **Pantene Hair Biology Menopause Hair Thickening + Scalp Soothing Treatment, £13.40** into your routine. Massaging it into your scalp allows the white tea and vitamin B3 ingredients to calm the scalp as well as stimulate blood flow to hair follicles. Products containing caffeine will also wake up roots to boost hair growth - try **Grow Gorgeous Hair Growth Serum Intense, £45**. And for a quick fix, help locks look fuller by using dry shampoo on roots and the front of the hairline. We love **Klorane Volumising Dry Shampoo With Organic Flax, £9.50**.

SKIN DRYNESS

Dry skin is inevitable during perimenopause, and can be particularly troublesome on the face. For full-on flare-ups, take the sting and any redness out with **Weleda Skin Food, £13.50**. The soothing effect of this rescue balm is instant, and it helps to strengthen the skin barrier long-term too, as it's packed with chamomile, calendula and rosemary. For something lighter, try **The Inkey List Omega Water Cream, £9.99**. The nourishing cream coddles skin with fatty acids without feeling greasy. Bedtime is an optimum opportunity to rehydrate and protect against water loss, so twice a week layer on **Dr.Jart+ Cicapair Sleepair Intensive Mask, £12**, and leave it on while you sleep. It contains hydrating glycerin and soothing cica to lock in moisture as well as niacinamide to help prevent spots. Other evenings, use a night cream like **Up Circle**



Night Cream, £16.99. Powered by blueberries, it increases radiance and counteracts pollution. If your skin is stressed, invest in CBD skincare to calm things down. We love **The Body Shop CBD Replenishing Moisture Cream, £20**.

MUSCLE PAIN

Reduced collagen levels aren't just bad news for skin, they can also result in joint pain and muscle aches. Replace the lost nutrients and ease perimenopausal pains with a supplement such as **Sanatogen Vitamin D3 High Strength, £22.99**. It ups the level of vitamin D, which is needed by muscles to do their best work, and strengthens bones, which can become more brittle. There are topical solutions, too - massage **Beauty Pie Soul Providers Re-Energizing Dry Oil Sugar Scrub, £12.64 for members**, into tired limbs to boost circulation and relieve aches. Plus, the uplifting lemon, basil and gooseberry extracts will help boost your mood, so it's the perfect pick for your morning shower. Pre-PMs, swap your normal body lotion for an ache-relieving blend like **Inlight Beauty Rosemary & Hypericum Recovery Balm, £27**. The calming St. John's Wort and liquorice, combined with stimulating rosemary and ginger, support the recovery of weary limbs. Prefer an oil? Try lemongrass-packed **Tisserand Aromatherapy Muscle Ease Massage & Body Oil, £12**, or hemp-infused **Famous Names CB-Dad! Oil, £20**, to make quick work of rehydrating skin and easing aches.

NIGHT SWEATS & BROKEN SLEEP

Quality of sleep can be severely impacted by the perimenopause, and night sweats only make it worse. For starters, use a supplement like **Stargowa Snooze Vegan Gummies, £19.99**, which contain L-theanine, a naturally occurring amino acid known to promote relaxation, as well as 5-HTP which is needed for the production of serotonin, which regulates the body's internal clock for timely shut-eye. A nightly bath can balance body temperature and help induce feelings of sleepiness. Supercharge your soak by adding the lavender-packed **Verdant Alchemy Drift Off Bath Salts, from £12**, and apply **Mio Sleeping Smoothie Overnight Body Serum, £28**, all over once you step out of the tub to keep skin cool. Aromatherapy can also work wonders for getting you in the mood to sleep. Dab **Bertoli Water Meadow Breathing Balm, £20**, on to your inner wrists, then take 10 deep breaths to feel the zen effects of the balm's water mint and chamomile extracts. Stop bedtime sweating turning into BO with **Mono Skincare Deodorant in Neroli, £23**, which contains prebiotics to balance the skin's pH levels and keep pits fresh. Keep hyaluronic acid-infused **Skin in Motion Cool It Mist, £20**, on your bedside table in case the heat hits overnight. F

