

expressyourself

Get in touch!
express.yourself@express.co.uk

Love your skin during menopause



BEAUTY NEWS with Hannah Britt



October is Menopause Awareness Month, and as perimenopause – the 10 years or so before menopause when hormonal changes begin – can start as early as your mid-30s, it's good to have awareness of symptoms so you know what to expect.

Some are well documented: irregular periods, hot flashes, night sweats, mood changes and weight gain. But one in particular often gets forgotten – the effect menopause has on skin.

"In menopause, oil production slows down and skin loses its ability to hold water, so can get quite dry," says Dr Shirin Lakhani of Elite Aesthetics (elite-aesthetics.co.uk).

"Hormonal changes – such as a decline in oestrogen, progesterone and testosterone – cause some women to experience increased pigmentation, especially on the cheeks, upper lip and forehead. "This decline impacts collagen production too, which gives skin its natural elasticity.

"Lips, for example, start to visibly lose volume, and you may develop wrinkles and lines around the mouth."

However help is at hand, and it all starts with finding products with the right ingredients to tackle common menopause skin issues.

MENOPAUSE PRESCRIPTION

Step 1: Repair the skin barrier
"Use a broad-spectrum sunscreen every day, and a gentle cleanser," says Dr Ginni Mansberg, GP, skin expert and founder of ESK Skincare.
"Look for vitamin B3 and ceramides, which repair and improve skin barrier function and hydration."

Step 2: Hydrate
"Banish dryness with a good hyaluronic acid serum," says Dr Mansberg.

Step 3: Boost collagen and elastin
"This will improve overall skin quality and reduce fine lines and wrinkles. Choose vitamin A – a retinol or alternative," says Dr Mansberg.
This is the best ingredient for helping slow and reverse skin ageing, specifically boosting collagen and elastin.

Step 4: Smooth and exfoliate
"Banish dead and dull skin cells with AHAs, which will boost radiance," says Dr Mansberg.
"These exfoliating fruit acids also increase the effectiveness of vitamin A when you apply it."

Step 5: Brighten up
"Vitamin C, particularly if it is combined with vitamin E and ferulic acid, stimulates collagen production

while helping protect and repair UV damage," says Dr Mansberg.

SUPER SKINCARE

■ Living M Collagen Boost Moisturiser, £45 (wearlivingm.com), has been specifically designed for menopausal skin. It contains peptides, resveratrol and hyaluronic acid to hydrate and encourage collagen production.

■ ESK Skincare Ultimate A, £77 (eskskincare.com), is a pH-balanced night cream with retinal and soothing niacinamide to refine skin tone and texture.

■ De Mamiel Phyto-P Elixir, £25 (demamiel.com), combats the redness and sensitivity that can occur during menopause, with lipid barrier-restoring phytosqualene, balancing probiotic peptides and calming alpha-bisabolol.



■ Balance Me Tripeptide Plumping Cloud Cream, £45 (balanceme.com), is like a warm hug for the skin, calming and deeply hydrating with a blend of peptides, ceramides and hyaluronic acid.

■ Roc Derm Correxion Dual Eye Cream, £39.99 (Boots), contains one formula for the lower eye – to address dark circles – and one for the upper, containing retinol

and peptides to lift eyelids and reduce fine lines.



■ Olay Vitamin C + SPF30 Day Gel Cream, £38 (Boots), ticks a lot of boxes – it's hydrating, brightening and effective against pigmentation marks. There's an SPF in there too for added protection.

Follow Hannah on Instagram @hannahbritt

BRILLIANT ON A BUDGET

Our pick of the best new beauty for £10 or less

Rimmel London Thrill Seeker Glassy Gloss, £9 (asos.com), comes in six pink shades. Containing hydrating hyaluronic acid and protective antioxidants, this cares for lips while providing a non-sticky high shine. Choose from coconut water, pineapple and pink berry citrus scents.

Sainsbury's own beauty brand is surprisingly good, especially the highly pigmented nail

varnish. Update your look for autumn with Boutique Nail Polish in Forever Red, £3.50, a bright pillarbox shade. Two coats provide ample coverage, and a top coat keeps it in place well.

With exfoliating AHAs and moisturising hyaluronic acid Simple Active Skin Barrier Care Smoothing Gel Cleanser, £8 (Superdrug), removes make-up, grime and dull dead skin cells without leaving your complexion feeling tight. Ceramides also work to strengthen the skin barrier.



ASK THE EXPERT

Q If your hair is at that salt and pepper stage of going grey, is there any way to boost its appearance?

A Melissa Timperley, owner of Melissa Timperley Salons, Manchester (melissa-salons.com) says: "Embracing the salt and pepper stage is a beautiful journey of self-acceptance and confidence. Focus on enhancing your natural beauty – consider a well-tailored haircut that suits your face shape and lifestyle, as this can truly transform your look.
"Balancing the grey tones with subtle highlights can add depth and dimension, which helps hugely with the transition to embracing greys.
"Healthy hair is essential. Invest in quality hair-care products that nourish and maintain the integrity of locks. And go with your own unique style and personality, whether it's adding a touch of glam with accessories or rocking natural texture. Confidence is key."

TRIED & TESTED

Kayali The Wedding Silk Santal and Velvet Santal, both from £25 (hudabeauty.com)

Weddings are big business – and I do like the idea of a special scent chosen to mark the day that will remind you of it forever. New scent duo from Kayali – Silk Santal and Velvet Santal – are a his and hers fragrance combo designed to complement and enhance each other. A lot like marriage itself, I guess.

I spritzed Silk Santal on myself and Velvet Santal on my partner John. The former is a warm, sweet floral with notes of champagne (fitting), white freesia and sandalwood. The latter is warm and woody, with cedarwood and sandalwood. I liked this one better. The notes mingle well with each other, creating an uplifting autumnal flowery wood fragrance.

They come in mini 10ml bottles too, for use on your big day – with a little left over for the honeymoon.



We love... AUTUMN CANDLES

Cashmere Oud, from £10, bruler-candles.com
Warming and woody, this blends lychee and rose with amber and musk.
Sweet Smokin' Bourbon, £19.95, theflorialab.com
A rich and indulgent blend of honey flower, tonka bean and bourbon.



Hibernata, £50, neomorganics.com
This comforting scent combines patchouli and cedarwood with sweet vanilla.

Relax Aromatherapy Candle, £19, naturejourney.co.uk
With sweet orange, vetiver and lavender oils, this calming scent is perfect for mindful moments.



Special Edition English Pear & Freesia, £59, jomalone.co.uk
With an autumnal leaf decorating the lid, this refreshing fruity and floral scent will lift your mood.

Chai Latte, £21.99, upcirclebeauty.com
Eco-friendly, this vanilla, cinnamon and nutmeg candle is made from repurposed chai spices.

Miaroma Lavender & Grapefruit, £9.99, Holland & Barrett
This aromatherapy candle is designed to help you relax and unwind.

Karma, £12, lush.com
Made from ethically sourced essential oils, the notes of orange and patchouli are perfect for autumn.



Compiled by MERNIE GILMORE

Love your skin during menopause



BEAUTY NEWS with Hannah Britt



October is Menopause Awareness Month, and as perimenopause – the 10 years or so before menopause when hormonal changes begin – can start as early as your mid-30s, it's good to have awareness of symptoms so you know what to expect.

Some are well documented: irregular periods, hot flushes, night sweats, mood changes and weight gain. But one in particular often gets forgotten – the effect menopause has on skin.

"In menopause, oil production slows down and skin loses its ability to hold water, so can get quite dry," says Dr Shirin Lakhani of Elite Aesthetics (elite-aesthetics.co.uk).

"Hormonal changes – such as a decline in oestrogen, progesterone and testosterone – cause some women to experience increased pigmentation, especially on the cheeks, upper lip and forehead.

"This decline impacts collagen production too, which gives skin its natural elasticity.

"Tips, for example, start to visibly lose volume, and you may develop wrinkles and lines around the mouth."

However help is at hand, and it all starts with finding products with the right ingredients to tackle common menopause skin issues.

MENOPAUSE PRESCRIPTION

Step 1: Repair the skin barrier

"Use a broad-spectrum sunscreen every day, and a gentle cleanser," says Dr Ginna Mansberg, GP, skin expert and founder of ESK Skincare.

"Look for vitamin B3 and ceramides, which repair and improve skin barrier function and hydration."

Step 2: Hydrate

"Banish dryness with a good hyaluronic acid serum," says Dr Mansberg.

Step 3: Boost collagen and elastin

"This will improve overall skin quality and reduce fine lines and wrinkles. Choose vitamin A – a retinol or alternative," says Dr Mansberg.

This is the best ingredient for helping slow and reverse skin ageing, specifically boosting collagen and elastin.

Step 4: Smooth and exfoliate

"Banish dead and dull skin cells with AHAs, which will boost radiance," says Dr Mansberg.

"These exfoliating fruit acids also increase the effectiveness of vitamin A when you apply it."

Step 5: Brighten up

"Vitamin C, particularly if it is combined with vitamin E and ferulic acid, stimulates collagen production

while helping protect and repair UV damage," says Dr Mansberg.

SUPER SKINCARE

■ Living M Collagen Boost Moisturiser, £45 (wearelivingm.com), has been specifically designed for menopausal skin.

It contains peptides, resveratrol and hyaluronic acid to hydrate and encourage collagen production.



■ ESK Skincare Ultimate A, £77 (eskcare.com), is a pH-balanced night cream with retinal and soothing niacinamide to refine skin tone and texture.

■ De Mamiel Phyto-P Elixir, £85 (demamiel.com), combats the redness and sensitivity that can occur during menopause, with lipid barrier-restoring phytosqualane, balancing probiotic peptides and calming alpha-bisabolol.



■ Balance Me Tripeptide Plumping Cloud Cream, £45 (balanceme.com), is like a warm hug for the skin, calming and deeply hydrating with a blend of peptides, ceramides and hyaluronic acid.

■ Roc Derm Correxion Dual Eye Cream, £39.99 (Boots), contains one formula for the lower eye – to address dark circles – and one for the upper, containing retinol

and peptides to lift eyelids and reduce fine lines.

■ Olay Vitamin C + SPF30 Day Gel Cream, £38 (Boots), ticks a lot of boxes – it's hydrating, brightening and effective against pigmentation marks. There's an SPF in there too for added protection.



■ Follow Hannah on Instagram @hannahbritt

BRILLIANT ON A BUDGET

Our pick of the best new beauty for £10 or less

■ Rimmel London Thrill Seeker Glassy Gloss, £9 (asos.com), comes in six pink shades. Containing hydrating hyaluronic acid and protective antioxidants, this cares for lips while providing a non-sticky high shine. Choose from coconut water, pineapple and pink berry citrus scents.

Sainsbury's own beauty brand is surprisingly good, especially the highly pigmented nail

varnish. Update your look for autumn with **Boutique Nail Polish** in Forever Red, £3.50, a bright pillarbox shade. Two coats provide ample coverage, and a top coat keeps it in place well.

With exfoliating AHAs and moisturising hyaluronic acid **Simple Active Skin Barrier Care Smoothing Gel Cleanser**, £8 (Superdrug), removes make-up, grime and dull dead skin cells without leaving your complexion feeling tight. Ceramides also work to strengthen the skin barrier.



October is Menopause Awareness Month, and as perimenopause – the 10 years or so before menopause when hormonal changes begin – can start as early as your mid-30s, it's good to have awareness of symptoms so you know what to expect.

Some are well documented: irregular periods, hot flushes, night sweats, mood changes and weight gain. But one in particular often gets forgotten – the effect menopause has on skin.

“In menopause, oil production slows down and skin loses its ability to hold water, so can get quite dry,” says Dr Shirin Lakhani of Elite Aesthetics (elite-aesthetics.co.uk).

“Hormonal changes – such as a decline in oestrogen, progesterone and testosterone – cause some women to experience increased pigmentation, especially on the cheeks, upper lip and forehead.

“This decline impacts collagen production too, which gives skin its natural elasticity.

“Lips, for example, start to visibly lose volume, and you may develop wrinkles and lines around the mouth.”

However help is at hand, and it all starts with finding products with the right ingredients to tackle common menopause skin issues.

MENOPAUSE PRESCRIPTION

Step 1: Repair the skin barrier

“Use a broad-spectrum sunscreen every day, and a gentle cleanser,” says Dr Ginni Mansberg, GP, skin expert and founder of ESK Skincare.

“Look for vitamin B3 and ceramides, which repair and improve skin barrier function and hydration.”

Step 2: Hydrate

“Banish dryness with a good hyaluronic acid serum,” says Dr Mansberg.

Step 3: Boost collagen and elastin

“This will improve overall skin quality and reduce fine lines and wrinkles. Choose vitamin A – a retinol or alternative,” says Dr Mansberg.

This is the best ingredient for helping slow and reverse skin ageing, specifically boosting collagen and elastin.

Step 4: Smooth and exfoliate

“Banish dead and dull skin cells with AHAs, which will boost radiance,” says Dr Mansberg.

“These exfoliating fruit acids also increase the effectiveness of vitamin A when you apply it.”

Step 5: Brighten up

“Vitamin C, particularly if it is combined with vitamin E and ferulic acid, stimulates collagen production

while helping protect and repair UV damage,” says Dr Mansberg.

SUPER SKINCARE

■ Living M Collagen Boost Moisturiser, £45 (wearelivingm.com), has been specifically designed for menopausal skin.

It contains peptides, resveratrol and hyaluronic acid to hydrate and

encourage collagen production.



■ ESK Skincare Ultimate A, £77 (eskskincare.com), is a pH-balanced night cream with retinal and soothing niacinamide to refine skin tone and texture.



■ De Mamiel Phyto-P Elixir, £85 (demamiel.com), combats the redness and sensitivity that can occur during menopause, with lipid barrier-restoring phytosqualane, balancing probiotic peptides and calming alpha-bisabolol.

