



### Boost Skin Elasticity

“By 50, we make no new collagen,” says board-certified dermatologist Dr. Shari Marchbein. Vitamin C can help prevent sagging.

**Vichy LiftActiv Vitamin C Serum, \$35;** [ulta.com](http://ulta.com)

### Find Support

Guided journaling with expert advice from an online menopause community helps you identify and track your symptoms—and find solutions.

**The perry menopause journal, \$20;** [amazon.com](http://amazon.com)



**‘Menopause happens younger than people think—at 51, the height of your career and life’**  
—MICHELLE JACOBS



### Keep Cool

A hands-free personal neck fan can keep hot flashes at bay at work or on the go.

**JISULIFE portable fan, \$37;** [amazon.com](http://amazon.com)

# Your Menopause Survival Kit

MENOPAUSE IS INEVITABLE—BUT WITH NEW OPTIONS TO HELP SYMPTOMS, SUFFERING ISN'T

By **EILEEN FINAN**

**Each day about 6,000 U.S. women enter menopause**—but for too long “they’ve been put on the back burner,” says Dr. Mary Jane Minkin, Yale School of Medicine professor of obstetrics and gynecology. On average, women reach menopause at 51, so “they still have a lot of life to live.”

A new wave of menopause-specific products and brands shows the marketplace is starting to pay attention. A decade ago Sally Mueller, now 59, began experiencing perimenopause, but the over-the-counter treatments she found “hadn’t been reinvented in years,” she says. So in 2021 she and a friend, Michelle Jacobs, launched Womaness, a line of discreet vibrators and sleekly packaged creams developed with doctors. “We wanted to inspire,” Mueller says. Adds Jacobs, 51: “Menopause isn’t a terminal illness.

You have every right to feel good.” There are many solutions, from hormone therapies and other prescription treatments that “can help just about everybody,” Dr. Minkin says, to over-the-counter options like the ones on these pages. Says Dr. Minkin: “It isn’t our lot in life to suffer through this.”



Womaness founders **Michelle Jacobs and Sally Mueller**

### Soothe Vaginal Dryness

This moisturizer “feels so good you can use it all over,” Jacobs says. (For décolleté, this serum, with algae for skin tightening, gets rave reviews.)

**Womaness Coco Bliss vaginal moisturizer, \$20; Let’s Neck serum, \$29;** [womaness.com](http://womaness.com)



### Try Aromatherapy

Several studies have shown that lavender can help ease hot flashes, insomnia and anxiety.

**Plant Therapy Essential Oils Lavender, \$7.50;**

[amazon.com](http://amazon.com)



### Cleanse Gently

Menopausal skin can be dry but still acne-prone. This foaming cleanser can add moisture but will not trigger breakouts, says Dr. Marchbein.

**La Roche-Posay Gentle Foaming Moisturizing Wash, \$19;** [ulta.com](http://ulta.com)

## People health

### Sip an Herbal Tea

“There’s data on pure black cohosh that shows relief from hot flashes,” says Yale School of Medicine ob-gyn Dr. Mary Jane Minkin. She recommends this European brand because herbal products are well regulated in Europe. **Remifemin, \$25;** amazon.com



### Keep a Cool Head

Disturbed sleep is one of the most common menopause symptoms, and hot flashes are often the culprit. A cooling pillow could help soothe.

**UltraCool Pillow, from \$69;** slumbercloud.com



### Boost Desire

Vibrators can help stimulate blood flow to the genitals, which can improve lagging libido during menopause.

**Gold Vibes vibrator, \$28;** womaness.com



### Hot Tip

Keep extra pj's next to your bed: “If you get up sweaty, you can put on a dry nightgown and get some rest,” Dr. Minkin says.



### Upgrade Your PJ's

Several pajama brands now offer menopause-specific options featuring cooling fabrics that are quick-drying and keep moisture away from the skin.

**Lusomé cami and short, \$64 each;** us.lusome.com

### Fight Collagen Loss

This serum has collagen-building peptides and “soy isoflavonoids that can have estrogen-mimicking effects,” says Dr. Marchbein, who calls No7 one of the best budget brands for menopausal skin. She also loves their spray for a quick cooling effect.

**No7 Instant Cooling Mist, \$15; No7 Instant Radiance Serum, \$33;** target.com



### Target Sweat-Prone Zones

Spray this cornstarch-based, lavender-scented powder directly to your overheated under-breast area.

**Megababe Bust Dust, \$16;** ulta.com



### Find Your Go-To Cream

In menopause, skin often dries out. CeraVe creams are “inexpensive and work beautifully,” says Dr. Marchbein, who notes this can be used on your face and body.

**CeraVe Moisturizing Cream, \$16;** target.com

## Menopause by the Numbers

# 75%

Percentage of women who experience hot flashes  
For most, the symptom lasts two years or less.

# 34+

Number of menopause symptoms  
Lesser-known signs include brain fog and anxiety.

# 1.1 B

Postmenopausal women worldwide by 2025  
That will be 12 percent of the world's population.