

YOU'RE NOT IMAGINING IT

What Menopause Really Does to Your Skin

Why it happens, and the 3 steps that actually help



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5 MIN READ

You're not imagining it.

One of the things I hear most in clinic from women in their late 40s and 50s goes something like this:

"My skin's just changed. Same routine, same products, and it's like they've all stopped working."

They haven't stopped working. Your skin has changed the rules.

Menopause skin is one of the most misunderstood things I see. So let's clear it up: what's happening, what helps, what's a waste of your money, and when I'll talk you out of a treatment altogether.

01 THE SCIENCE

What's actually going on

Oestrogen does far more for your skin than most people realise. It keeps collagen production ticking over, helps your skin hold on to water, keeps your barrier strong and supports blood flow to the skin.

When oestrogen drops through perimenopause and menopause, all of that slows down at once. And it doesn't happen gently.

30%

of your skin's collagen is lost in the first five years after menopause.

After that, it keeps falling by roughly 2% a year.

COLLAGEN BEFORE MENOPAUSE

FIVE YEARS AFTER

Think of collagen as the scaffolding under your skin. Through your 30s and early 40s you lose a pole here and there. Menopause is when someone starts taking down whole sections at once.

02 THE SIGNS

What you'll probably notice

Dryness your old moisturiser can't touch

Less oil, a weaker barrier, more water escaping.

Thinner, crepier skin

Especially under the eyes, on the neck and the backs of the hands. You might bruise more easily too.

Things heading south

Less collagen and elastin means less bounce, so the jawline softens and the lower face can look heavier.

New sensitivity

Products you've used for years suddenly sting. Your skin's pH shifts, so it reacts more.

Pigmentation and a duller tone

Old sun damage tends to show up now, and skin renews itself more slowly.

Breakouts

Yes, really. The shift in hormone balance can bring back spots you thought were long gone.

Slower healing

Everything takes longer to settle, including after treatments.

03 THE PLAN

The 3-step approach that actually helps

This is how I approach it with patients. The order matters.

STEP ONE

01

Protect what you've still got

Before we build anything, we stop the losses.

- SPF 30 to 50 every single day, all year round. Yes, in Liverpool. Yes, in November. UV breaks down collagen faster than anything else you can control.
- Swap harsh cleansers and scrubs for something gentle. Your barrier is already under pressure.
- Look for barrier-repair ingredients like ceramides, glycerin and squalane.
- If you smoke, stopping is the single biggest thing you can do for your skin.

It's the least exciting step. It's also the one that makes everything else work.

STEP TWO

02

Rebuild at home

Skincare shelves are full of noise. These are the ingredients worth your money.

Retinol, or prescription tretinoin

PM

The best-evidenced ingredient we have for building collagen. Start two or three nights a week and build up slowly, because menopausal skin irritates more easily.

Vitamin C

AM

An antioxidant that supports collagen, brightens and evens out tone. Wear it under your SPF.

Niacinamide

AM OR PM

Strengthens your barrier, calms redness and helps your skin make its own ceramides. Plays nicely with almost everything.

Peptides

AM OR PM

Messengers that nudge your skin to make more collagen. Gentle, so a good partner on your retinol-free nights.

Hyaluronic acid

AM OR PM

Pulls water into the surface so dry skin looks smoother and plumper. It hydrates, it doesn't rebuild.

Antioxidants

AM

Vitamin E, green tea and astaxanthin give extra back-up against everyday damage. The evidence varies, so treat them as a bonus.

And the basics

A richer moisturiser than you're used to, pressed into damp skin to lock the water in. Then give it around 12 weeks to show you what it's doing.

Not sure which products to buy? They're not all equal. DM me and I'll point you to the exact ones I use and recommend.

DM me for product recommendations

Rebuild in clinic

This is where treatments come in, and it's skin quality first, every time.

- **Skin boosters** like BabyGLOW™ by Teoxane bring back hydration and glow without adding volume.
- **Polynucleotides** are designed to support the skin's own repair processes, and are popular for thin, crepey skin around the eyes.
- **Microneedling** creates a controlled healing response that encourages new collagen.

These work with your skin rather than covering it up. And because menopausal skin heals more slowly, I'll space treatments out more than I would for someone in their 30s.

04 WHERE I DRAW THE LINE

When I'll tell you no

Here's the rule in a lot of clinics: skin's sagging, so add filler. Lost volume, put volume back.

I do it the other way round. If your skin itself is thinning, filler isn't my first answer, and there's a fair chance I'll say not yet. Filler adds volume. It doesn't thicken skin or give it back its bounce, and putting volume under skin that's lost its structure can end up looking heavy rather than fresh.

Skin quality first. Structure second, and only if you actually need it. Sometimes the most useful thing I can do in a consultation is send you home with a better routine and nothing else.

The bits that happen outside my clinic

HRT

For some women it helps the skin as well as everything else. That's a conversation for your GP or a menopause specialist, based on your whole health picture, not just your face.

Collagen supplements

Short version? The evidence is mixed. A 2025 review of 23 trials found the positive results mostly came from industry-funded studies, while the independent, high-quality ones showed no real effect. If you enjoy them, fine. Just don't let them eat into your SPF budget.

Sleep, protein and strength training

Not glamorous, but they matter for your skin and for the rest of you.

Not everything is menopause. A new or changing mole, a patch that won't heal, or itching that won't settle needs your GP, not a new serum.

06 THE BOTTOM LINE

Your skin's changed. You haven't lost the game.

With the right protection, the right routine and the right treatments in the right order, your skin can look healthy, fresh and like you. Just a well-rested version.

Not sure what your skin needs?

If you're in Liverpool or the North West, come and see me. You might leave with a treatment plan. You might leave with a skincare routine and a "come back in three months". Either way, you'll know exactly where you stand.



[Book a skin consultation →](#)

Reading this for your wife, mum or sister? [Send it her way.](#)

Sources: British Skin Foundation, "The impact of the menopause on your skin" with Dr Anjali Mahto (2022). Myung SK, Park Y. Effects of collagen supplements on skin aging: a systematic review and meta-analysis of randomized controlled trials. Am J Med. 2025;138(9):1264-1277.

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