# THE MENOPAUSE SKIN GUIDE.

*What estrogen decline actually does to your skin, and what actually helps.*

FROM THE CLINICAL TEAM AT TERRA · PARADISE, NL

BEFORE WE START

# YOU ARE NOT IMAGINING IT.

If your skin has changed in the last few years, and none of your old products seem to work the way they used to, you're not doing anything wrong. Your skin is responding to a real biological shift, the same way your sleep, your energy, and your body composition do.

I say this to women every week in clinic: menopause is not a mystery, it's a mechanism. Once you understand what's actually happening in your skin, the path forward gets much simpler. Not a 12-step routine. Not a drawer of half-used serums. A few things that work, done consistently.

This guide walks you through the mechanism first, then what the evidence supports. Everything here is the same advice we give in our own treatment rooms.

> *Slow and steady wins with skin, the same as everything else. Give it twelve weeks before you judge anything.*

*Marie Powell*

MN NP · MENOPAUSE SOCIETY CERTIFIED PRACTITIONER · FOUNDER, TERRA

THE MECHANISM

# WHAT ESTROGEN WAS QUIETLY DOING FOR YOUR SKIN.

Estrogen is one of your skin's biggest supporters. It stimulates collagen production, helps skin hold water, supports oil production, and keeps blood flow moving to the surface. So when estrogen declines through perimenopause and menopause, your skin loses its most reliable support system, and the shift can feel sudden.

If you look at the research, the numbers explain a lot of what you're seeing in the mirror:

## ~30%

of skin collagen is lost in the first five years after menopause, the steepest drop your skin will experience

## ~1-2%

further collagen decline per year after that, alongside gradual thinning of the skin itself

## Less

oil, water-holding capacity, and elasticity, which is why "dry and crepey" arrives together

None of this means your skin is failing. It means the inputs changed, so the outputs changed. And inputs are something we can work with: some at home, some in clinic, and some as part of your bigger health picture.

> *Your skin didn't stop cooperating. It lost a teammate.*

SOUND FAMILIAR?

# WHAT YOU MIGHT BE NOTICING.

| | |
|---|---|
| **DRYNESS THAT MOISTURIZER WON'T FIX** | Lower oil production plus less water-holding capacity means the fix is barrier repair, not just heavier cream. |
| **NEW SENSITIVITY** | A thinner barrier lets more irritants in. Products you've used for years can suddenly sting. |
| **CREPEY TEXTURE** | Collagen and elastin decline shows first on the cheeks, neck, and the backs of hands. |
| **ADULT BREAKOUTS** | The ratio of estrogen to androgens shifts, and some women break out for the first time since their teens. |
| **DULLNESS** | Cell turnover slows, so dead skin sits on the surface longer than it used to. |
| **SLOWER HEALING** | Marks, scratches, and blemishes take noticeably longer to fade. |
| **MORE REDNESS OR FLUSHING** | Blood vessels become more reactive; rosacea often appears or worsens in midlife. |
| **JAWLINE AND NECK CHANGES** | Volume shifts and skin laxity change the frame of the face, not just its surface. |

If you found yourself nodding at three or more of these, the next two pages are for you.

THE EVIDENCE, RANKED

# WHAT ACTUALLY HELPS.

Skincare has a thousand products and about five ideas that matter. Here they are, in the order the evidence supports:

*01* **SUNSCREEN, EVERY SINGLE DAY**

The least glamorous and most powerful step. UV exposure drives the majority of visible skin aging, and thinner menopausal skin has less natural defense. Broad-spectrum SPF 30 or higher, every morning, all year. Newfoundland winters included.

*02* **A RETINOID, STARTED LOW AND SLOW**

Retinoids are the best-studied ingredient for stimulating collagen and speeding cell turnover. Start with a low strength twice a week, moisturize after, and build up over months. Some irritation at first is normal; give it twelve weeks.

*03* **BARRIER REPAIR, NOT JUST MOISTURE**

Look for ceramides, hyaluronic acid, and glycerin. The goal is helping skin hold water and keep irritants out, which quiets sensitivity and softens crepey texture at the same time.

*04* **VITAMIN C IN THE MORNING**

An antioxidant bodyguard for your collagen: it defends against daily UV and pollution stress and brightens tone over time. Worn under sunscreen, the two work better together than either alone.

*05* **A CLEANSER THAT RESPECTS YOUR SKIN**

If your face feels tight after washing, your cleanser is working against you. Gentle, non-foaming or low-foam, lukewarm water. That's it.

BEYOND THE BATHROOM SHELF

# THE BIGGER PICTURE.

**Hormone therapy.** Because estrogen decline drives these changes, women often ask whether hormone therapy helps skin. The research does show benefits for skin thickness, collagen, and hydration in women using systemic hormone therapy. But it's a whole-health decision made with a qualified clinician, weighing your symptoms, history, and goals. It's never prescribed for skin alone, and it doesn't need to be: skin improvement tends to come along for the ride when hormone therapy is the right choice for your bigger picture. At Terra we prescribe Health Canada approved hormone therapy when it's appropriate, and we're always happy to have that conversation properly.

**In-clinic options.** When home care isn't enough, clinic treatments work on the collagen problem directly. Microneedling stimulates your own collagen production. Skin boosters and biostimulators improve hydration and skin quality from within. Medical-grade LED supports cellular activity and calms inflammation. None of them are magic on their own; all of them work better on top of the daily habits on the previous page.

**The rest of your health.** Sleep, protein intake, strength training, and stress all show up in your skin, because skin is an organ, not an accessory. This is why we treat it as part of your health, not separately from it.

> *Skin is usually the first place women notice menopause, and the last place anyone takes it seriously. We take it seriously.*

KEEP IT SIMPLE

# A ROUTINE YOU'LL ACTUALLY DO.

### MORNING

01 Gentle cleanser, lukewarm water

02 Vitamin C serum

03 Moisturizer

04 SPF 30 or higher, generous layer

### EVENING

01 Cleanse, removing SPF fully

02 Retinoid, two nights a week to start

03 Moisturizer, on top or mixed in

Four products in the morning, three at night. Everything else is optional. Add one new product at a time, give each change a few weeks, and let your skin tell you what it thinks.

WORTH SKIPPING

**Collagen creams.** Collagen molecules are too large to absorb through skin. Build your own instead, with retinoids, vitamin C, and SPF.

**Ten-step routines.** More products means more irritation risk on a thinner barrier, and no more results.

**Hot water and harsh scrubs.** Both strip a barrier that's already working harder than it used to.

**Anything promising to erase ten years.** If it sounds like magic, it's marketing.

# YOUR SKIN KEPT UP ITS END FOR DECADES. NOW IT NEEDS A LITTLE BACKUP.

*If you'd like a plan built for your skin, your hormones, and your actual life, that's what we do. Every consultation is free.*

**BOOK A FREE CONSULTATION · TERRA.JANEAPP.COM**

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