

Skin Changes During Menopause

During the course of the natural menopause process, many women notice surprising changes in the texture and appearance of their skin. Most women begin noticing a generalized all-over drying of the skin. They also start to notice wrinkles forming where the skin has begun drying.

It is common to turn to estrogen based hormone replacement therapy to treat these and other menopause-related skin problems. The side effects from this type of therapy, though, can lead to further problems. If a cream form of estrogen is used on the affected areas, it can act as a moisturizing agent. However, this cream is unavailable in the United States so most doctors are unable to prescribe it. Progesterone cream has also been successful as a moisturizer, but most doctors believe the side effects outweigh any benefits of prescribing it to their patients. However, there are a number of anti-aging, non-prescription creams that are gaining popularity, and most of them are very effective. It is helpful to keep in mind though, that aging skin is a part of growing older. To some degree, accepting it instead of fighting it may help you retain a better overall self-image. If you do attempt to use something like estrogen cream, you may have to live with side effects such as general weight gain or darkening skin.

If your skin loses its tone or the wrinkles appear rapidly, it may be an indication of collagen loss. This can result in more serious problems, like collagen loss in the bones. This may be indicative of osteoporosis. If you suspect that this is the case, you should consult your physician immediately.

As your skin ages during menopause, you are more prone to developing broken capillaries or spider veins that are visible to the naked eye. One of the best available means to prevent these is full body moisturization. You can begin by increasing your daily regular water consumption. It is also beneficial to supplement your diet with raw flaxseed oil. It can be added to vegetables or salad. Using herbal liposome-containing skin products can also help moisturize your skin. Liposomes transport moisture to the cells below the epidermal layer. This can protect and benefit your overall skin tone.

There are a number of other available products that may moisturize your skin during menopause. Apricot kernel oil, Cocoa butter, olive oil, and almond oil have all been proven to be quite helpful at hydrating the skin. Alpha hydroxy acids naturally rejuvenates the skin by exfoliating it. Check the product labels on these products, to ensure that concentrations contain at least eight percent alpha hydroxy acid. Fruit acids are also effective to promote skin rejuvenation. Two popular examples are papaya and strawberry pastes.

Learn to live with your post-menopausal skin. Take care of it and protect it by remaining out of the sun and applying daily sun screen. Use only products that you know to be effective on your skin. Always consult your doctor or healer when you have concerns or are trying something new.