THE ULTIMATE GUIDE TO

Perimenopause Skin Saviors: 21 Surprising Symptoms & Hero Ingredients To Rescue Your Skin!

Welcome!

So Happy You Are Here!

Hello, I am a proud, perimenopausal, clinical skin care specialist & product advisor. I love skin care! I put my education in chemistry to work as a cosmetic & pharmaceutical chemist right out of college & worked in academic research dermatology during medical school. However, I started this whole skin care journey as a practicing clinical esthetician. It took this training & experience, along with everything I have learned since, to understand my own skin changes, find the perfect skin care products, choose essential, professional treatments & build a fantastically effective skin care routine for myself when perimenopause hit me right in the face at age 43!

What would it look like for you to have one source for reliable information on your perimenopausal skin, proven as well as hot, new ingredients, the best products for your skin, professional treatments worth the expense, & a system to put it all together into a powerful routine that gets real results? Oh, not to mention access to me & my community for support, questions, concerns, troubleshooting tactics & personalized recommendations.

Working 1 on 1 with thousands of clinic patients, I have created the perfect toolkit to educate & implement the best possible skin care practices. This is my passion & what I want to do for you. I'm your new skin care bestie!

I've got you, Let's Go!

The best makeup foundation is healthy skin!

Erica Alexis

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Is This For You?

Good question! Are You...

- A 40+ year old woman (let's be honest, skin changes of internal aging, perimenopause & environmental influences actually start around mid 30s...so you should join the party too!).
- Experiencing any of the over **100 potential symptoms of perimenopause.**
- New to clinical skin care (a combination of over-the-counter & prescription products with professional treatments, if you like).
- Fortunate to get away with minimal skin care in the past but...good times are over.
- Have a skin care routine that has never really produced great results.
- Have a skin care routine you have faithfully lived by but it's just no longer working.
- Experiencing irritation from skin care products you have always used.
- Confused & overwhelmed by all of the new skin care ingredients, products, devices, & professional procedures, especially how to combine them safely & effectively.
- Just want to level up! Go beyond basics to get results that turn heads & beg for the inside scoop on what in the world you are doing girl!

THEN THIS IS FOR YOU!

What's Inside

Perimenopause

Perimenopause usually begins at age 40-45, 7-10 years before menopause (average age 51.2). Menopause is the day that marks 1 full year with no ovulation (periods). Post menopause describes all of the wonderful years that follow this day. Perimenopause marks a significant transition in a woman's life, often characterized by a series of hormonal changes that can affect every system of the body. A few of the more common symptoms include brain fog, hot flashes, heart palpitations, joint/muscle pain, headache, weight gain/redistribution, hair loss (scalp), hair gain (face!), insomnia, depression, anxiety, menstrual changes, vaginal dryness, frequent UTIs, painful sex &, for our purposes, SKIN CHANGES. Estrogen and progesterone levels generally decline during this time but can also have sudden, unpredictable spikes. These hormonal fluctuations can result in a range of skin-specific issues, such as dehydration, dryness (yes, they are different), oiliness, acne, skin thinning, & increased sensitivity to name just a few. Understanding the effects of hormone shifts on the skin is crucial to allow perimenopausal women to adapt their skincare routines effectively & avoid common mistakes that make everything worse. Don't worry, help navigating these changes & challenges is here!

Part I
Skin Symptoms of Perimenopause

Oil & Water

Changes in Sebum

Hormonal changes can alter sebum (natural oil) production, leading to either increased oiliness (clogged pores) or decreased oiliness (dry skin).

Reduced Skin Hydration

The water-holding capacity of the stratum corner (outer layer of the skin) decreases, leading to dehydrated skin.

Increased Trans Epidermal Water Loss (TEWL)

Estrogen helps regulate parts of the skin's natural protective barrier. As this barrier's function decreases (due to estrogen loss), TEWL or water loss through the skin increases. Unfortunately just drinking more water does not change this fact (but it's still important!!)

Texture & Tone

Wrinkles and Fine Lines

Loss of estrogen leads to reduced stimulation of fibroblast (type of cell that secretes collagen proteins to help maintain the structural framework of the skin). This results in the development of wrinkles & fine lines.

Changes in Skin Tone

Women may notice changes in skin tone due to slower skin cell turnover and decreased blood circulation. This is often described as duller or less vibrant.

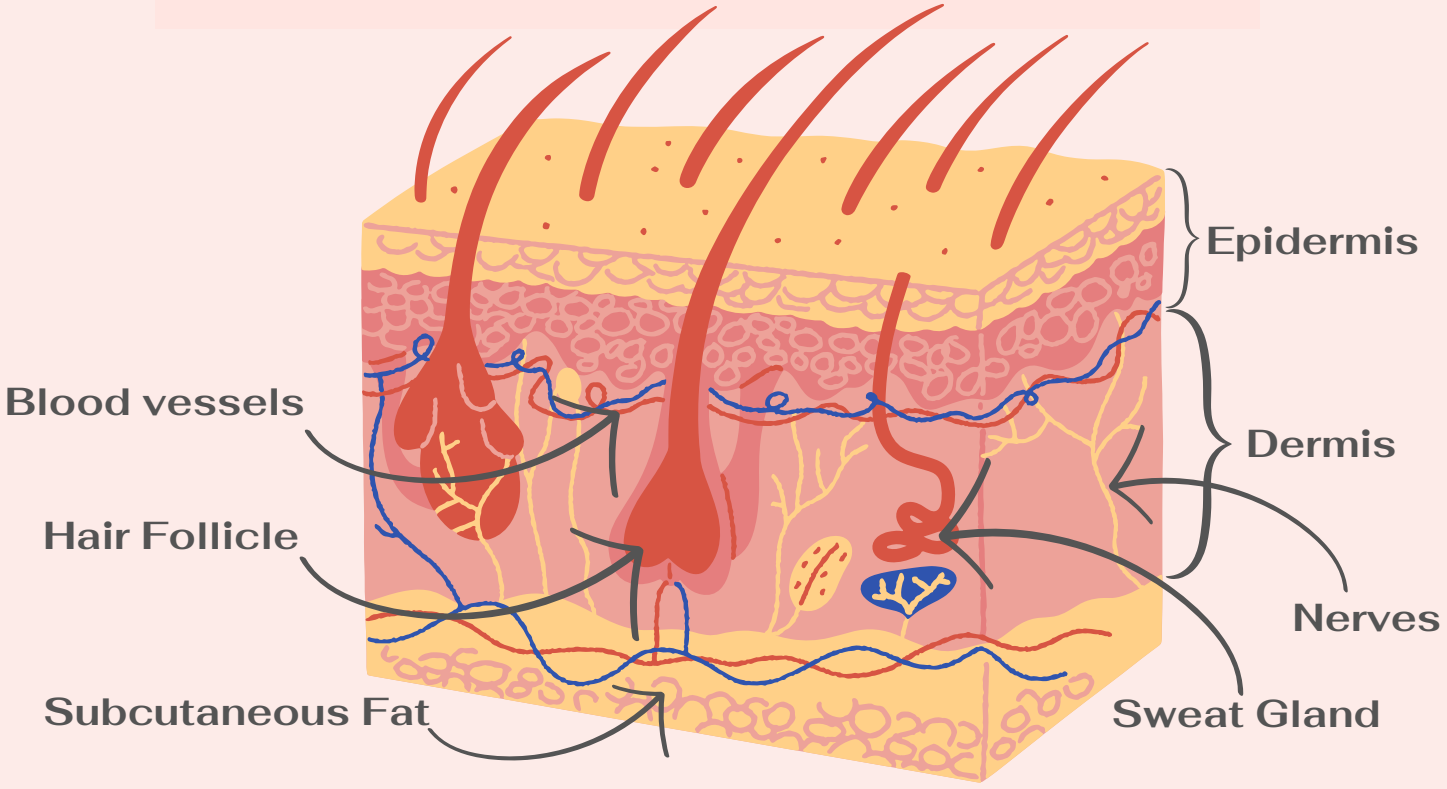
Changes in Skin Texture

The skin's natural renewal process slows, causing dead skin cells to accumulate. This can make pores more visible and skin texture uneven, often described as rougher or less smooth.

Skin Structure

General Skin Atrophy

A reduction in epidermal (upper) and dermal (lower) skin layers, regression (decline) of the sebaceous (oil) glands, subcutaneous (under the top layer) fat loss, and reduction of the muscle-layer are all observed.



Loss of Elasticity

This is the quality of our skin that allows for stretch & bounce-back. Its loss contributes to skin sagging.

Loss of Subcutaneous Fat

This leads to a more gaunt appearance to the face. There is less “plumpness” or “fullness” to the face.

Skin Structure

Reduced Skin Thickness

The average skin thickness is **2.28** ± 0.39 mm in premenopausal women, **2.18** ± 0.35 mm in perimenopausal women, and **2.02** ± 0.36 mm in early postmenopausal women....you see where this unfortunate trend is going!

Loss of Bone Density

Estrogen is essential for maintaining healthy bone. Its decline leads to bone loss occurring especially around the orbital sockets (eyes), cheekbones and jawline. This gradually changes the overall contours of the face.

Reduced Collagen Production

We lose around ⅓ of our collagen in the first 5 years after menopause, then 2% each year for the next 15 years. This contributes to more fragile skin.

Increased Skin Laxity

Loss of overall skin firmness & structure from slower cell turnover, & a combination of reduced collagen, hydration, fat, & muscle.

Vessels & Pigment

Vascular Changes

-Increased visibility of facial blood vessels often occurs. Thinning of blood vessel walls make them more prone to leakage or rupture. This causes more visible veins and increased bruising or discoloration on the skin, especially the under-eye region.

-Women experience episodes of facial flushing or increased redness due to sudden blood flow changes. This is often linked to hot flashes, during which blood vessels dilate (enlarge), leading to warmth and redness on the skin, especially around the cheeks, nose, and forehead.

-Some women develop new or experience worsening of rosacea during perimenopause, a condition where facial blood vessels become more visible, and the skin may flush easily.

Hyperpigmentation

Appearance of darker skin patches caused by an overproduction of melanin (the pigment responsible for skin color). Often caused by:

Hormonal Changes- fluctuations of estrogen & progesterone leading to melasma (dark patches on the cheeks, forehead & upper lip also present during pregnancy).

Sun Exposure/Aging-increase in UV radiation-triggered melanin production.

Post Inflammatory Hyperpigmentation-due to inflammation or trauma to the skin.

Slower Cell Turnover- old pigmented cells stay on the skin surface longer.

Genetics-ex. women of darker skin tones are more prone to hyperpigmentation.

Sensitivity & Repair

Increased Skin Sensitivity

Women report increased general irritation during perimenopause. Causes include thinning skin, loss of moisture, reduced sebum production, pH level changes in the skin barrier & new sensitivities to skin care products

Itching

Dry skin (from decreased sebum production) & dehydrated skin (from reduced water-holding capacity) results in itching. Unfortunately itching is not limited to the face & a common complaint is itchy ears...yes, you read correctly!

Delayed Wound Healing

Decline in estrogen reduces blood flow to the skin which negatively impacts wound healing processes. This makes the skin more prone to injuries and much slower to recover.

Inflammation

Acne and Breakouts

The primary cause of perimenopausal acne, whiteheads & blackheads is the fluctuation in estrogen and progesterone levels. These can spike upward but gradually decrease, over time, as menopause approaches. In contrast, androgen (primary male sex hormone) levels remain relatively stable or can even increase in proportion to estrogen & progesterone, leading to an imbalance. This hormonal imbalance stimulates the sebaceous (oil) glands, causing excess oil production, clogged pores, and, ultimately, inflammatory acne breakouts.

Increased Risk of Dermatitis & Dermatoses

There is increased risk of both Dermatitis (inflammatory skin conditions) & Dermatoses (defects or lesions on the skin). Compromised skin barrier function increases the occurrence of these types of conditions. Examples are atopic dermatitis & eczema. They can appear as red, itchy rashes, & red, weepy, crusty, itchy, flaky patches respectively. They often appear as oval or circular-shaped areas on the skin.

Hair

Increased Facial Hair

Coarse, dark hairs (which gradually turn gray!) may start appearing on the upper lip, chin, jaw line or sideburn. Common removal methods (shaving, plucking, waxing, laser) can cause skin irritation, ingrown hairs, or folliculitis (inflammation of the hair follicles). Repeated hair removal can sometimes lead to post-inflammatory hyperpigmentation (dark spots), especially in women with darker skin tones

Part II

Hero Skincare Ingredients

Hydrating & Soothing

Hyaluronic Acid

Function: Deeply hydrates the skin, boosts moisture retention, & plumps up fine lines.

Why It's Important: Hormonal changes reduce the skin's ability to retain moisture, making it essential for perimenopausal skin to supplement with ingredients that can hold water.

Polyglutamic Acid (PGA)

Function: A powerful humectant that holds up to 5,000 times its weight in water, even more than hyaluronic acid. It forms a hydrating film on the skin's surface, helping to retain moisture and enhance the skin's natural barrier function.

Why It's Important: As skin becomes drier and loses its ability to retain moisture during perimenopause polyglutamic acid provides intense hydration. It also enhances the efficacy of other moisturizing ingredients (such as hyaluronic acid), making it a crucial ingredient for combating dryness, fine lines, and the loss of elasticity in aging skin.

Squalane

Function: Mimics the skin's natural oils to hydrate & soften.

Why It's Important: Offers lightweight yet deep hydration, perfect for balancing drier skin.

Ceramides

Function: Restores the skin barrier & locks in moisture.

Why It's Important: Perimenopausal skin is often prone to dryness, & ceramides help strengthen the skin barrier, reducing water loss.

Glycerin

Function: A humectant that draws moisture from the environment into the skin, keeping it hydrated.

Why It's Important: It prevents water loss and is particularly beneficial for dry skin.

Anti-Oxidants

Vitamin C (Ascorbic Acid)
Function: Brightens skin, reduces hyperpigmentation, boosts collagen production, & protects against environmental stressors. Important to choose the strongest forms of this ingredient (ex. l-ascorbic acid & tetrahexyldecyl ascorbate), sold in sealed, darkened containers to maintain stability.
Why It's Important: Often found in serums, Vitamin C can help even skin tone & improve texture.

Vitamin E (Tocopherol)
Function: Moisturizes the skin, improves barrier function, & works synergistically with Vitamin C to provide enhanced photoprotection (sun protection).
Why It's Important: Commonly used in serums, moisturizers & sunscreens to protect & repair skin.

Resveratrol
Function: A potent antioxidant derived from grapes & berries that has anti-aging & anti-inflammatory properties. It is inactivated by the sun so use at night time!
Why it's important: Resveratrol addresses the skin's reduced ability to recover from free radical damage, supporting overall skin health.

Niacinamide (Vitamin B3)
Function: Reduces inflammation, improves skin elasticity, enhances barrier function, evens out skin tone & diminishes the appearance of enlarged pores, fine lines, & dullness (phew!).
Why It's Important: It's a multi-functional ingredient that helps with dryness, sensitivity, & pigmentation, all of which may increase during perimenopause.

Anti-Oxidants

Coenzyme Q10 (Ubiquinone)
Function: Antioxidant that helps to neutralize free radicals and promote cell regeneration.
Why It's Important: Aging skin has lower levels of CoQ10, and replenishing it can help improve skin firmness and elasticity.

Green Tea Extract (Epigallocatechin Gallate or EGCG)
Function: Has anti-inflammatory & soothing properties. Helps reduce sun damage & skin irritation.
Why It's Important: Present in toners, moisturizers, & masks, ideal for sensitive or acne-prone skin.

Ferulic Acid
Function: Stabilizes other antioxidants like Vitamin C & E, enhances photoprotection, & fights free radical damage.
Why It's Important: Often combined with Vitamin C in serums to improve its effectiveness.

Glutathione
Function: A powerful antioxidant that helps brighten skin, reduce pigmentation, & detoxify the skin.
Why It's Important: Present in brightening serums & creams to reduce dark spots & improve radiance.

Exfoliants

Alpha Hydroxy Acids (AHAs)

AHAs are water-soluble acids derived from fruits, milk, or sugars. They primarily work on the skin's surface, making them ideal for targeting fine lines, sun damage, & improving overall texture.

Glycolic Acid (AHA)

Function: The smallest AHA molecule, it penetrates deeply, exfoliates the top layer of dead skin cells, stimulates collagen production, and improves skin texture and tone.

Why It's Important: Glycolic acid is effective for treating signs of aging like fine lines, wrinkles, and uneven skin tone. It promotes cell turnover, which slows down with age, leading to dull, dry skin. It also helps improve the penetration of other skincare ingredients.

Lactic Acid (AHA)

Function: A milder AHA that exfoliates dead skin cells and helps the skin retain moisture.

Why It's Important: Lactic acid is gentler than glycolic acid, making it a good choice for sensitive skin, which can become more reactive with age. It also hydrates the skin while exfoliating, addressing dryness and rough texture, which often accompany perimenopause.

Exfoliants

AHAs cont.

Mandelic Acid (AHA)

Function: An AHA with larger molecules than glycolic acid, so it penetrates the skin more slowly. This makes it gentler and ideal for sensitive skin. It exfoliates dead skin cells and helps improve skin clarity.

Why It's Important: Mandelic acid is beneficial for individuals with sensitive skin or darker skin tones, as it provides exfoliation with a lower risk of irritation or post-inflammatory hyperpigmentation. It is also great for managing acne-prone skin that may become reactive during hormonal changes.

Malic Acid (AHA)

Function: A gentle AHA that has a combination of exfoliating & antioxidant properties. It also improves hydration by enhancing the skin's ability to retain water.

Why It's Important: Malic acid is less irritating than stronger acids like glycolic acid, making it a good option for dry or sensitive skin. It helps smooth the skin's texture and supports overall hydration, which is essential for aging skin that is prone to dryness.

Exfoliants

Beta Hydroxy Acids (BHAs)

BHAs are oil-soluble, allowing them to penetrate the skin's pores. They are particularly effective for acne-prone & oily skin, as they can exfoliate inside the pores.

Salicylic Acid (BHA)

Function: A beta hydroxy acid (BHA) that penetrates deeply into pores, dissolving excess oil and dead skin cells, making it effective for acne treatment.

Why It's Important: Salicylic acid is oil-soluble, which allows it to clean out clogged pores and reduce inflammation, making it ideal for those experiencing acne flare-ups due to hormonal changes during perimenopause. It also has anti-inflammatory properties, which help calm irritated skin.

Exfoliants

Polyhydroxy Acids (PHAs)

PHAs are a gentler class of exfoliating acids that remove dead skin cells while also acting as humectants, helping the skin retain moisture. Due to their larger molecular size, they penetrate the skin more slowly, reducing the risk of irritation, making them ideal for sensitive or skin.

Gluconolactone

Function: A polyhydroxy acid (PHA) that gently exfoliates the skin while also acting as a humectant, drawing moisture into the skin.

Why It's Important: Gluconolactone is ideal for sensitive skin as it exfoliates without causing irritation. It also provides antioxidant benefits, which help protect the skin from environmental stressors that accelerate aging. Its moisturizing properties also make it suitable for dry skin.

Lactobionic Acid

Function: A PHA that exfoliates, hydrates, and provides antioxidant protection.

Why It's Important: Lactobionic acid is very gentle, making it suitable for sensitive or compromised skin. It hydrates while exfoliating, reduces the appearance of fine lines, and promotes smoother, more even-toned skin. Its antioxidant properties protect the skin from environmental damage, which is especially important for aging skin.

Anti-Discoloration

Tranexamic Acid

Function: An anti-inflammatory and depigmenting agent that helps to reduce melanin production and treat hyperpigmentation.

Why It's Important: Effective in treating stubborn pigmentation like melasma and dark spots, which can become more pronounced with hormonal changes in perimenopause.

Acetyl Glucosamine

Function: A skin-conditioning agent that helps with hydration, exfoliation, and promoting an even skin tone by reducing hyperpigmentation.

Why It's Important: It can enhance the effectiveness of other skin-brightening ingredients (like niacinamide) and is gentle on the skin, making it ideal for sensitive, perimenopausal skin.

Thiamidol

Function: A potent tyrosinase (enzyme involved in melanin production) inhibitor, that reduces dark spots and hyperpigmentation by decreasing melanin production.

Why It's Important: It is a key ingredient in many products targeting hyperpigmentation, making it effective for age spots, sun spots, and melasma.

Anti-Discoloration

Cysteamine

Function: A powerful depigmenting agent that reduces melanin production and helps treat stubborn hyperpigmentation, such as melasma.

Why It's Important: Cysteamine is effective for treating difficult cases of melasma, unresponsive to other anti-discoloration ingredients.

Malassezia (Malasyl or Pyrithione Zinc)

Function: It functions as a melanin inhibitor, helping to lighten dark spots and even out skin tone by reducing the production of melanin in the skin. It is commonly used to target conditions like melasma, age spots, and sun-induced pigmentation.

Why It's Important: Melasyl helps reduce these pigmentation issues, providing a more even skin tone. It can be particularly effective for individuals looking to improve the appearance of discoloration without the use of harsher ingredients like hydroquinone.

Hydroquinone

Function: The strongest, most established skin-lightening agent that works by inhibiting tyrosinase and decreasing melanin production.

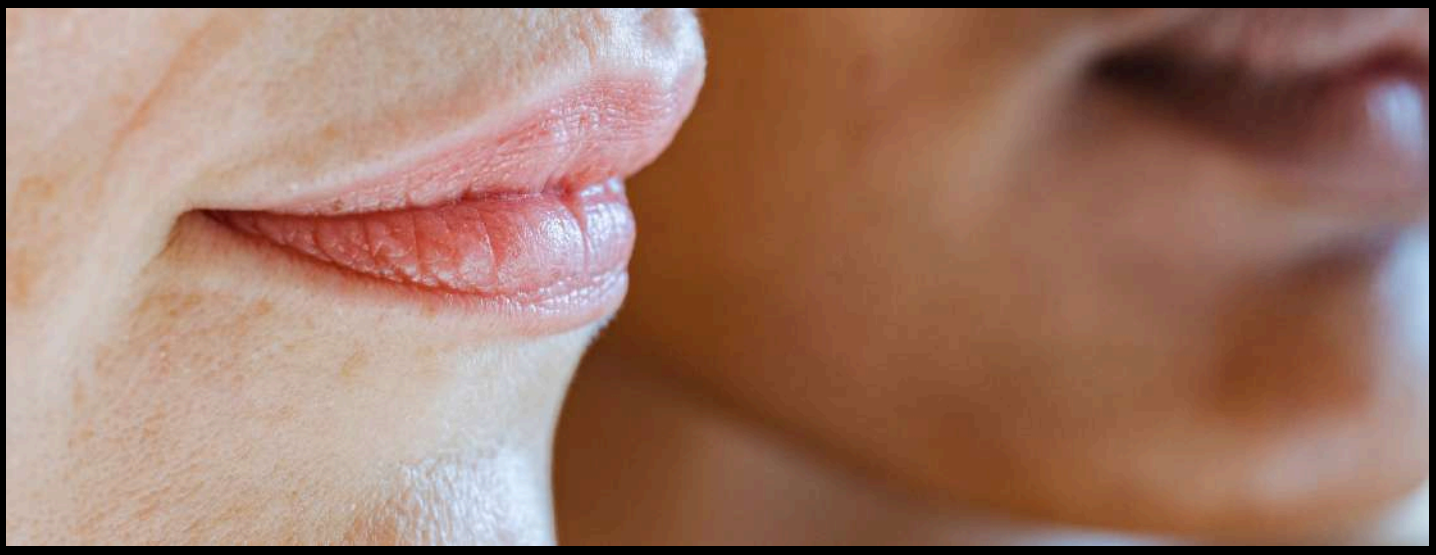
Why It's Important: Considered one of the oldest & most effective treatments for severe hyperpigmentation issues, including melasma, sun/age spots, and post-inflammatory hyperpigmentation. **Caution:** It should not be used for longer than 2-3 months at a time as skin may become darker & thicker (ochronosis). Many will cycle on & off of this hydroquinone, using other anti-discoloration ingredients during breaks.

Anti-Discoloration

Licorice Root Extract
Function: Brightens skin & reduces dark spots.
Why It's Important: Helps address hyperpigmentation & uneven skin tone.

Kojic Acid
Function: Kojic acid prevents the activation of tyrosinase, an enzyme that's necessary for melanin production.
Why It's Important: Kojic acid helps even skin tone, reducing the appearance of discolorations.

Alpha Arbutin
Function: A natural skin-lightening agent that inhibits tyrosinase, an enzyme involved in melanin production.
Why It's Important: Like kojic acid, alpha arbutin helps treat hyperpigmentation, dark spots, and uneven skin tone.



Repair & Function

Bakuchiol

Function: A natural, plant-based alternative to retinol with similar benefits, such as boosting collagen & reducing fine lines.

Why It's Important: Gentler on sensitive skin, than retinoids, which can become more reactive during perimenopause.

Retinoids:

Prescription(Rx): Retinoic Acid, Tazarotene, & Adapalene

Over-the-Counter(OTC): Retinol or Retinal (Retinaldehyde)

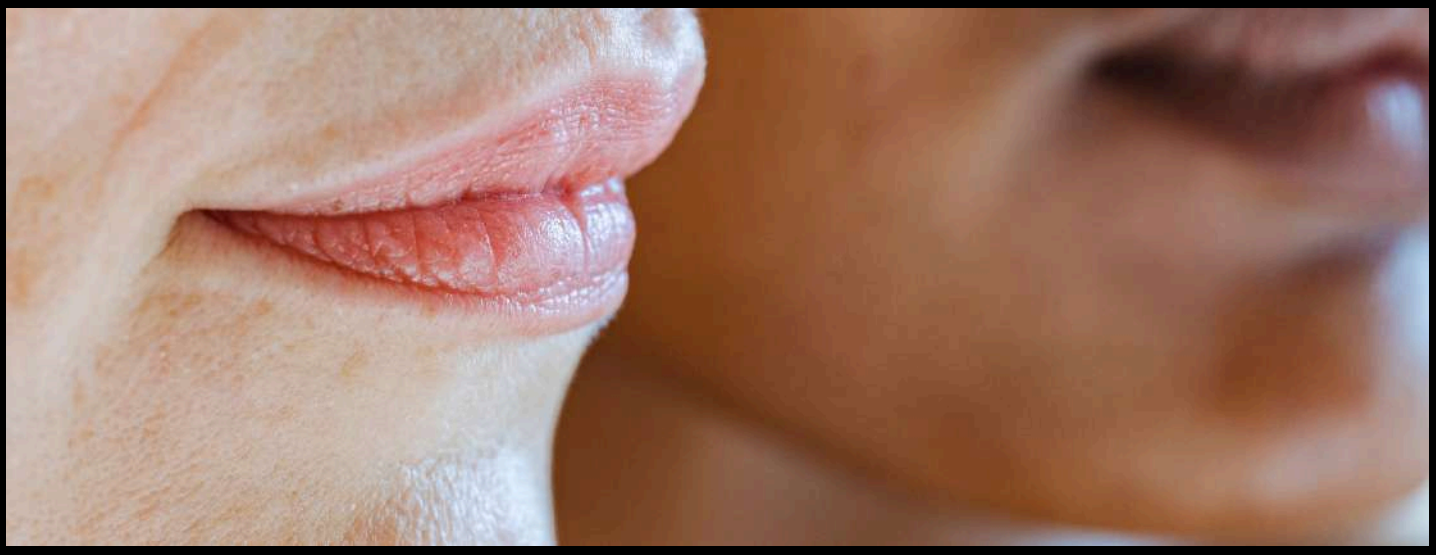
Function: Promotes collagen production, improves skin texture & tone, & reduces fine lines & wrinkles. Rx retinoids are about 20x the strength of OTC.

Why It's Important: Helps with thinning skin & the appearance of wrinkles.

Peptides

Function: Stimulates collagen production & strengthens the skin barrier.

Why It's Important: Collagen loss accelerates during menopause, leading to sagging & loss of firmness.



Repair & Function

Prescription Facial Estradiol & Estriol

Function: Prescription topical estrogen helps restore collagen production, skin thickness, and hydration. Estradiol is stronger than estriol.

Why It's Important: As estrogen levels drop during perimenopause, the skin thins, loses elasticity, and becomes drier. Estradiol & estriol can help reverse some of these effects by directly replenishing the skin's estrogen levels.

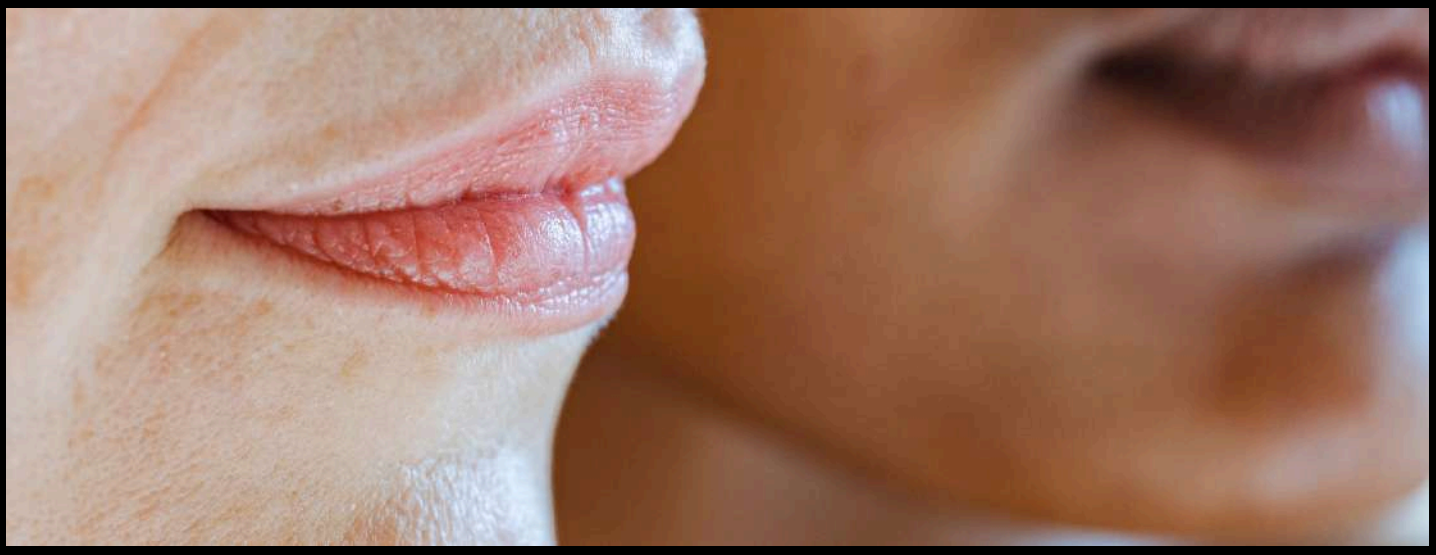
Phytoestrogens

Function: Mimics estrogen & can help to balance skin changes related to declining hormone levels.

Why It's Important: Helps improve hydration & skin thickness, addressing the effects of decreased estrogen levels and do not require prescriptions

Methylene Blue

An antioxidant that increases collagen & elastin production, promotes wound healing, & increases skin hydration & dermis thickness



Repair & Function

Exosomes

Function: Exosomes are tiny, nano-sized vesicles (packets) secreted by cells, typically derived from stem cells or plant sources. They contain growth factors, peptides, antioxidants, & other bioactive molecules that support skin health.

Why It's Important: The small size of exosomes allows them to penetrate deeply & deliver ingredients where they are needed. They influence cell communication (boosting collagen & elastin formation), anti-inflammation, cell regeneration/healing processes & potentially even more targeted actions.

DNA Repair Enzymes (Photolyase, Endonuclease, Glycosylase)

Function: DNA repair enzymes are specialized proteins that identify & repair damage in DNA caused by external factors like UV radiation, pollution, & oxidative stress.

Why It's Important: In skincare, these enzymes are formulated to assist in repairing skin cells damaged by environmental stressors by repairing UV-induced DNA damage, reducing redness/irritation, enhancing skin barrier function.

Sun Protection

Chemical (Organic) Sunscreen Ingredients

These ingredients absorb UV radiation & convert it into heat, which is then released from the skin.

Avobenzone (Butyl Methoxydibenzoylmethane)

Function: A broad-spectrum UV filter that blocks UVA I, UVA II, and UVB wavelengths. It's the only FDA-approved filter for this purpose but is not chemically stable on its own.

Used in: Asian, European, & U.S. sunscreens, but stabilized better in European & Asian formulations. There are 5 additional, FDA-approved, chemical ingredients, oxybenzone, octinoxate, octocrylene, homosalate & octisalate. There is recent controversy over absorption of these ingredients into the blood stream and more research is needed in this area. Most dermatologists conclude the benefits outweigh the risks of developing skin cancer, which is on the rise.

Advantages: It's effective, but often needs to be stabilized by combining it with several other FDA-approved filters.

European & Asian UV-Filtering Ingredients

Including: Tinosorb M & S, Uvinul A Plus, Mexoryl SX & XL. All of these ingredients provide broad UV spectrum protection and are much more stable in products than avobenzone. Available from several websites (ex. Stylevana.com).

Sun Protection

Physical (Inorganic) Sunscreen Ingredients:

These ingredients work by sitting on top of the skin, reflecting or scattering UV radiation & absorbing a small amount. Physical sunscreens are often preferred for sensitive skin types & are less likely to cause irritation. The two FDA-approved physical sunscreen ingredients are:

Zinc Oxide

Excellent, broad-spectrum protection against both UVA & UVB rays.
Gentle on the skin & often used in sunscreens for sensitive skin. Concentrations of 10-20% provide effective sun protection without leaving a thick, white residue. 15-20% offers better protection with a white residue in darker skin tones. 20-25% provides the best protection from UVA & UVB radiation with the most white tine to the skin. 25% is the highest allowed in US sunscreens.

Titanium Dioxide

Protects against UVB & short-wave UVA rays.
Commonly used in mineral sunscreens & is less irritating than many chemical filters. Does not provide as much protection as zinc oxide.

Part III
Next Steps

How I Can Help

Congratulations! You have mastered:

- What is happening to your skin during perimenopause
- The most advanced skin care product ingredients to target all of these perimenopausal skin changes

Now it's your turn! Time to look at what skin care products you are using & how you are using them in your personal skin care routine. I guarantee there are mistakes you may be making & simple solutions for instant, more effective skin care & *healthier, happier skin!*

Check Out These Guides:

Mistakes You Don't Know
You're Making in Your
40+ Perimenopause Skin Care
Coming Soon!

Perimenopausal Skin Myths & Truths
Common Misconceptions of
40+ Perimenopause Skin Care

The Regimen:
Secret Skin Care Routine's Revealed

LEARN MORE

www.40PlusPerimenopauseSkincare.com

Resources

"Smart Skin Care Selector & Start Up Guide"

This essential guide offers AI-enhanced, customizable, personalized skin care product recommendations with a start-up guide for powerful skin care results. **Serious Skin Care Shopping for Smart Women!** *Coming soon!*

Smart Skin Care Support

Looking for a supportive community of *40+Perimenopausal* women on a mission to master skincare. You've found it! Join us for skin care ingredient info, new skin research, quick tips on skin care, product recommendations, skin care routine Q & A sessions...all the things! Coming Soon!

Perimenopause is a transition of the whole body. While excellent skin care is important, working with an experienced physician & arming yourself with quality education & current research is essential for optimal, overall health. **The Menopause Society & The Institute for Functional Medicine** are great places to start. These organizations offer many different perspectives on perimenopause management, great free resources & tools for finding a provider. Ultimately, you will have to work with your provider to decide what is best for you. Start making your plan for perimenopause now!

MENOPAUSE SOCIETY

IFM

Friendly Reminder

Medical Disclaimer

This product is for educational and informational purposes only and is not intended to provide medical advice, diagnosis, or treatment. The content is not a substitute for professional medical guidance. For concerns about medical conditions or treatments, please consult a qualified healthcare provider. Always consider individual needs and sensitivities when making changes to your skincare routine.

Thank You

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PERIMENOPAUSE & MENOPAUSE SYMPTOMS

General Internal Health:
Acidosis
Adrenal Fatigue
Allergies
Bad Breath
Bleeding Gums
Blind Spots
Blood Pressure (high & low)
Blood Sugar Dysregulation
Body Odor
Breast Pain/Tenderness
Breast Size Change
Bruising
Burning Scalp
Burning Tongue & Mouth
Carpal Tunnel Syndrome
Changes in Body Shape
Changes in Sense of Smell
Chills
Clumsiness
Cold Flashes
Crawling Sensations
Dizziness
Double Vision
Dry Eyes
Dry Mouth & Tongue
Early Waking
Electric Shock
Fatigue/Low Energy
Frequent Urination
Frozen Shoulder
Hard Bloated Stomach
Headaches/Migraines
Hearing Problems
Heart Palpitations
High Cholesterol
High or Low Cortisol
Hot Feet
Hot Flashes/Flushes
Inflammation
Insomnia
Internal Tremors/Vibrations
Irregular Heartbeat
Itchy Ears
Joint Pain (Arthralgia)
Lightheadedness
Meibomian Gland Dysfunction
Metabolic Syndrome
Muscle Atrophy (Sarcopenia)
Muscle Cramps
Night Sweats
Non-Alcoholic Fatty Liver Disease
Ocular Migraine
Osteoporosis
Pain
Pelvic & Rectal Pain
Phantom Smells
Restless Leg Syndrome
Runny Nose
Shortness of Breath
Shoulder Pain
Sleep Apnea
Slower Metabolism
Sore Nipples
Tingling Extremities
Tinnitus
TMJ
Urinary Incontinence
Urinary Tract Infections Vertigo
Water Retention
Weight Fluctuations
Weight Gain/Redistribution

GastroIntestinal Health
Abdominal Pain
Acid Reflux
Bloating
Burping
Constipation
Difficulty Swallowing
Gas
Food Allergies/Sensitivities
Food Aversion
Food Cravings
Heartburn
High Liver Enzymes
Increased Hunger
Irritable Bowel Syndrome
Lack of Appetite
Loose Stools
Metallic Taste in Mouth
Nausea

Mental Health
ADHD
Feelings of Doom/Dread
Anxiety
Brain Fog
Depression
Difficulty Concentrating
Emotional Dysregulation
Health Anxiety
Lack of Focus
Lack of Motivation
Lack of Patience
Lack of Self-Esteem
Memory Loss/Lapse
Moodiness/Mood Swings
Nightmares
Panic Attacks
Rage
Sleep Problems
Social Anxiety
Stress

Sexual Health
Bacterial Vaginosis
Bladder Spasms
Heavier or Lighter Periods
Increased or Decreased Libido
Irregular Periods
Pain with Intercourse
PMDD & PMS
Prolapse (vagina/uterus/rectum)
Shorter Periods
Vaginal Dryness
Vaginal Bleeding

Skin, Hair & Nails
Acne
Brittle Nails
Dry &/or Frizzy Hair
Dry, Itchy Skin
Dull Skin
Eczema/Psoriasis
Hair Loss
Hives
Melasma
Unwanted Hair Growth
Wrinkles