

Under *my skin*

Alison Angold has been a beauty and massage therapist for the past 24 years. Aged 47 and the mum of 2 boys she recently had a hysterectomy. She takes up her story in her own words.



“So, we know that the onset of menopause can cause many changes within the body, for which we can try HRT, supplements and other such remedies. However, the changes in the skin are just as prevalent and diverse.



“The main drawback and downside of menopause on the skin, is that the lack of estrogen in the body causes the depletion of collagen.

Collagen fibres sit underneath the skin’s surface and keep the skin firm and plump. Like so many things, these fibres deplete as we get older, resulting in lines, wrinkles and sagging skin, but the onset of menopause can accelerate this depletion of collagen.

“I had a hysterectomy in July 2019, due to years of problems and issues, and being a beauty therapist, and having always looked after my skin, I knew that I wanted to try to do what I could to save my skin, as I knew that menopause would be imminent after my operation.

Changes

“Just after my operation I saw a noticeable change in my skin. The skin on my cheeks, around my mouth and jawline literally dropped – I mean a significant difference! I was amazed at how quickly the lack of estrogen effected my skin!

“There are so many products out there that claim to increase the collagen production in the skin, lessen lines and wrinkle and make us look younger, that it’s difficult to know where to start! So, here are my top tips and products to try as you venture into the menopause and beyond.

“Starting with the lack of the collagen in the skin; it’s good to think of collagen as the scaffolding that is holding everything underneath the skin up. As we age, collagen production gets less, and menopause can cause this depletion to happen more quickly. Therefore, the structure of the skin, starts to cave in as it has lost its support underneath. This results in more lines and wrinkles and sagging skin. To encourage and stimulate the production of collagen there are several things that can be done.

Taking an ingestible collagen supplement is a great way of doing this. Absolute Collagen is a daily dose of liquid marine collagen infused with Vitamin C. They are delivered in 2 weekly boxes, each dose in a convenient sachet which is very easy to take.

I started taking Absolute Collagen as soon as I saw the changes in my skin, and after two months I began to notice a difference. My skin hadn’t lifted as such, but I saw a little of my firmness return, and the lines that had begun to appear around my mouth particularly, were much less visible. All in all, after a few months of not looking myself, I started to look better! Absolute Collagen also claims to have an effect on hair and nails – which makes sense, as these are made up in exactly the same way as the skin. And yes, my nails were definitely stronger, so an added bonus!

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“Another ingestible is Imeeden Prime renewal tablets. These two a day tablets claim to help manage the effects of hormonal aging, in as little as 90 days. Taken regularly for the allotted time period, the skin feels much less dry, fine lines and wrinkles appear slightly reduced and contours begin to appear again.

“Topical creams can also be used to boost collagen production in the skin, such as Murads Rapid Collagen Infusion. This is a serum applied under your normal moisturiser. It claims to promote healthy collagen production and boosts hydration levels in the skin. →





"Whether it really does boost the collagen production in the skin is questionable, but the feeling of this serum on my skin was extremely comfortable, easily absorbed and it definitely did reduce the appearance of the surface lines and wrinkles on my skin – which is essentially what we want to achieve!

Massage

"Massaging your skin is another great way of improving any dull, sagging, skin. By constantly using upwards movements, and firm tapping movements, we can increase the blood circulation that will not only feed the lower layers of the skin, thus bringing fresher, brighter skin to the surface more quickly, but the fresh blood supply will bring oxygen to the collagen that is still in the skin and stimulate it to produce more.

"Hormone imbalance can lead to much more of a build-up of dry, dead cells on the surface of the skin. A daily exfoliant is a must at this stage. Facial scrubs, designed to be used daily, are much, much finer in texture than most scrubs. The base of them is usually something like rice bran, and when mixed with water, you can barely feel the granules, so feels very gentle on the skin. Used daily this will soon banish the surface layer of build-up on the skin and keep the skin constantly smooth. Try Dermalogica Daily Microfoliant or Eve Taylor Micro-fine daily exfoliant.

"It is also essential to add something extra under your moisturiser. I am a fan of layering products, rather than just using something heavier on top. Try adding a hyaluronic acid serum underneath your moisturiser morning and night – try The Ordinary's Hyaluronic Acid. Hyaluronic acid draws water up from the lower layers of the skin, so gives relief to drier, dehydrated skin. Remember to keep drinking plenty of water, as the hyaluronic acid works better when there is more water in the body to draw up to the surface. Well hydrated skin looks much younger than dry, dehydrated, parched skin!"

"For more skincare tips and advice through the menopause and beyond please check out my blog; www.beautytamingthebeast.com.

For massage techniques and tutorials see my YouTube channel – Beautytamingthebeast."

Instagram Alison Angold (@beautytamingthebeast).

Please note the products mentioned in this article by Alison Angold are not endorsed by Menopause Matters.

