

## How menopause affects your skin

For most women, the ageing of the skin starts to happen very quickly with the onset of menopause. It is usually during this time, which typically lasts 5 years, when accelerated ageing occurs due to a change in hormones. As a result, skin becomes dry, itchy and less supple causing fine lines and deep wrinkles to form more easily.

Starting in your late 40's or early 50's the menopause initiates a number of biochemical changes that make the skin less able to retain water and produce collagen. The changes can also cause other problems such as adult acne and age or liver spots, also known as pigmentation.

The specific changes that contribute to this include:

- The stratum corneum, the outermost skin layer, reduces its water holding qualities and becomes dry leading to deep wrinkle formation.
- Collagen levels decrease causing a loss in skin thickness. Remaining cells expand to fill the space causing a transparency and fragility that can lead to wrinkles and micro-wounds.
- Hormonal changes significantly affect the skin's elasticity leading to deep, permanent wrinkles.
- Melanin or Lipofuscin synthesis often caused by exposure to UV light causes dark age or liver spots.
- Hormonal changes can lead to an increase in spots and blemishes, often known as acne.

In fact, as much as 30% of your skin collagen will be lost during this time, as well as the other issues menopause can cause, and so it's important to limit the damage and initiate a skin care regime using products that will help to counteract the effects happening to your skin during and after the menopause.

## Menopause Products

Menopause may be a fact of life, but it doesn't need to take the life out of your skin. Forme Laboratories developed their Stratum C range after studies from a leading UK university showed that a special combination and concentration of peptides, including Matrixyl, can help to stimulate higher levels of your body's own collagen. Unlike many creams and lotions on the market, these products have been made specifically for women going through the menopause and include ingredients to hydrate and moisturise your skin and to replace lost nutrients and vitamins.

The Stratum C Skin Care Range includes a high quality anti-ageing moisturiser to carry the active ingredients into the stratum corneum so they not only provide deep skin hydration, they also stimulate your body to increase its collagen production naturally. The range also includes products that will help to relieve the other common problems your skin can experience. Visit ['About Stratum C'](#) to find out more about our full range.