

Your Menopause Skincare Routine

MORNING DEFEND · EVENING RESTORE

Your skin follows a 24-hour cycle. Permeability is lower during the day and higher at night .

☀ MORNING — DEFEND

Lower permeability · Higher sebum · Skin in defense mode

- 1 Gentle Cleanser**
pH 4.5–5.5 · Water-based · Preserves acid mantle
- 2 Multi-Weight Hyaluronic Acid Serum**
Apply to damp skin · Low MW penetrates, high MW creates surface film
- 3 Vitamin C Serum**
L-ascorbic acid (pH < 3.5) · Opaque packaging · Neutralizes free radicals
- 4 Lightweight Ceramide Moisturizer**
Ceramides + Cholesterol + Fatty Acids — all three required
- 5 Broad-Spectrum Sunscreen SPF 30+**
Always last step · Must form uninterrupted film · Mineral filters preferred

💡 Hot flashes? Keep morning layers lightweight. This 5-step sequence is often sufficient.

🌙 EVENING — RESTORE

Higher permeability · Peak TEWL · Cell regeneration peaks 11 PM–3 AM

- 1 Double Cleanse**
Oil cleanser first (dissolves SPF/makeup) → Water-based cleanser second
- 2 Multi-Weight Hyaluronic Acid Serum**
Apply to damp skin · Compensates for overnight TEWL increase
- 3 Retinoid**
0.25–0.5% retinol · Dry skin only · Start 1–2× week
Increase frequency over 4–6 weeks as tolerance builds
- 4 Rich Ceramide Moisturizer**
Heavier than AM · Seals in actives, counteracts overnight water loss
- 5 Facial Oil (optional)**
Squalane or jojoba · Final occlusive seal · Traps all hydration

💡 Never combine retinoids and acids the same night.

⚠ BARRIER RESET PROTOCOL

If products sting: stop all actives → cleanser + lipid moisturizer + SPF only → 2–4 weeks.

If sensitivity persists beyond 10 days, consult a dermatologist.