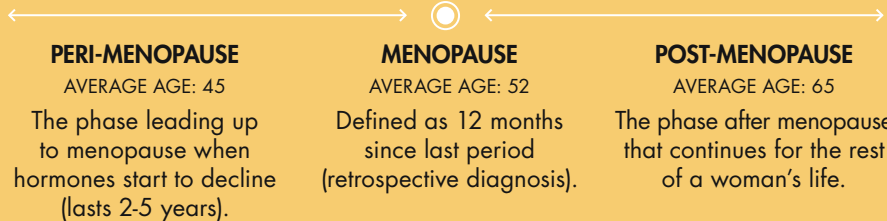


WHAT IS MENOPAUSE?



Menopause is when a woman's menstrual periods stop permanently.

Most women experience menopause between 45 and 55 years of age, as a natural part of biological aging, caused by hormonal changes. Symptoms can however occur before menopause in a stage called perimenopause.



Perimenopause and menopause can result in a variety of mental and physical health symptoms including mood swings, hot flushes and changes to skin.^{1,3}

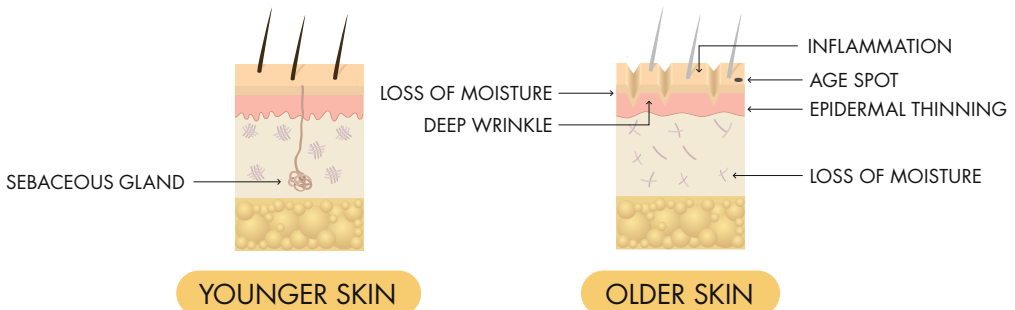
During post-menopause, symptoms tend to subside and decrease in frequency and intensity but may continue for an average of 4-5 years.

Did you know?

1/3 of the UK female population are currently peri or menopausal²

HOW DOES MENOPAUSE AFFECT THE SKIN?

During menopause, levels of the hormone oestrogen decline which accelerates skin ageing.⁴ Skin becomes thinner with decreased collagen content and elasticity, and increased wrinkling and dryness.⁴



HOW TO MANAGE MENOPAUSAL SKIN?

Following an anti-ageing skincare routine can help improve the symptoms of menopausal skin. This should include:



WASH your face with a cleanser adapted to your skin type

MOISTURISE to keep your skin hydrated and improve skin barrier function

PROTECT your skin by always using sunscreen to prevent photoaging caused by UV rays

Did you know? Skin renews itself approximately every 28 days in young adults, but this can increase to 40-60 days as we age which can cause skin to appear dull.⁵

MANAGING MENOPAUSAL SKIN WITH VICHY NEOVADIOL

The Vichy Neovadiol range has been specifically formulated for menopausal skin.

STEP 1: ☀ MORNING & 🌙 EVENING



Vichy Neovadiol Meno 5 Bi-serum has a unique blend of five active ingredients to reveal a radiant, even-looking complexion and leave skin looking firmer and smoother.



Vitamins B3-CG-E:
Increases antioxidant defence



Omegas 6-9:
Increases skin moisture



Glycolic Acid:
Increases cell turnover for an even skin tone



Mineralising Water:
Reinforces skin barrier function



Proxylane and Cassia Extract:
Increases collagen synthesis

STEP 2:

☀ MORNING

Vichy Neovadiol Day Cream helps to improve skin hydration, boosts elasticity and combats collagen loss.



Always complete your morning routine by using an SPF 50+ sunscreen

🌙 EVENING

Vichy Neovadiol Night Cream has cooling properties to soothe and comfort the skin at night when many menopausal women experience hot flushes.



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MENOTALKS

To help support and inform women, Vichy has developed an educational platform called MenoTalks where women can find short educational videos and advice from expert gynaecologists, dermatologists, dieticians, etc. Our ambition is to empower and educate women on the topic of menopause.

Visit MenoTalks here:



Vichy skin care products are available from pharmacies nationwide and online at:
www.vichy.co.uk



References:

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 5. Rodan K, Fields K, Majewski G, Falla T. Skincare bootcamp: the evolving role of skincare. *Plastic and Reconstructive Surgery Global Open*. 2016 Dec;4(12 Suppl).
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Committed to supporting women
throughout their menopause.