

## Taking the Madness Out of Your Skincare

by Yael Yisrael, CMLT, LE

March Madness is known for its chaotic and unpredictable nature. Your hormones, however, should NOT inspire a sense of madness—especially when it comes to managing skincare routines throughout different phases of life.

Here's a breakdown of how hormones shift at different ages:

### Puberty (Ages 8-13)

- **Estrogen & Progesterone:** These hormones rise as girls transition from childhood to adulthood. Estrogen triggers the development of secondary sexual characteristics, such as breast growth and widening hips.
- **Testosterone:** While typically considered a male hormone, women also produce testosterone, which plays a role in muscle growth, libido, and energy levels.
- **Impact on the Body:** Menstruation begins, and there may be an increase in acne and oil production due to hormonal surges. Emotional fluctuations, mood swings, and changes in body image are common.



### Reproductive Years (Ages 20-39)

- **Estrogen & Progesterone:** These hormones maintain the menstrual cycle, regulate ovulation, and support pregnancy. Estrogen helps keep skin elastic and supports bone health.
- **Testosterone:** This hormone helps with energy levels, libido, and muscle mass. It is produced in smaller amounts but plays a significant role in overall

well-being.

- **Impact on the Body:** During these years, women are at their most fertile. Hormonal shifts are tied to the menstrual cycle, and changes can affect mood, skin (such as acne around menstruation), and sleep patterns. Pregnancy during this phase causes dramatic hormonal changes, with higher levels of progesterone and estrogen to support fetal development.

### Perimenopause (Ages 40-49)

- **Estrogen and Progesterone:** These hormones start to fluctuate, often leading to symptoms such as hot flashes, irregular periods, mood swings, and changes in sleep patterns.
- **Testosterone:** Testosterone levels can decline, potentially affecting libido and energy levels.
- **Progesterone:** There's a gradual decrease in progesterone production, which can make the menstrual cycle more irregular.

### Menopause (Ages 50-55)

- **Estrogen and Progesterone:** The ovaries stop producing estrogen and progesterone, leading to the end of menstruation. This is officially diagnosed after a woman has gone 12 months without a period.
- **Testosterone:** Testosterone continues to decrease, which may affect energy levels, muscle mass, and libido.
- **Impact on Bone Health:** The drop in estrogen during menopause can lead to a decrease in bone density, increasing the risk of osteoporosis.

### Post-menopause (Ages 55+)

- **Estrogen:** Estrogen levels remain low, as the ovaries no longer produce it. The body produces small amounts of estrogen in the adrenal glands and fat tissue, but it's insufficient for reproductive function.
- **Testosterone:** Testosterone levels continue to decline, which may affect mood and libido, though some women may still experience a strong libido.
- **Progesterone:** This hormone is also at low levels, as there's no ovulation and the endometrial lining is no longer being prepared for a possible pregnancy.

### Key Hormonal Changes Throughout the Aging Process

- **Declining Estrogen:** This is the major hormonal change associated with menopause, and it impacts numerous systems in the body, including skin elasticity, bone health, heart health, and vaginal dryness.
- **Progesterone:** The lack of progesterone in perimenopause and menopause often causes sleep disturbances and moodiness.
- **Testosterone:** A gradual decline in testosterone can lead to fatigue, brain fog,

loss of libido, and decreased muscle mass.

- **Increased Cortisol:** Stress levels may increase as hormonal balances shift, sometimes leading to heightened anxiety, sleep disturbances, and mood instability.

## Effects of Hormonal Shifts

- **Physical Changes:** Decreased estrogen may lead to thinner skin, weight gain (particularly around the abdomen), and an increase in hot flashes and night sweats.
- **Mental and Emotional Health:** Hormonal fluctuations, especially during perimenopause and menopause, can contribute to mood swings, anxiety, and even depression.
- **Bone Health:** The decrease in estrogen accelerates bone density loss, increasing the risk of fractures.

Women can manage some of these hormonal shifts with lifestyle adjustments like exercise, diet, stress management, and sometimes hormone replacement therapy (HRT) or supplements, but it's always important to consult a healthcare provider for personalized advice. Here at VitalityMDs we can help to alleviate many symptoms and help you truly feel, function and look better.

Hormonal shifts can have a profound effect on skin, which is why I'm writing about it. As hormones fluctuate, especially during puberty, pregnancy, perimenopause, and menopause, their varying levels can cause changes in the skin. Some of these changes might include:

- **Acne or Breakouts:** Hormonal surges, especially during puberty, pregnancy, or the menstrual cycle, can trigger increased oil production, which can lead to clogged pores and acne.
- **Dryness or Sensitivity:** During perimenopause and menopause, estrogen levels drop, which can lead to thinner, drier skin, and sensitivity.
- **Hyperpigmentation:** Hormonal shifts, particularly during pregnancy or as a result of birth control, can cause dark spots – also known as melasma.
- **Loss of Elasticity and Wrinkles:** Estrogen plays a role in collagen production, which helps maintain skin elasticity. As estrogen decreases, the skin may lose some of its firmness, leading to wrinkles or sagging.
- **Changes in Texture:** As hormonal levels fluctuate, it can also impact the skin's texture, potentially making it feel rough or uneven.

By breaking down how hormones change at different ages, we can understand the connection between these shifts and your skin.

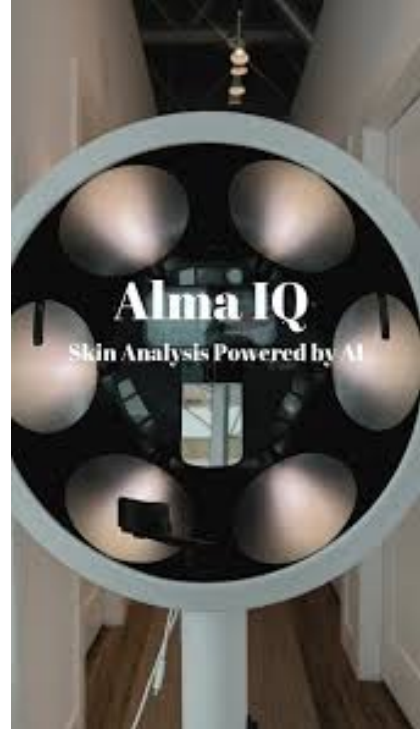
---

## A New Tool for Analyzing Skin

We invite you to experience the future of skin health

with our new and cutting-edge **Alma IQ skin analysis tool** designed to assess your skin's condition with the highest accuracy. The Alma IQ precisely detects and displays every skin concern, offering visual insights and generates personal treatment recommendations. This amazing new technology will empower our skilled aestheticians to recommend treatments and skin care products that will rejuvenate your skin and take years off your appearance delivering a natural and glowing result. It only takes 5-10 minutes and you'll be blown away with what you see.

Schedule your COMPLIMENTARY (\$50 value) Alma IQ skin analysis by calling 480.425.8700 or just ask for it while at your upcoming appointment.



## March 2025 MedSpa Specials



# MARCH MADNESS

## ***The 5 point Facelift!***

*Juvederm, Voluma & Volux*

*\$3500 (\$500 off)*

*\*Same day treatment*

## **Painless Laser Hair Removal**

Purchase a Package of 6 Brazilian get a package of 6 free Under Arms (treatment must be done together)

**\$570 (save \$455)**

## **Opus Plasma Face & Neck Treatment**

**\$800 (reg. \$1000)**

**Opus Plasma** is a non-invasive skin rejuvenation procedure that uses **plasma energy** to improve skin texture, tighten sagging skin, and reduce wrinkles and fine lines. (Rec. 3 treatments)

## **Weight Loss Special**

New Patient HCG Program \$575 (Reg. \$625)

New Patient Lifestyle Program \$400 (Reg. \$450)

**\$50 Off New Patient Semaglutide or Tirzepatide**  
**ONLY** when combined with one of the above weight loss programs.

## **Visit the MedSpa to Spin the Wheel for Prizes**



*All packages/services/retail purchases are non-refundable and cannot be combined with any other offers or be exchanged for another service. All purchases must be made by the end of March and used or started within six months of purchase.*

*Financing may be available through Cherry*



VitalityMDs | 8415 N. Pima Road, Ste #210 | Scottsdale, AZ 85258 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!