

Why Menopause Can Make Your Skin Break Out Like a Teenager



With Skincare Tips
&
Sarcastic One-Liners to Keep You
Sane

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Welcome!

Hi there, beautiful human. If you've found yourself suddenly battling breakouts while also searching for your reading glasses and wondering why your thermostat is malfunctioning, welcome to the world of menopause skin! This guide is here to help you understand why your skin might be acting up and what you can try to calm it down—with a bit of humor to keep things light. You're not alone, and no, your skin isn't broken—it's just... evolving.

Important Disclaimer

The skincare tips and information in this guide are provided for informational purposes only and should not be considered medical advice. Everyone's body and skin are unique, especially during menopause.

Before starting any new skincare product, supplement, or treatment, please consult with your doctor, dermatologist, or healthcare provider to ensure it's safe and appropriate for you.

Any action you take based on the contents of this guide is done at your own risk. Neither Pause Two Three, Jenni Why, nor the author of this material can be held liable for any adverse reactions, outcomes, or regrets caused by trying these tips (though we do hope they help).

You know your body best—this guide is here to provide a little support.

In light and love,

Jenni

MENOPAUSE & BREAKOUTS: WHY YOUR FACE THINKS YOU'RE 14 AGAIN

(+ Skincare Tips & Laughs to Keep You Sane)

1. Hormonal Fluctuations

- What's Happening: Estrogen drops, testosterone gets bossy, oil production ramps up.
- Skincare Fix: Use niacinamide (5%) to balance oil and calm skin.

Apparently, my hormones decided to relive their glory days—acne included.

2. Increased Oil Production

- What's Happening: Oil glands overproduce, clogging pores.
- Skincare Fix: Cleanse with salicylic acid (0.5–2%) once daily. Avoid overwashing.

I didn't ask for this oil boom. Can I sell shares in my T-zone?

3. Thinning Skin & Weak Barrier

- What's Happening: Loss of collagen makes skin fragile and slow to heal.
- Skincare Fix: Use ceramides, peptides, and low-strength retinol (0.25–0.5%).

My skin is now both dry and oily. A true overachiever in dysfunction.

4. Slower Cell Turnover

- What's Happening: Dead skin hangs around, clogging pores.
- Skincare Fix: Gently exfoliate 1–2x/week with PHAs or lactic acid.

Apparently, my skin's on strike. Union demands include naps and retinol.

5. Stress & Cortisol

- What's Happening: More stress = more oil and inflammation.
- Skincare Fix: Calm skin with green tea, CBD, or centella asiatica. Try stress relief too!

*My face and my feelings are both breaking out.
Coincidence? I think not.*

6. Insulin & Blood Sugar Spikes

- What's Happening: Menopause can mess with blood sugar, affecting skin.
- Skincare Fix: Use azelaic acid (10%) for gentle acne control and calming.

My chin has its own angry little sugar crash support group.

7. Diet & Cravings

- What's Happening: Sugar, dairy, wine—acne loves them all.
- Skincare Fix: Add vitamin C serum, zinc, and probiotics to support skin.

My skin objects to cheese and wine? That's betrayal on a cellular level.

8. Wrong Products

- What's Happening: Using harsh teenage acne treatments on aging skin.
- Skincare Fix: Use non-comedogenic, fragrance-free products for sensitive skin.

I moisturize like I'm 80 and break out like I'm 14. Is this skincare purgatory?

9. Chronic Inflammation

- What's Happening: Hormones + age = a grumpy face.
- Skincare Fix: Soothe with colloidal oatmeal, panthenol, and allantoin.

Apparently, my face is fighting battles I didn't even enlist in.

10. Meds & HRT Changes

- What's Happening: HRT or meds can cause temporary acne flare-ups.
- Skincare Fix: Keep your routine simple and consistent: cleanser, moisturizer, SPF.

My hormones went on a rollercoaster and took my face along for the ride.

I hope you found some laughs and some helpful information here!!

Menopause acne isn't fair, but it's common and manageable. Be gentle with your skin (and yourself), laugh when you can, and treat your face like the complex, hormonal masterpiece it is.