

HELLO!

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ON LIFE IN
FRONT OF THE
CAMERA — AND
THE TREATMENTS
SHE LOVES



52-PAGE SPECIAL

AESTHETICS GUIDE 2024

FACE & BODY TWEAKMENTS, SURGERY AND HIGH-TECH SKINCARE



Rosie Green's COMPLEXION RESCUE

The HELLO! columnist says smoother skin is a joyous side-effect of hormone therapy

One of the best-kept secrets of hormone therapy? It can have a wondrous effect on midlife skin. “Women see a huge difference in their skin,” says gynaecologist Miss Anne Henderson. “HRT can boost texture and tone, reduce wrinkles and help resolve menopausal acne.”

We are sitting in Anne's Amara Clinic on London's Harley Street, where I am having a 60-minute menopause consultation. This is an in-depth chat in which I share my symptoms and concerns – and she dispenses life-changing wisdom.

Anne is one of only a handful of people deemed an advanced specialist by the British Menopause Society, so appointments with her are in demand.

Women flock to see her thanks to her empathetic nature and 35 years of experience. Vivacious and glamorous, she is a walking advertisement for her own advice.

After our session, Anne sends me off for blood tests (around £50-£100) at The Doctors Laboratory around the corner on Wimpole Street. These will provide a snapshot of my hormone levels and help Anne find the bespoke menopause medication that will be most helpful for me.

I ask, somewhat bashfully, how the menopause generally affects your skin. I know perimenopause has had an impact on mine. At 50, I've seen significant changes in the past few years. More lines and wrinkles, yes, but the biggest change is in skin laxity.

The reason? Declining levels of the hormone oestrogen, which causes your

collagen-count to plummet. According to the American Academy of Dermatology, women can lose 30% of their collagen in the first five years of menopause. And collagen loss translates to thinner, less bouncy, less glowy skin. It also means a visible reduction in firmness and pores appearing larger.

Although I was reluctant to ask a doctor about my appearance, Anne is far from affronted – “women are often embarrassed to ask me about their looks, saying: ‘I shouldn't be here for cosmetic reasons’” – but,

instead, is delighted to discuss it. “I believe that if you look better on the outside, you will feel better on the inside,” she says.

According to Anne, her patients report much better skin – among many other benefits – after taking HRT. “Improved sleep is one reason, but restoring

optimum oestrogen levels also means that skin is stretchier and looks glossy and young,” she says. “Plus, thanks to an improved immune system, there's a reduction in dryness and irritation and you are less likely to get flare-ups and break-outs. I could walk into a room of post-menopausal patients and I'm sure I could tell you who is on HRT from their skin.”

A menopause consultation costs £360. The Amara Clinic has locations in London and Tunbridge Wells. Visit gynae-expert.co.uk.



THE INJECTABLE TREATMENT I HAVE ON MY TURKEY NECK

Although my face is holding up, I feel as though my neck is letting me down. Horizontal lines criss-cross it and the skin looks – and feels – disconcertingly loose... like a sharpei, in fact.

A game-changer for me has been skin boosters. What are they? Hyaluronic acid solutions injected at multiple points over your area of concern. And note – although I have them in my neck, you can also use skin boosters to treat your face, décolletage and hands, as they disperse beneath the skin to deeply hydrate and stimulate cell reactors, restoring some of that much-missed bounce.

My go-to is Dr Vicky Dondos at Medicetics and she gives me roughly ten injections for my neck. I feel only a scratch as the needle goes in and then another sting as the liquid disperses. You come away with red, swollen bumps around the injection site and you do look like you've been attacked by bees for a couple of hours... but it's so worth it.

Skin boosters with Dr Vicky Dondos at Medicetics cost from £350. Visit medicetics.com.