

# LUXE LIFE CHANGERS

Menopause has definite upsides (adieu, birth control and periods!), but perimenopause often triggers some frustrating symptoms. These products are designed to help you manage the transition.

BY JANCEE DUNN



**1.** Reverse hormone-related eyelash thinning with **Talika Lipocils Platinum**, a pair of serums (one for daytime, one for night) that stimulates growth and volume with a five-plant botanical complex and strengthening peptides. (\$119; [us.lookfantastic.com](http://us.lookfantastic.com))

**2.** Slower cell turnover can make it tougher for products to penetrate your skin, but **Caire Theorem Serum Boost** uses a hyaluronic acid complex with some of the tiniest

molecules on the market. (\$56; [cairebeauty.com](http://cairebeauty.com))

**3.** Dryness from “reverse puberty” can affect lips, too. **Henne Organics Lip Mask** is a cult-favorite remedy for a reason: Credit the hydrating ingredients like sea buckthorn and evening primrose oil. Leave on for half an hour, then gently wipe off. (\$37; [henneorganics.com](http://henneorganics.com))

**4.** Sinking estrogen levels slow the growth of your hair, so it may appear thinner and drier than before. **Better Not Younger Wake Up Call Volumizing Shampoo** leaves locks smooth and shiny with nourishing argan oil, moisture-retaining bamboo, and burdock root extract, which is loaded with essential fatty acids. (\$27; [better-notyounger.com](http://better-notyounger.com))

**5.** Low estrogen may thin vaginal tissues and make them more prone to irritation. **Joylux cleansHER** is a pH-balanced, aloe-based

intimate wash, formulated by an ob-gyn with clean, gentle ingredients, like mandarin orange blossom oil. (\$25; [joylux.com](http://joylux.com))

**6. Pause Well-Aging Hot Flash Cooling Mist** has amassed a rabid following for its ability to provide instant relief, thanks to extracts of anti-inflammatory false daisy and holy basil leaf, as well as menthone glycerin acetal, a frosty menthol derivative. Spray on wrists, the back of your neck, chest, or face. (\$39; [pausewellaging.com](http://pausewellaging.com))

**7.** Some research suggests women with a diet high in omega-3s are less likely to have dry eyes—a common symptom of menopause. **Ace of Air Mega Me Vegan Omega Biomix** capsules contain ahiflower oil, which is thought to be a more bioavailable source of omega-3s than other plant-based options. (\$76; [aceofair.com](http://aceofair.com))



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