

# Tailored dermocosmetic regimens for perimenopausal and menopausal women improved self-esteem and quality of life

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# Disclosure of Conflicts of Interest

This work was supported by Laboratoires Vichy (L'Oreal). SLM and DK are employees of Vichy Laboratories and FF is an employee of L'Oréal. All other authors have received honoraria from Vichy Laboratories.

## Rationale and Objectives

The decline in estrogen levels from several years before (perimenopause) and during menopause has various negative effects, including skin specific issues, which can affect quality of life (QoL).<sup>1</sup>

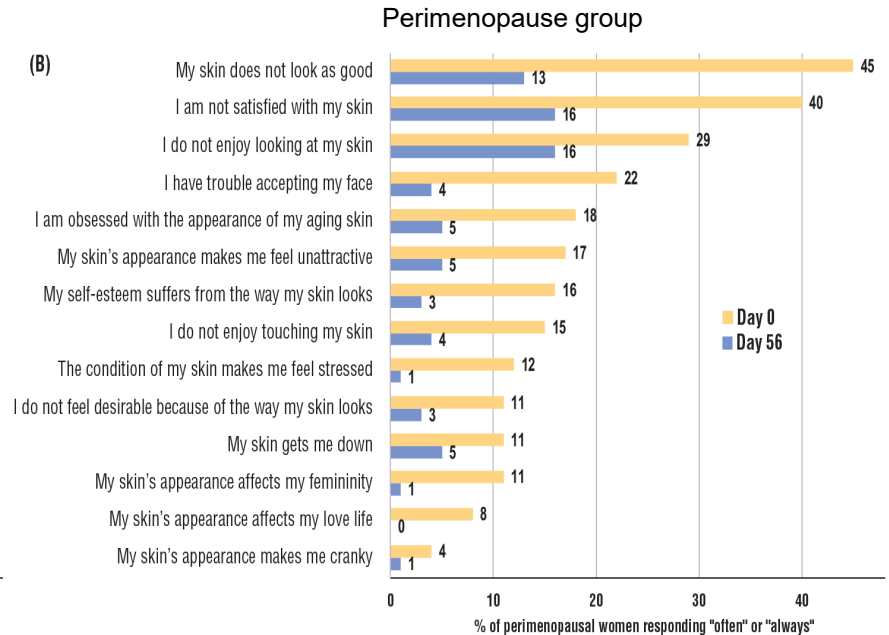
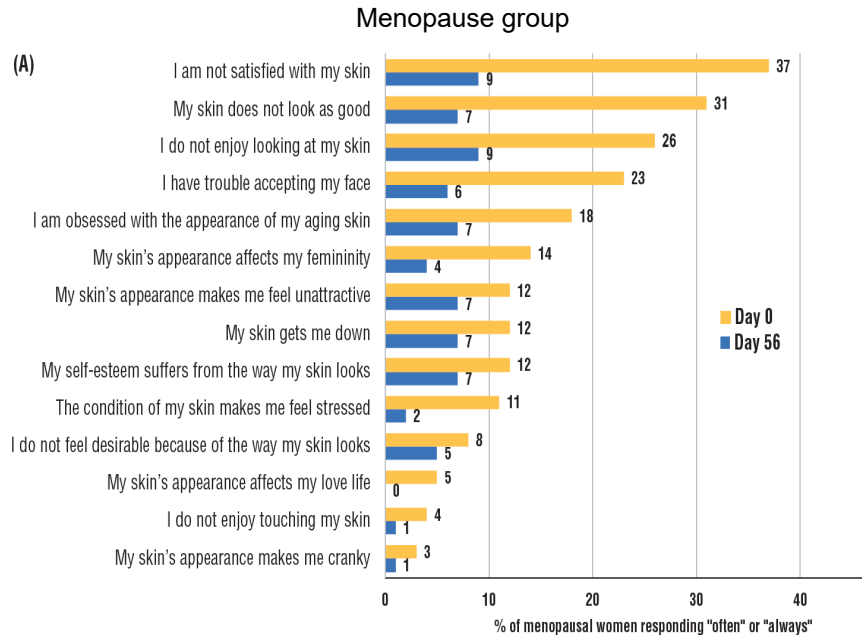
The objective of this open study was to evaluate two specifically designed anti-aging dermocosmetic regimens (day cream, night cream and serum), containing key ingredients (proxylane and cassia extract), for women during the perimenopause or menopause.

<sup>1</sup>Zouboulis CC, et al. *Skin, hair and beyond: the impact of menopause. Climacteric.* 2022;25(5):434-442.

# Results

## Menopausal Skin QoL self-questionnaire

Most of the social effect and self-esteem questionnaire responses indicated that the women in both groups felt better about their skin after using the dermocosmetic regimens for 56 days.



Possible answers were never (0), rarely (1), sometimes (2), often (3), always (4)

## Study Design

An open study of 101 perimenopausal women and 101 menopausal women not taking hormone replacement therapy.

Participants		Mean age [range], years
Perimenopausal women, N=101	No menstruation for 4 - 12 months or irregular menstruation for <5 years	50 ± 3.9 [41-57] years
Menopausal women, N=101	No menstruation for >12 months	59 ± 3.8 [50-66] years

The respective regimens of serum, day cream, and night cream, were applied for 56 days.

Tailored regimen	Serum key ingredients	Key ingredients of creams
Perimenopausal women	Vichy volcanic mineralizing water, proxylane, cassia extract, vitamin B3, C and E, omegas 6 and 9, lipohydroxy acid and glycolic acid (same for both regimens)	Hyaluronic acid
Menopausal women		Omegas 3, 6 and 9

## Analyses at Day 0 and Day 56

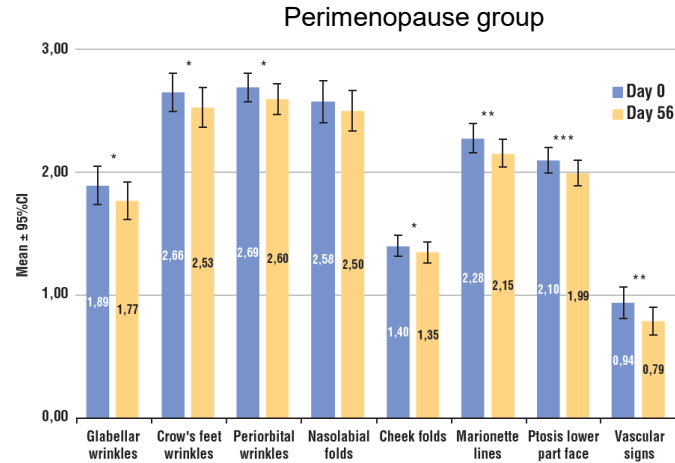
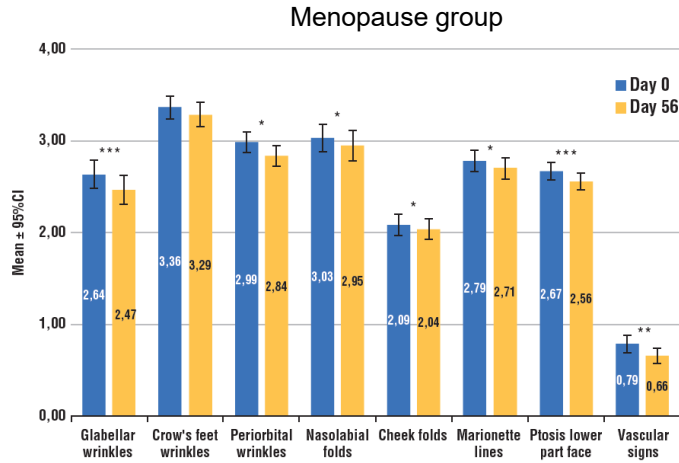
- Menopausal Skin QoL self-questionnaire with responses of never (0), rarely (1), sometimes (2), often (3), always (4).<sup>2</sup>
- Artificial intelligence (AI) diagnostics of selfie photographs for facial signs.<sup>3</sup>
- Hydration and transepidermal water loss (TEWL) by an instrumental device.<sup>4</sup>

<sup>2</sup>Segot-Chicq E, Fanchon C. Quality of life in postmenopausal women: translation and validation of MSkinQOL questionnaire to measure the effect of a skincare product in USA. *J Cosmet Dermatol* 2013; 12: 267-274.

<sup>3</sup>Jiang R, et al. A new procedure, free from human assessment that automatically grades some facial skin structural signs. *Int J Cosmet Sci.* 2019;41(1):67-78.

<sup>4</sup>Caberlotto E, et al. Synchronized in vivo measurements of skin hydration and trans-epidermal water loss. Exploring their mutual influences. *Int J Cosmet Sci.* 2019;41(5):437-442.

## AI diagnostics of 7 facial signs



\*\*\*p≤0.0001, \*\*p≤0.001,  
\*p<0.05,  
CI confidence interval

## Hydration and TEWL

	Hydration increase	TEWL decrease
Menopause group	29%	18%
Perimenopause group	21%	23%

## Conclusions

Targeting the skin specific issues of perimenopause and menopause with tailored dermocosmetic regimens, containing proxylane and cassia extract, for 56 days had a significant positive impact on QoL with a reduction in 5 types of wrinkles and increase in skin hydration in both groups.