MENOPAUSAL SKINCARE · FREE PRINTABLE

My menopause *skin log*

Skin changed around menopause? You probably need fewer steps, not more. Three jobs cover most days: clean gently, keep skin comfortable, protect it from the sun.

Keep what works
Products you already tolerate can stay.

One change at a time
Then you know what helped.

Give it a couple of weeks
Unless it stings or burns: then stop.

Morning

1 **Cleanse gently, only if needed**
A mild cream, milk or lotion cleanser. Not soap. Comfortably warm water, not hot.

My product: _____

2 **Moisturize**
Fragrance-free. Look for ceramides, glycerin or hyaluronic acid.

My product: _____

3 **Sunscreen SPF 30 or higher**
Broad-spectrum, on exposed skin before going out. Outdoors, reapply about every 2 hours.

My product: _____

Evening

1 **Remove sunscreen and makeup**
A hydrating cleanser.

My product: _____

2 **Prescribed treatment, if you have one**
Use it exactly as your prescriber said.

My product: _____

3 **Moisturize**
The morning cream can work here too, if its directions and feel suit night.

My product: _____

Optional: only with a clear goal

A goal sounds like: *"My face feels tight by midday."* · *"I want to work on dark spots."* · *"My doctor suggested it."*
No goal? Skip it. Serums are optional. Ask a pharmacist or clinician before starting a retinoid (a vitamin A cream that can sting).

_____

After a bath or shower

Pat dry, then moisturize dry body skin while it is still damp.

_____

How to use this log

1. Keep a simple routine (this page).
2. Rate your skin each evening (page 2).
3. Take page 3 to your appointment.

menopausal-skincare.com/guides/simple-menopause-skincare-routine
The full guide: why each step helps, and what to leave out.

Version 1 · sources checked Nov 1, 2026 · general information, not medical advice.

FOUR WEEKS · RATE EACH EVENING

My skin, *day by day*

Write **0** if a symptom wasn't there; leave a box blank only if you forgot. Changed a product, medicine or laundry soap? Add it to the table below and write its number in the bottom row.

(0) none (1) mild (2) bothersome (3) severe or stopped me

Start date _____	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Dry or tight														
Itch														
Crawling or tingling														
Stinging or burning														
Flushing (hot, red)														
Redness or rash														
Itch woke me up														
Change? its number														

Day	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Dry or tight														
Itch														
Crawling or tingling														
Stinging or burning														
Flushing (hot, red)														
Redness or rash														
Itch woke me up														
Change? its number														

Products I start or stop

#	Product, medicine or laundry soap	Started day	Stopped day	Reaction?
1				Y / N
2				Y / N
3				Y / N
4				Y / N
5				Y / N

Get help now, don't wait for the log: a rash that is painful, blistering or spreading fast, fever or feeling unwell, swollen lips or eyes, or trouble breathing (911, 999 or your local emergency number).

TAKE THIS TO YOUR DOCTOR, NURSE OR DERMATOLOGIST

My appointment *summary*

Name _____

Date of birth _____

Appointment date _____

From page 2	Days at 2 or 3	Worst score
Dry or tight		
Itch		
Crawling or tingling		
Stinging or burning		
Flushing (hot, red)		
Redness or rash		
Itch woke me up		

When did it start?

Has it spread?

☐ Yes ☐ No ☐ Not sure

Where on my body

☐ Face ☐ Neck ☐ Chest ☐ Scalp ☐ Arms
☐ Legs ☐ Back ☐ Armpits

It affects my

☐ Sleep ☐ Work ☐ Mood ☐ Not much

Medicines and HRT I take (and any recent changes)

Allergies or skin conditions (eczema, rosacea, psoriasis)

What I've tried, and what happened

Other menopause changes (hot flashes, sleep, periods)

My questions

Bring page 2, product packaging or ingredient lists, and any photos. A record helps the appointment; it can't tell you the cause.

Don't wait for this log · Book an appointment now for itch that is severe, widespread, keeps coming back or affects sleep, or a new rash, lump or swelling. **Get medical help** for a rash that is painful, blistering, spreading fast, or comes with fever. **Call 911, 999 or your local emergency number** for trouble breathing or swallowing, or swelling of the lips or eyes.

menopausal-skincare.com/guides/itchy-skin-menopause
Itchy skin around menopause: gentle first steps and when to get help.
Version 1 · sources checked Nov 1, 2026 · general information, not medical advice.