

ELOVYN · UK MENOPAUSE COLLECTION · 2026

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Intense Hydration Routine

Face & Body · Menopause Dryness Relief · 5-Step System

Micellar Cleansing Water

Hydrating Serum

Sensitive Skin Moisturiser

Ceramide Hydrating Night Cream

Urea Body Cream for Rough Skin

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Morning Routine — 3 Steps

1

Micellar Cleansing Water

50 ml · COSMOS ORGANIC · Chamomile Extract

AM & PM · Daily

- 1
- Pour a small amount onto a soft cotton pad.
- 2
- Press gently onto skin. Hold each area 3–5 seconds, then lift away. Never rub — friction worsens menopausal skin reactivity.
- 3
- No rinsing required. The formula leaves a calming residue that primes skin for the serum step.
- 4
- Rinsing with UK hard water (high calcium) disrupts skin pH and worsens dryness. This no-rinse method bypasses that entirely.

Note: Contains fragrance. If fragrance is a confirmed skin trigger, substitute with the BiPhasic Make-Up Remover for both AM and PM.

COSMOS
ORGANIC

★★★★★ Menopause Relevance

Menopause Care

2

Hydrating Serum

50 ml · COSMOS NATURAL · Dual-Weight Hyaluronic Acid

Morning · Daily

- 1
- Apply immediately after cleansing, while skin is still slightly damp. Hyaluronic acid absorbs significantly more effectively on damp skin.
- 2
- Press gently across face, cheeks, forehead, chin and neck. Do not rub.
- 3
- Allow 60 seconds to absorb fully before applying moisturiser.

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NATURAL

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3

Sensitive Skin Moisturiser

50 ml · COSMOS ORGANIC · Wild Mango Butter

Morning · Daily

1

Apply while serum is still slightly damp on skin.

2

Blend upward and outward — from chin to temples.

3

Always extend to the neck and décolletage.

4

Wait 2 minutes, then apply a mineral (Zinc Oxide) SPF50 on top.

Verified: Verified Fragrance-Free — confirmed absent from ingredient list. COSMOS ORGANIC. Safest daytime moisturiser in the range.

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Evening Routine — 3 Steps

1

Micellar Cleansing Water

50 ml · COSMOS ORGANIC · Chamomile Extract

AM & PM · Daily

1

Pour a small amount onto a soft cotton pad.

2

Press gently onto skin. Hold each area 3–5 seconds, then lift away. Never rub — friction worsens menopausal skin reactivity.

3

No rinsing required. The formula leaves a calming residue that primes skin for the serum step.

4

Rinsing with UK hard water (high calcium) disrupts skin pH and worsens dryness. This no-rinse method bypasses that entirely.

Note: Contains fragrance. If fragrance is a confirmed skin trigger, substitute with the BiPhasic Make-Up Remover for both AM and PM.

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4

Ceramide Hydrating Night Cream

50 ml · COSMOS NATURAL · Glycosphingolipids (Ceramides)

Evening — Face · Daily

1

Apply generously across face, neck and décolletage.

2

Use slow upward motions until absorbed.

3

Works overnight through peak skin repair hours (11 pm–4 am).

4

For very dry nights, apply a second layer as a sleeping mask.

Note: Contains fragrance. If fragrance is a trigger, substitute with the Sensitive Skin Overnight Cream (Fragrance-Free).

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5

Urea Body Cream for Rough Skin

50 ml · Uncertified · Hydroxyethyl Urea

Evening — Body · Daily

- 1
- Apply within 60 seconds of showering while skin is still warm.
- 2
- Concentrate on shins, elbows, knees and feet.
- 3
- Circular motions until fully absorbed.
- 4
- Apply a second layer to heels, cover with socks overnight for intensive repair.

Note: Active humectant is Hydroxyethyl Urea — a moisturising urea derivative. Effective for menopausal dry skin; independent large-scale RCT data specific to this form is more limited than standard urea.

Uncertified

★★★★★ Menopause Relevance

Menopause Care

Step	Product	Area	Time of Day	Frequency
1	Micellar Cleansing Water	AM + PM	Daily	
2	Hydrating Serum	Morning	Daily	
3	Sensitive Skin Moisturiser FF	Morning	Daily	
4	Ceramide Night Cream	Evening (Face)	Daily	
5	Urea Body Cream	Evening (Body)	Daily	

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What Does This Routine Target?

Dry, dehydrated skin — face and body

- ✓ Chamomile (Bisabolol) calms vascular reactivity. Linden Flower reduces histamine release. Aloe Vera base with Hyaluronic Acid provides immediate hydration before any serum is applied. COSMOS ORGANIC certified.
- ✓ Contains two molecular weights of hyaluronic acid: Sodium Hyaluronate (surface hydration) and Hydrolyzed Hyaluronic Acid (penetrates the stratum corneum). Addresses dehydration at two skin depths simultaneously.
- ✓ Wild Mango Kernel Butter creates an occlusive layer sealing in the serum's hydration. Hydrolyzed Rhodophyceae (red algae) mimics glycosaminoglycans that hold water in cells. Hydrogenated Coco-Glycerides reinforce the lipid barrier. Completely fragrance-free.
- ✓ Contains actual ceramides (Glycosphingolipids + Glycolipids) — the primary lipid molecules of the skin barrier. Menopausal oestrogen loss directly reduces ceramide synthesis. Sea Buckthorn and Cranberry Seed Oil add essential fatty acid support.
- ✓ Hydroxyethyl Urea draws water into the stratum corneum and softens rough, flaky texture. Panthenol (B5) supports barrier repair. Menopausal skin produces less endogenous urea as oestrogen declines, making this the most effective body humectant in the range.

Why Menopause Accelerates This Concern

Oestrogen directly stimulates hyaluronic acid synthesis, sebum production, and the skin's Natural Moisturising Factors (NMF). As oestrogen falls by up to 80% during menopause, the skin loses its ability to hold water: the barrier becomes porous, transepidermal water loss (TEWL) increases, and chronic dryness sets in across the face and body. This routine replaces the four functions oestrogen used to perform: hydration, barrier lipids, NMF replenishment, and overnight occlusion.

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What to Expect and When

Honest Expectations — Please Read

Individual results vary. Timelines reflect published research on confirmed active ingredients at studied concentrations — not clinical trials on this specific product combination. Manage expectations accordingly.

Days 1–3

Immediate Relief

- ✓ The tight, uncomfortable sensation of dry skin reduces within hours of first application.
- ✓ Face feels plumper and softer — the dual HA serum begins drawing moisture into the epidermis immediately.
- ✓ Body skin feels noticeably less rough after the first Ceramide Cream application.
- ✓ Redness and irritation from dryness may slightly decrease as Bisabolol and Chamomile start calming the skin.

Week 1

Visible Improvement

- ✓ Skin looks visibly more hydrated and dewy throughout the day — not just immediately after application.
- ✓ Dry patches on the body begin to soften and smooth out, especially on shins and elbows.
- ✓ Fine dry lines around the eyes and mouth appear less pronounced as hydration plumps the epidermis.
- ✓ Skin holds moisture for longer between applications — the barrier is beginning to strengthen.

Weeks 2–4

Barrier Strengthening

- ✓ Skin holds moisture for longer — you need to reapply less frequently during the day.
- ✓ Very rough areas (heels, elbows, shins) are significantly smoother to the touch.
- ✓ Face texture becomes more even and refined — the ceramide cream is rebuilding the lipid mortar.
- ✓ Reduced need for mid-day moisture top-ups as the barrier becomes more self-sufficient.

Month 2**Rebuilt Skin Barrier**

- ✓ Skin barrier is measurably stronger — less reactive to environmental triggers (wind, temperature changes).
- ✓ Body skin noticeably softer and more supple to the touch.
- ✓ Face maintains hydration throughout the day without mid-day top-ups.
- ✓ Overall skin comfort significantly improved — the chronic tightness of menopausal dryness is resolved.

Month 3+**Long-Term Transformation**

- ✓ Skin produces slightly more of its own Natural Moisturising Factors — the topical NMF replacement has supported endogenous recovery.
- ✓ Chronically dry and rough skin areas resolved or greatly improved.
- ✓ Fine lines caused by dehydration visibly reduced — these are distinct from structural wrinkles and respond directly to hydration.
- ✓ Skin feels and behaves more like it did before menopause began.

Tips to Maximise Results

Tip

Apply serum while skin is still damp — within 60 seconds of patting dry. This single habit dramatically improves hyaluronic acid absorption.

Tip

Aim for 8 glasses of water daily. Dehydrated skin cannot hold topical moisture effectively regardless of what you apply.

Tip

Central heating drops indoor humidity to 10–20%. A bedroom humidifier at 40–50% significantly reduces overnight skin water loss while the night cream works.

Tip

Always apply thinnest to thickest: cleanser → serum → cream. Reversing this order blocks absorption.

Tip

Avoid hot showers — hot water dissolves the protective lipid layer. Switch to lukewarm, maximum 5 minutes.