

The Skin Longevity Blueprint™

*A Doctor's Guide
to Healthier, More
Resilient Skin*

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Hello, I'm Dr Elaine O'Connor-Haq, a medical aesthetics doctor, former pharmacist, and founder of Bespoke Medical Aesthetics.

My background spans pharmacy, medicine, and advanced aesthetic practice. I have worked within the NHS and have been practising medical aesthetics since 2019. I also hold a Level 7 Diploma in Clinical Aesthetic Injectables from Harley Academy in London, one of the UK's leading postgraduate training programmes in aesthetic medicine.

Throughout my career, I've seen first-hand that the healthiest-looking skin is rarely achieved through treatments alone. While injectable treatments and medical-grade skincare can play an important role, the foundations of healthy skin are built through everyday habits.

This guide brings together evidence-based principles from medicine, skin health, and lifestyle medicine to help you support your skin from the inside out.

Inside, you'll discover the six key pillars that influence skin longevity and learn practical steps that you can start implementing today.

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Embrace Your Uniqueness



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Medical Disclaimer

This guide is intended for educational purposes only and should not be considered medical advice. The information provided is designed to support general skin health and wellbeing and is not a substitute for personalised medical assessment, diagnosis, or treatment. Always consult an appropriately qualified healthcare professional regarding any medical concerns, dietary changes, supplements, or treatment decisions.

The Six Pillars of Skin Longevity

What is Skin Longevity?

When many people think about ageing skin, they focus on visible changes such as fine lines, wrinkles, pigmentation, or loss of firmness. While these changes are a natural part of ageing, skin longevity is about much more than appearance alone.

Skin longevity refers to supporting your skin's health, function, and resilience over the long term. Rather than simply treating the signs of ageing after they appear, the goal is to help your skin function optimally for as long as possible.

Your skin is your body's largest organ. It acts as a protective barrier, helps regulate temperature, supports immune function, and plays an important role in overall health and wellbeing. Healthy skin is not just about looking younger, it's about maintaining strong, resilient skin that can repair itself effectively and withstand the challenges of daily life.

Genetics Load the Gun, Lifestyle Pulls the Trigger

Genetics do influence how our skin ages. Factors such as skin type, pigmentation, collagen production, and susceptibility to certain skin conditions are partly determined by our genes. However, research consistently shows that lifestyle and environmental factors have a significant impact on how our skin ages over time. Daily habits such as sun protection, sleep quality, nutrition, physical activity, and stress management can influence skin health just as much, if not more than genetics alone. In other words, while we cannot change the genes we inherit, we can influence many of the factors that affect how our skin ages.

The Building Blocks of Healthy Skin

Skin longevity focuses on preserving the key functions that keep skin healthy and resilient, including:

Barrier Function: Your skin barrier helps retain moisture and protects against irritants, pollutants, and infection.

Hydration: Well-hydrated skin appears healthier, functions more effectively, and is better able to repair itself.



Collagen and Elastin: These structural proteins provide strength, firmness, and elasticity. Their production naturally declines with age.

Cellular Repair: Healthy skin continually repairs damage caused by everyday environmental stressors.

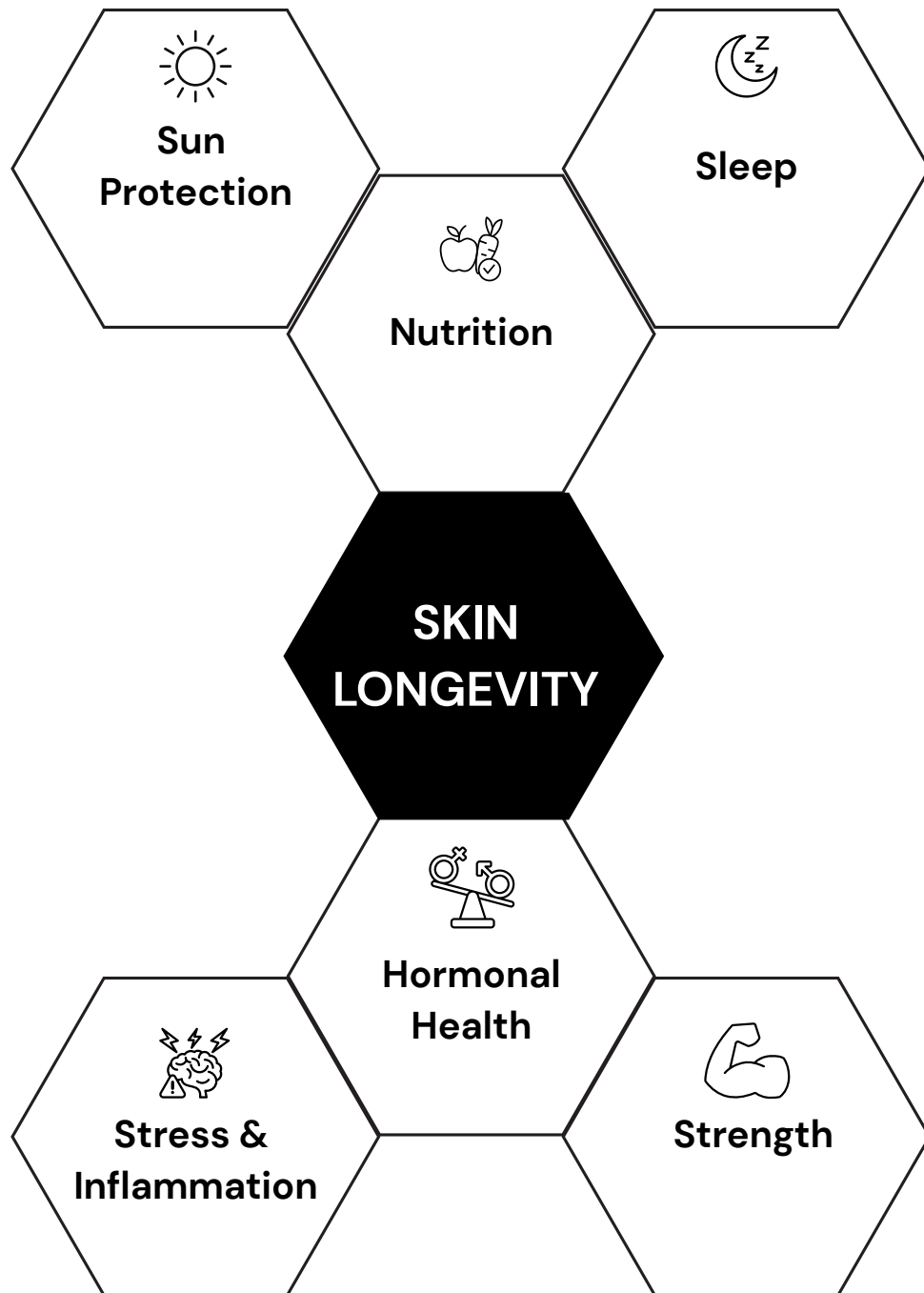
Resilience: Resilient skin is better able to adapt to changes, recover from damage, and maintain its function over time.

By supporting these foundations through evidence-based lifestyle habits, we can help promote healthier, stronger skin at every stage of life.

"Skin longevity is about helping your skin function at its best for as long as possible."



The 6 Pillars of Skin Longevity™



These six pillars form the foundation of skin longevity. Skincare products and aesthetic treatments can further support skin health, but they work best when built upon strong lifestyle foundations.



Pillar I: Sun Protection

Why It Matters

If there is one habit that has the greatest impact on long-term skin health, it is protecting your skin from ultraviolet (UV) radiation.

While ageing is a natural process, a significant proportion of visible skin ageing is caused by environmental factors, particularly cumulative sun exposure. This is known as photoageing.

Ultraviolet radiation damages collagen and elastin. These are the proteins responsible for keeping skin firm, smooth, and resilient. Over time, this can contribute to fine lines, wrinkles, pigmentation, uneven skin tone, loss of elasticity, and a rougher skin texture. UV exposure is also the leading preventable cause of skin cancer.

Protecting your skin from the sun is one of the most effective investments you can make in your skin's future health and appearance.

Understanding UV Damage

The sun emits different types of ultraviolet radiation that affect the skin:

UVA

- Penetrates deeper into the skin
- Accelerates collagen and elastin breakdown
- Contributes to wrinkles, sagging, and pigmentation
- Present throughout the year, even on cloudy days

UVB

- Primarily affects the skin's surface
- Causes sunburn
- Plays a major role in the development of skin cancers

Both UVA and UVB contribute to skin damage, which is why comprehensive protection is essential.



What Happens Without Sun Protection?

Repeated UV exposure causes cumulative damage that builds up over years and decades.

Without adequate protection, you may notice:

- Fine lines and wrinkles appearing earlier
- Increased pigmentation and age spots
- Loss of skin firmness and elasticity
- Dull or uneven skin tone
- Broken capillaries and redness
- Slower skin repair and recovery
- Increased risk of skin cancer

The effects are often gradual, which is why sun protection is most powerful when practised consistently rather than reactively.

How to Optimise It

Make Sunscreen a Daily Habit

Apply a broad-spectrum sunscreen every morning, regardless of the season. Look for:

- SPF 30 or higher (SPF 50 is often preferable)
- Broad-spectrum UVA and UVB protection
- A high UVA rating (4-5 stars in the UK)

Don't Forget These Areas

Many signs of ageing appear on areas that are frequently overlooked. Apply sunscreen to:

- Face
- Neck
- Décolletage
- Ears
- Back of hands
- Any other exposed skin

Reapply When Needed

No sunscreen lasts all day. Reapplication is particularly important:

- During prolonged outdoor activities
- After swimming
- After excessive sweating



- During holidays and sunny weather

Think Beyond Sunscreen

Sun protection is most effective when multiple strategies are combined. Consider:

- Seeking shade during peak sunlight hours
- Wearing a broad-brimmed hat
- Wearing UV-protective sunglasses
- Using protective clothing where appropriate

Advanced Support

Antioxidant Skincare

Ultraviolet radiation generates free radicals within the skin, contributing to oxidative stress and collagen degradation. Topical antioxidants such as vitamin C may help support the skin's natural defence systems and complement daily sunscreen use. Think of sunscreen as your primary shield and antioxidants as an additional layer of support.

Nutrition for Skin Resilience

Emerging evidence suggests that diets rich in colourful fruits and vegetables may help support the skin's ability to manage oxidative stress. Foods rich in protective phytonutrients include:

- Tomatoes
- Watermelon
- Red peppers
- Berries
- Carrots
- Leafy green vegetables

These foods provide antioxidants that support overall skin health. However, they should never be considered a substitute for sunscreen.

Professional Treatments

Aesthetic treatments and medical-grade skincare may help address some of the visible effects of photoageing. However, ongoing UV exposure can undermine the benefits of even the most advanced treatments. Sun protection remains the foundation upon which all other skin investments are built.



Skin Longevity Tip

The best anti-ageing strategy is not a treatment, it is consistent daily sun protection.

Apply a broad-spectrum SPF 30–50 every morning to your face, neck, décolletage, ears, and hands, regardless of the weather. Reapply during the day as needed. Small daily habits can have a profound impact on how your skin looks and functions in the years ahead.

Sun Protection Checklist

- ☐ SPF 30–50 applied every morning
- ☐ High UVA protection (4–5 stars)
- ☐ Applied to face, neck, décolletage, ears, hands, and other exposed areas
- ☐ Reapplied during prolonged sun exposure
- ☐ Hat, sunglasses or shade when appropriate



Pillar 2: Sleep

Why It Matters

Sleep is often referred to as the body's natural repair process, and for good reason. While we sleep, the body carries out many of the restorative functions that support overall health, including tissue repair, hormone regulation, immune function, and cellular recovery. The skin is no exception.

During sleep, blood flow to the skin increases, damaged cells are repaired, and the skin barrier works to recover from the environmental stresses encountered throughout the day. Sleep also plays an important role in regulating hormones that influence inflammation, collagen production, and skin ageing.

Research has shown that poor sleep quality is associated with increased signs of intrinsic ageing, reduced skin barrier recovery, and lower satisfaction with appearance.

In short, sleep is one of the most powerful and cost-effective tools available for supporting healthy, resilient skin.

What Happens Without It?

Occasional poor sleep is unlikely to cause lasting harm, but chronic sleep deprivation can affect both how the skin looks and how it functions.

Over time, insufficient sleep may contribute to:

- Dull, tired-looking skin
- Dark circles and puffiness around the eyes
- Slower skin repair and recovery
- Increased skin sensitivity
- Impaired skin barrier function
- Increased inflammation
- Accelerated signs of ageing

Poor sleep may also influence lifestyle habits that indirectly affect skin health, including food choices, exercise levels, and stress resilience. The effects are often subtle at first but can accumulate over months and years.



How to Optimise Your Sleep

Aim for Consistency

Most adults benefit from approximately 7–9 hours of quality sleep per night. A consistent bedtime and wake-up time are often more important than occasional "catch-up" sleep at weekends.

Support Your Circadian Rhythm

Your body operates on an internal clock known as the circadian rhythm, which helps regulate sleep, hormones, and recovery. To support healthy sleep:

- Get natural daylight exposure soon after waking
- Maintain a regular sleep schedule
- Keep your bedroom cool, dark, and quiet
- Avoid large meals immediately before bed

Reduce Evening Light Exposure

Exposure to bright light and electronic screens in the evening can suppress melatonin, the hormone that helps prepare the body for sleep. Consider:

- Reducing screen time before bed
- Dimming lights in the evening
- Creating a relaxing bedtime routine

Prioritise Recovery

Sleep should be viewed as an essential pillar of health rather than a luxury. Protecting time for adequate sleep is one of the simplest ways to support long-term skin health and healthy ageing.

Advanced Support

Nutrition and Sleep

Certain dietary habits may help support healthy sleep patterns. These include:

- Consuming adequate protein throughout the day
- Limiting excessive caffeine, particularly in the afternoon
- Moderating alcohol intake, which can disrupt sleep quality
- Eating a balanced diet rich in whole foods



Stress Management

Stress and poor sleep often create a cycle that can be difficult to break. Simple strategies such as mindfulness, breathing exercises, journalling, reading, or gentle stretching before bed may help promote relaxation and improve sleep quality.

Professional Support

Persistent sleep difficulties should not be ignored. If you regularly struggle with sleep, discussing this with a healthcare professional may help identify underlying factors that could be affecting both your health and your skin.

Skin Longevity Tip

Think of sleep as your body's overnight repair treatment.

While skincare products work on the surface, sleep supports the deeper processes involved in repair, recovery, and healthy ageing. Aim for 7–9 hours of quality sleep each night and prioritise consistency over perfection.

Your Sleep Checklist

- ☐ I get 7–9 hours of sleep most nights
- ☐ I wake up and go to bed at similar times each day
- ☐ I limit screens before bedtime
- ☐ I get natural daylight exposure in the morning
- ☐ I have a relaxing evening routine



Pillar 3: Nutrition

Why It Matters

Your skin is a living organ that is constantly renewing, repairing, and protecting itself. To do this effectively, it requires a steady supply of nutrients from the food we eat. Every day, your body uses protein, healthy fats, vitamins, minerals, and antioxidants to support collagen production, maintain the skin barrier, regulate inflammation, and repair damage caused by environmental stressors.

Just as you cannot build a strong house without quality materials, your body cannot build healthy, resilient skin without the right nutritional foundations. While no single food can prevent ageing, a nutrient-rich diet can help support skin health, function, and appearance throughout life.

What Happens Without It?

When nutritional intake is inadequate, the skin is often one of the first places where signs begin to appear. Over time, poor nutrition may contribute to:

- Dull or tired-looking skin
- Dryness and dehydration
- Impaired skin barrier function
- Slower wound healing
- Reduced collagen production
- Increased inflammation
- Loss of skin resilience

Nutrition alone will not determine how your skin ages, but it plays a vital role in creating the conditions for healthy skin to thrive.

How to Optimise It

Prioritise Protein

Protein provides the amino acids required to build and repair tissues throughout the body, including the skin. Collagen, elastin, and keratin are all proteins that contribute to skin strength, elasticity, and structure.



Aim to include a quality source of protein with each meal. Examples include:

- Fish and seafood
- Poultry
- Eggs
- Greek yoghurt
- Cottage cheese
- Tofu and tempeh
- Beans and lentils

Protein also helps maintain muscle mass as we age, which supports overall health and longevity.

Include Healthy Fats

Healthy fats are essential for maintaining the skin barrier and supporting hydration. They also play an important role in regulating inflammation throughout the body.

Good sources include:

- Oily fish
- Extra virgin olive oil
- Nuts and seeds
- Avocados

Particularly beneficial are omega-3 fatty acids, which have been associated with healthy inflammatory balance and skin barrier function.

Eat the Rainbow

Colourful fruits and vegetables contain vitamins, minerals, antioxidants, and phytonutrients that help protect the skin from oxidative stress. Aim to include a variety of colours throughout the week. Examples include:

- Berries
- Tomatoes
- Red peppers
- Carrots
- Leafy green vegetables
- Citrus fruits

The wider the variety of colours on your plate, the broader the range of protective plant compounds you are likely to consume.



Don't Forget Hydration

Water plays a role in many aspects of skin function, including circulation, nutrient delivery, and barrier health. While drinking more water will not eliminate wrinkles, adequate hydration supports overall skin health and wellbeing.

Advanced Support

Collagen Supplementation – Are They Worth It?

Collagen supplements have become increasingly popular, and many patients ask whether they are worth taking. Collagen is the most abundant protein in the skin and provides much of its strength and structure. From our mid-20s onwards, collagen production gradually declines as part of the natural ageing process.

Emerging research suggests that hydrolysed collagen peptides may improve skin hydration, elasticity, and overall skin quality in some individuals. Most of the current research demonstrating improvements in skin hydration and elasticity uses at least 10,000mg daily for at least 8–12 weeks before measurable benefits were observed. It is important to note that these studies have been conducted using marine or bovine-derived hydrolysed collagen peptides. While some plant-based supplements contain nutrients that support collagen production, they do not contain collagen itself. More research is needed to determine whether they provide similar benefits to collagen peptide supplementation.

When choosing a collagen supplement, consider:

- Hydrolysed collagen peptides for better absorption
- A reputable manufacturer
- Third-party testing where possible
- Consistent daily use

Collagen supplementation should be viewed as one piece of the puzzle rather than a standalone solution. Your body requires a range of vitamins and minerals to build, stabilise, and protect collagen fibres.

Collagen's Supporting Nutrients

- Vitamin C: Supports collagen synthesis and acts as a powerful antioxidant.

Found in: citrus fruits, berries, kiwi, peppers, broccoli.



- Vitamin A: Supports skin cell turnover and healthy collagen-producing cells.

Found in: sweet potatoes, carrots, pumpkin, spinach, kale.

- Zinc: Supports skin repair and collagen formation.

Found in: seafood, lean meat, pumpkin seeds, lentils.

- Copper: Helps strengthen collagen and elastin fibres.

Found in: nuts, seeds, shellfish, mushrooms.

- Omega-3 Fatty Acids: Support healthy inflammatory balance and skin barrier function.

Found in: salmon, sardines, mackerel, walnuts, flaxseed.

- Colourful Plant Foods: Provide antioxidants that help protect collagen from oxidative stress.

Think: berries, tomatoes, peppers, leafy greens and other brightly coloured fruit and vegetables.

“While collagen supplements may provide additional support, they should complement and not replace a protein-rich diet.”

Omega-3 Fatty Acids

If you do not regularly consume oily fish, an omega-3 supplement may be worth discussing with a healthcare professional. Omega-3 fatty acids support overall health and may contribute to healthy skin barrier function and inflammatory balance.

Vitamin D

Vitamin D is best known for its role in bone health, but it also plays an important role in immune function, muscle health, and overall wellbeing. Emerging research suggests that adequate vitamin D levels may support skin health by helping to maintain the skin barrier, supporting wound healing, and regulating immune and inflammatory responses within the skin.

In the UK, low vitamin D levels are common, particularly during autumn and winter when sunlight exposure is limited. For this reason, the UK government recommends



that most adults consider taking a daily vitamin D supplement during these months, with some individuals benefiting from year-round supplementation depending on their risk factors and lifestyle.

A common misconception is that prolonged sunbathing is necessary to maintain healthy vitamin D levels. While sunlight does help the body produce vitamin D, excessive ultraviolet (UV) exposure remains one of the leading causes of premature skin ageing and skin cancer. Protecting your skin with daily sunscreen and sensible sun habits remains one of the most effective strategies for long-term skin longevity.

Good dietary sources of vitamin D include:

- Oily fish (such as salmon, mackerel and sardines)
- Egg yolks
- Fortified foods

If you are concerned about your vitamin D status, speak with your healthcare professional about whether testing or supplementation may be appropriate for you.

Skin Longevity Tip

Focus on nourishing your skin from within. Prioritise protein, healthy fats, colourful fruits and vegetables, and adequate hydration each day. Supplements may provide additional support, but work best when built upon a strong nutritional foundation.

Skin Longevity Nutrition Checklist

How many of these habits can you tick off most days?

- ☐ Include a source of protein with every meal
- ☐ Eat at least five portions of vegetables and fruit daily
- ☐ Include healthy fats such as olive oil, nuts, seeds, avocado, or oily fish
- ☐ Drink enough water to stay well hydrated
- ☐ Limit highly processed foods where possible
- ☐ Include colourful plant foods ("eat the rainbow")
- ☐ Eat oily fish at least once or twice per week (or consider omega-3 supplements)
- ☐ Ensure adequate vitamin D through sensible sun exposure, diet, and supplementation when appropriate
- ☐ Consider whether your diet provides the nutrients needed to support collagen production

Remember, consistency rather than perfection is key.



Pillar 4: Stress & Inflammation

Why It Matters

Your skin and brain are closely connected. In fact, your skin is often described as a mirror of your internal health and wellbeing. While short-term stress is a normal part of life, chronic stress can have a significant impact on skin health. Research suggests that ongoing psychological stress may increase inflammation, impair skin barrier function, slow wound healing, and accelerate processes associated with skin ageing.

Stress can also influence sleep quality, food choices, physical activity, and hormonal balance, making it a powerful contributor to overall skin longevity.

The Impact of Chronic Stress

When stress becomes chronic, the body produces higher levels of stress hormones and inflammatory signalling molecules. Over time, this may contribute to:

- Increased skin sensitivity and irritation
- Impaired skin barrier function
- Dryness and dehydration
- Delayed wound healing
- Increased redness and inflammation
- Exacerbation of conditions such as acne, eczema, psoriasis and rosacea
- Increased oxidative stress
- Accelerated collagen and elastin breakdown

Many people notice that periods of prolonged stress are accompanied by flare-ups of skin concerns, dullness, breakouts, or a generally more tired appearance.

How to Minimise Stress

Stress cannot be eliminated completely, nor should it be. The goal is to improve resilience and reduce the impact of chronic stress on the body. Consider incorporating:

- Regular physical activity
- Daily movement outdoors
- Mindfulness, meditation, or breathing exercises
- Quality sleep habits



- Strong social connections
- Time for hobbies and enjoyable activities
- Setting healthy boundaries around work and technology use

Even small daily practices can help reduce stress and support both overall wellbeing and skin health.

Advanced Support

Anti-Inflammatory Nutrition

An eating pattern rich in colourful vegetables, fruit, healthy fats, oily fish, nuts, seeds, and minimally processed foods may help support healthy inflammatory balance within the body.

Omega-3 Fatty Acids

Omega-3 fats found in oily fish such as salmon, sardines, and mackerel may help support skin barrier function and healthy inflammatory responses.

Exercise

Regular exercise is one of the most powerful lifestyle tools for reducing stress, improving mood, supporting sleep quality, and enhancing long-term health.

Professional Support

If stress, anxiety, or low mood are significantly affecting your quality of life, seeking support from an appropriately qualified healthcare professional can be an important step towards improving both your wellbeing and your skin health.

Skin Longevity Tip

Think of stress management as part of your skincare routine. Daily habits that support mental wellbeing can also help support healthier, more resilient skin for years to come.

Addressing Stress & Inflammation Checklist

- ☐ Daily movement
- ☐ Time outdoors
- ☐ Relaxation practice
- ☐ Social connection
- ☐ Sleep support



Pillar 5: Hormonal Health

Why It Matters

Hormones play an important role in skin health throughout life. They influence hydration, collagen production, elasticity, wound healing, sebum production, pigmentation, and the skin's ability to repair itself.

While hormonal changes occur at every stage of life, many women first become aware of their impact during perimenopause and menopause. As oestrogen levels begin to fluctuate and decline, changes in the skin can become more noticeable.

Research suggests that women can lose a significant proportion of their skin collagen during the first years following menopause, affecting skin thickness and overall skin integrity, highlighting the important relationship between hormonal health and skin longevity.

Common Consequences

When hormones become imbalanced or change significantly, the skin may become more vulnerable to:

- Dryness and dehydration
- Increased skin sensitivity
- Reduced elasticity and firmness
- Fine lines and wrinkles
- Slower wound healing
- Loss of facial volume and support
- Adult acne or breakouts
- Changes in pigmentation
- Thinning of the skin over time

Many women notice that their skin behaves differently during periods of hormonal change, including puberty, pregnancy, perimenopause, menopause, and times of significant stress.



How to Optimise It

While hormonal changes are a natural part of ageing, there are many ways to support both hormonal wellbeing and skin health. Focus on:

- Prioritising quality sleep
- Maintaining regular physical activity
- Including adequate protein in your diet
- Managing stress effectively
- Maintaining a healthy body composition
- Limiting smoking and excessive alcohol intake
- Seeking medical advice when symptoms suggest a hormonal imbalance

The foundations of skin longevity often overlap with the foundations of hormonal health.

Advanced Support

Strength Training

Regular strength training supports muscle mass, metabolic health, insulin sensitivity, and healthy ageing. These benefits can be particularly valuable during midlife when hormonal changes can affect body composition and overall health.

Nutrition

A nutrient-dense diet rich in protein, healthy fats, fibre, and colourful plant foods provides many of the building blocks required for healthy skin and overall wellbeing.

Menopause and Perimenopause Support

For some women, menopause-related symptoms can significantly impact quality of life. If you are experiencing symptoms such as hot flushes, sleep disturbance, mood changes, or significant skin changes, discussing options with a healthcare professional may be beneficial.

Evidence-Based Skin Treatments

Medical-grade skincare and appropriate aesthetic treatments may help support skin quality, hydration, collagen stimulation, and overall skin appearance. However, these treatments work best when combined with strong lifestyle foundations.



Skin Longevity Myth

"Skin ageing is simply something you have to accept once your hormones change."

Not necessarily. While hormonal changes are a natural part of ageing, lifestyle factors continue to have a significant influence on skin health. Supporting sleep, nutrition, stress management, exercise, and overall wellbeing can help improve skin resilience at every stage of life.

Skin Longevity Tip

Hormonal changes are a normal part of life, but they do not mean giving up on your skin. By supporting your hormonal health and maintaining strong lifestyle foundations, you can help your skin remain healthier, stronger, and more resilient for years to come.

Hormonal Health Checklist

- ☐ Sleep (7–9 hours per night)
- ☐ Adequate Protein intake
- ☐ Strength training (at least twice per week)
- ☐ Stress management

Seek appropriate medical support for significant symptoms



Pillar 6: Strength

Why It Matters

When most people think about healthy ageing, they think about maintaining their weight. However, one of the most important predictors of long-term health is maintaining muscle mass and strength. From around our 30s onwards, we naturally begin to lose muscle mass unless we actively work to preserve it. This process can accelerate during midlife and after menopause.

Strength training supports healthy ageing by helping to maintain muscle mass, bone health, metabolic health, physical function, and overall resilience. These benefits extend far beyond the gym and may also influence many of the biological processes linked to skin longevity.

Research suggests that regular exercise can help support healthy circulation, reduce chronic inflammation, improve insulin sensitivity, and promote overall wellbeing which are all factors that contribute to healthier ageing.

Common Consequences of Not Doing Strength Training

Without regular strength-building activity, age-related changes may occur more rapidly, including:

- Loss of muscle mass and strength
- Reduced metabolic health
- Increased insulin resistance
- Reduced physical resilience
- Poorer posture and body composition
- Increased risk of frailty in later life
- Greater levels of chronic low-grade inflammation

These changes affect not only how we look, but also how we function and feel as we age.



How to Optimise It

The good news is that it is never too late to begin building strength. Aim to include:

- Strength or resistance training at least two to three times per week
- Activities that challenge all major muscle groups
- Daily movement and reduced sedentary time
- Adequate protein intake to support muscle maintenance and repair
- Progressive overload, gradually increasing resistance over time

Strength training can include free weights, resistance bands, weight machines, Pilates, bodyweight exercises, or structured fitness classes.

Advanced Support

Protein Intake

Muscle health and skin health share a common requirement: adequate protein. Protein provides the building blocks required for muscle maintenance, tissue repair, and collagen production.

Midlife and Menopause

Strength training becomes particularly important during perimenopause and menopause, when hormonal changes can contribute to loss of muscle mass and changes in body composition.

Recovery Matters

Muscles grow and repair during recovery. Prioritising sleep, nutrition, hydration, and rest days helps maximise the benefits of exercise.

Skin Longevity Myth

"Exercise is good for my body, but it doesn't affect my skin."

This is not true. Regular exercise supports circulation, metabolic health, inflammation regulation, sleep quality, and overall wellbeing. These factors all contribute to healthier ageing and may help support healthier, more resilient skin over time.



Skin Longevity Tip

Think beyond the scales. Building and maintaining strength is one of the most powerful investments you can make in your long-term health, resilience, and skin longevity.

Strength Checklist

- ☐ 2–3 resistance sessions weekly
- ☐ Adequate protein
- ☐ Daily movement
- ☐ Progressive challenge
- ☐ Recovery and sleep



Your Skin Longevity Scorecard

PILLAR	1	2	3	4	5
Sun Protection					
Sleep					
Nutrition					
Stress & Inflammation					
Hormonal Health					
Strength					

1 = Needs significant attention

3 = Good foundation but room for improvement

5 = Consistently supporting this pillar

Understanding Your Results

Mostly 4-5s

You already have strong foundations for skin longevity. Continue focusing on consistency and look for opportunities to refine your routine.

Mostly 3s

You have a solid starting point. Small improvements across a few areas could have a meaningful impact on your long-term skin health.

Mostly 1-2s

Don't feel discouraged. Skin longevity is built gradually. Choose one pillar to focus on first and build from there.



Reflection Questions

Which pillar received your lowest score?

What is one small change you could make over the next 30 days?

Which pillar is currently your greatest strength?

Your Next Step

Understanding the principles of skin longevity is the first step. The next is understanding which strategies are most relevant for you. At Bespoke Medical Aesthetics, I take a personalised, evidence-based approach to skin health. Every consultation considers not only your skin concerns, but also the lifestyle, health, and ageing factors that may be influencing them.

Together, we can explore:

- Your current skincare routine
- Lifestyle factors affecting your skin
- Perimenopause and menopause-related skin changes
- Medical-grade skincare options
- Treatments that support skin quality and healthy ageing
- A personalised plan aligned with your goals

Whether your priority is prevention, skin quality, healthy ageing, or addressing specific concerns, my aim is to help you achieve natural-looking results while supporting the long-term health of your skin.

Book a Consultation

If you would like a personalised Skin Longevity Consultation, I would be delighted to help.



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Embrace your uniqueness.