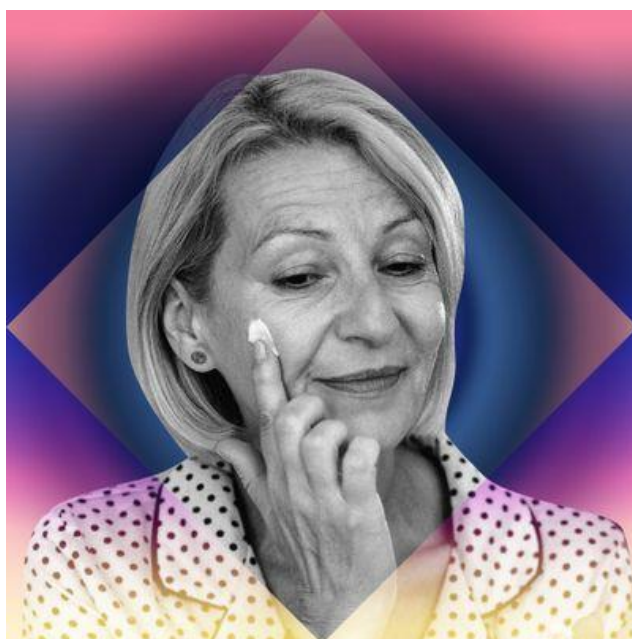


# NEW YORK

## THE CUT

### I'm Postmenopausal: Will Vaginal Estrogen Cream Work on ... My Face?

By Valerie Monroe NOV. 8, 2024



I tried my estradiol cream on my under-eye bags for a couple of nights. But then I discovered the joys of [DNA repair enzymes](#) and, because I refuse to apply more than two skin-care products at once (a DNA repair serum + my prescription retinoid), I decided to skip the estradiol. It's easy to see why the idea of applying vaginal estrogen cream to your face is appealing.

"Estrogens have a significant impact on skin; they increase collagen and skin thickness and improve skin hydration," says dermatologist [Connie Yang](#). During menopause, a decrease in estrogen accelerates skin aging. A [study](#) on postmenopausal women showed that topical estrogen application on facial skin for 24 weeks increased type I and type III collagen — collagen responsible for skin elasticity and firmness — making topical estradiol a promising option for combating skin aging, adds [Yang](#).

[Yang](#) points out it's important to manage expectations. An estrogen cream won't diminish deep wrinkles. But with consistent use, you could see improvement in moisture retention, skin hydration, increased thickness, and/or reduced appearance of fine lines. This sounds like the results I've been getting for years from my prescription retinoid, which has decades of robust studies supporting its safety and effectiveness. So I'll be wearing my estradiol only below deck for now.