



"Why Am I Shedding Like a Golden Retriever?"

**A Lighthearted Look at Hair Thinning, Skin Changes, and Menopause Madness
—With Real Science & Real Solutions**

by Virginia Crowe

Certified Menopause Coaching Specialist

Special Thank you to Jenny T. for the question.

A Menopausal Survival Series

by Virginia Crowe

Thrive by Design



Copyright © 2025 Virginia Crowe All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form—electronic, mechanical, photocopying, recording, or otherwise—without the prior written permission of the author, except for brief quotations used in reviews or educational settings.

This publication is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your healthcare provider before beginning any new health program, supplement, or therapy.

For permissions or licensing inquiries,

 **thrivewithvirginia@gmail.com**

 **www.thrivewithvirginia.com**

About Thrive by Design with Virginia Crowe

Thrive by Design was born out of my own personal journey through menopause and a deep desire to change the experience for other women. After facing a terrifying panic attack on a hike—one that resulted in me being airlifted off a mountain—I realized how little support and information was available for women going through such a major transition.

My doctor brushed it off as “just perimenopause,” offering no guidance or solutions. That moment changed everything for me.

With years of experience as a personal trainer, wellness coach, art for healing facilitator, and nutrition coach, I had many of the tools—but I knew I needed to understand menopause on a deeper level. That’s why I became a Certified Menopause Coaching Specialist. Thrive by Design is the program I wish I had: a fully customizable blend of fitness, nutrition, mindset, and creative healing, tailored to support the unique and complex needs of women in midlife. Whether online or in person, this program is designed to help you feel informed, empowered, and truly supported.

If you’ve ever felt confused, dismissed, or alone during this transition—you’re not. I’m here, and so is Thrive by Design. Reach out if you have questions. Let’s change the narrative together.

Virginia can be reached by

email : thrivewithvirginia@gmail.com

Website: www.thrivewithvirginia.com



Introduction: So... Is This Normal?

Welcome to the club no one warned us about—Menopause, where your hairbrush is suddenly full, your skin feels like parchment, and you're wondering if you need a skincare routine or a fire extinguisher.

Hair on your pillow, less on your head, more on your chin? You're not alone. Let's break this down with humor, heart, and real help.



Chapter 1: Hair Today, Gone Tomorrow

The Concern: "Am I going bald?" No, but it might feel like it. Hair thinning is one of the most frustrating and visible signs of hormonal shifts during menopause.

The Science: Estrogen and progesterone help keep hair in the **growing (anagen) phase** longer. As these hormone levels drop, hair moves more quickly into the **shedding (telogen) phase**.

At the same time, **androgens (like testosterone)** may become more dominant, leading to hair thinning on the scalp and increased facial hair. Hello, surprise chin whisker!

Real Talk: You're not imagining it. It's not your shampoo. And no, your cat didn't sleep on your pillow and leave a furball. This is hormonal.





Solutions That Work:

- **Biotin & Collagen:** Support hair growth, though evidence is mixed. Safe and worth trying.
- **Saw Palmetto:** A natural DHT blocker.
- **Minoxidil (Rogaine):** FDA-approved and effective, especially for female-pattern thinning.
- **Scalp massage:** Increases circulation and may help hair follicles thrive.
- **Laser caps or combs:** Expensive, but some women swear by them.
- **Check your ferritin & thyroid:** Low iron or thyroid issues can mimic menopausal hair loss.

Chapter 2: Skin—Your New Favorite Paper Texture

The Concern: “Why is my skin so dry, itchy, or saggy all of a sudden?”

The Science: Estrogen stimulates **collagen production, elastin fibers, and skin hydration** by increasing hyaluronic acid. When estrogen drops, skin becomes drier, thinner, and less elastic. Studies show women lose **up to 30% of skin collagen** in the first 5 years after menopause.

Real Talk: You may feel like your face is melting or that your cheeks have turned into crepe paper. The glow? It might need a little help now.





Solutions That Work:

- **Moisturize like it's your part-time job:** Look for products with ceramides, peptides, and hyaluronic acid.
- **Retinoids:** Stimulate collagen and improve texture (start slow!).
- **Collagen supplements:** Some studies show improvement in elasticity and hydration.
- **Hydration from within:** Water helps, but omega-3s and healthy fats are your new besties.
- **Hormone Replacement Therapy (HRT):** If appropriate, HRT has been shown to improve skin thickness and hydration.

Chapter 3: Chin Hairs & Other Uninvited Guests

The Concern: “What’s up with these coarse hairs? And why is my mustache trying to make a comeback?”

The Science: Reduced estrogen + relatively steady testosterone = **facial hair growth**. You're not growing a beard—you're just hormonally rebalancing... awkwardly.

Real Talk: No one talks about it, but almost every woman notices a few persistent chin hairs (and then makes a game of catching them in the car mirror).





Solutions That Work:


- **Tweezers & Waxing:** The OG tools.
- **Laser hair removal:** Long-term results if you're light-skinned with dark hair.
- **Electrolysis:** The only FDA-approved permanent removal.
- **Prescription creams:** Like Vaniqa, which slows hair growth.
- **Anti-androgen supplements:** Talk to your provider about options like spironolactone.

Chapter 4: How to Love the Skin (and Hair) You're In

Let's face it: menopause is weird. But you're not falling apart—you're transforming. Think of it as a long-overdue system upgrade.

Self-Care Ideas to Support Your Skin & Hair:

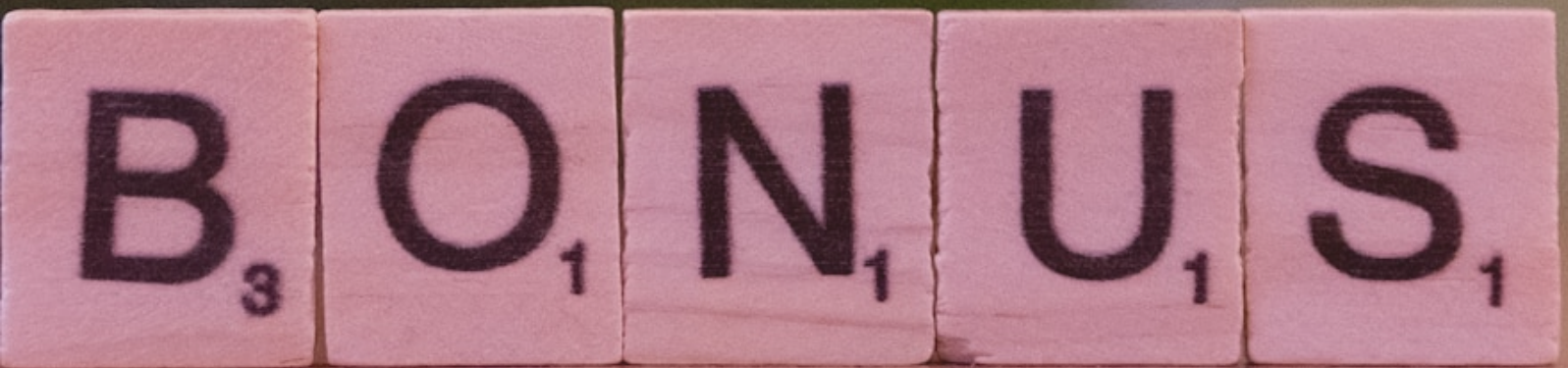
- **Silk pillowcases:** Reduce friction on fragile hair and skin.
- **Gentle shampoos:** Avoid sulfates and harsh chemicals.
- **Dry brushing:** Stimulates circulation and exfoliates naturally.
- **Supplements to consider:** Vitamin D, Omega-3s, Zinc, and Collagen peptides.
- **Exercise:** Boosts circulation and stress relief, which helps everything.
- **Stress management:** Cortisol is not your skin's friend. Try walking, yoga, or art therapy (yes, it helps!).



Conclusion: Shed the Shame, Not Just the Hair

Hair loss, skin changes, and chin hairs aren't fun—but they're normal. And they're manageable. The good news? With the right tools and some science-backed TLC, you can feel radiant, strong, and beautiful in your skin—at any age. And always remember: If you're shedding, you're shining. (Also, maybe vacuum a little more.)

BONUS: Quick Cheat Sheet



Top 5 Hair-Saving Habits:

1. Eat protein-rich, iron-loaded meals.
2. Massage your scalp for 5 minutes a day.
3. Use a gentle, sulfate-free shampoo.
4. Take a biotin + collagen supplement.
5. Get your thyroid and hormone levels checked.



Top 5 Skin-Boosting Habits:

1. Moisturize twice a day.
2. Add omega-3s to your diet.
3. Use sunscreen—every single day.
4. Consider low-dose retinoids.
5. Sleep like it's your skincare routine.

Ebook Created by Virginia Crowe



The Author of this short E-Book, Virginia Crowe is a certified menopause coaching specialist, wellness educator, certified fitness trainer, artist, and midlife empowerment coach dedicated to helping women thrive through menopause with strength, humor, and confidence. Drawing from her own journey and professional expertise, Virginia combines science-backed wellness, mindset support, and creativity to guide women in this transformative phase.

She offers a range of **online programs for women in menopause** under the brand **Thrive by Design with Virginia Crowe**—from **self-guided membership programs** that are extremely cost-affordable, to **full concierge 1:1 coaching**, available both online and in person at her studio in Laguna Hills, California.

In addition to menopause coaching, Virginia teaches **mindful art classes** designed to reduce stress and anxiety, promote healing, and unlock creative expression. She is also the author of *Unlocking the Soul*, a book exploring mindful art practices for personal growth and emotional well-being.

Virginia's offerings include:

- 🎨 On-demand online art classes
- 🎨 Paint party workshops (virtual and in-person)
- 💪 Movement, nutrition, and mindset programs tailored for menopausal wellness

Her mission is to empower women to not just survive menopause, but to **Thrive by Design**—embracing this new season of life with joy, resilience, and creativity.

To learn more about Virginia's coaching, classes, and programs, visit:

🌐 www.thrivewithvirginia.com ✉️ thrivewithvirginia@gmail.com 📷

Instagram: [@thrivewithvirginia](https://www.instagram.com/thrivewithvirginia)