

WOOL AND HOT FLUSHES: Your breathability cheatsheet.

Wool isn't something to avoid in midlife - the right type can actually help keep you cool, comfortable, and confident through hot flushes. Here's what to look for:

Best Wool Types for Breathability



Merino Wool

- Ultra-fine, soft, never itchy.
 - Wicks away sweat, keeps you cool when hot & warm when chilly.
 - Perfect for lightweight tops, base layers, and even underwear.
- 👉 Look for: “ultrafine merino” or 150–200gsm weight.



Merino Blends (with cotton, silk, or Tencel)

- Adds extra smoothness and cooling power.
- Great for stylish everyday wear and layering.

Cashmere (lightweight)

- Soft and breathable, adds a touch of luxury.
- Best as a light layer you can slip on and off.



Alpaca (summer/lightweight versions)

- Hollow fibres help regulate temperature.
- Excellent in blends, but stick to lighter weaves.

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Wool Types to Choose with Care

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- **Lambswool & Mohair** → can be warmer and denser, less ideal during a flush.
- **Angora** → very insulating, often too hot.
- **Heavy or chunky knits** → trap heat and feel stifling.



What About RWS Wool?

- RWS = Responsible Wool Standard
- Same breathability as regular wool
- PLUS: guarantees animal welfare & sustainable farming
- A great choice if you want comfort and an ethical wardrobe.



Quick Shopping Tips

- Check the label: Look for 100% wool or >50% wool blends.
- Feel the fabric: Lighter, finer weaves = better airflow.
- Layer smart: Keep a breathable tee under a blazer or wool knit - you can peel back layers when a flush hits.

The Menopause Stylist



THE MENOPAUSE STYLIST

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