



health // wellness

NEED A LITTLE HELP WITH YOUR MENOPAUSE? THESE ARE THE MENOPAUSE *retreats* TO BOOK NOW...

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Are you looking to up your menopause game and really take control of your symptoms and calm the meno-noise? Well, we have the answers and have found the top retreats that not only focus on the needs of women in midlife but that take a deep dive into each individual's symptoms to decode how to live better during this life chapter and find peace.

A metabolic reset in Greece

As a Leo, I find the sun generally makes everything better, so I was keen to find out more about the Euphoria Retreat in Greece which is based in Sparta. Their Integrative Female Health programme adopts a 360 degree approach, billed to transform cellular metabolic health from the inside out. A thorough top to toe, physical, mental, emotional, social and spiritual reset will help you gain a detailed understanding of your own personal cellular metabolic health and how energy circulates between your cells providing you with a hyper-personalised plan.

The retreat includes bespoke nutrition and exercise plans that work together to restore your metabolic pathways as well as targeted medical treatments and tests, infusions, emotional healing sessions, massages and empowering education, to help balance hormones and rejuvenate mind, body and spirit.

For more information and to book, see *Euphoria Retreat*