



SKIN · SCIENCE · SOUL

THRYVE

WELL WOMAN

thryveclinic.co.uk

WELCOME

At THRYVE, we believe women's health should be supported through time, expertise, and care that recognises the body as a whole.

Our Well Woman service is delivered in partnership with ESME Women's Health, offering consultant-led gynaecological and hormonal health support within a calm, discreet, and considered environment.

Through an in-depth, individualised assessment, this service explores menstrual health, hormonal changes, pelvic health, cervical screening, sexual wellbeing, cancer risk factors, and any symptoms or concerns that may require specialist review.

Designed to offer clarity, reassurance, and personalised guidance, the Well Woman assessment helps you feel informed, supported, and more confident in understanding your health at every stage of life.

A handwritten signature in a cursive script, reading 'Sophie Riddell'.

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WELL WOMAN AT THRYVE

Well Woman care at THRYVE is delivered as part of our wider, structured approach to supporting women's health, hormonal wellbeing, and long-term preventative care.

Our Well Woman service is offered in partnership with ESME Women's Health and delivered by Consultant Gynaecologist Dr Sadie Burdett, providing specialist, evidence-based support within a calm and considered clinical environment.

Her work is informed by extensive experience in gynaecology, menopause care, vulval health, and the assessment of symptoms that may require specialist review.

Each appointment is carefully tailored to the individual, allowing time to explore medical history, hormonal changes, menstrual health, pelvic health, cervical screening, sexual wellbeing, and any concerns that may be affecting day-to-day quality of life.

At THRYVE, Well Woman care is not approached as a one-off appointment, but as part of a more considered process of supporting women to feel informed, reassured, and confident in understanding their health at every stage of life.

GYNAECOLOGICAL HEALTH ASSESSMENT

A comprehensive, consultant-led women's health assessment designed to support gynaecological, hormonal, and preventative wellbeing.

Following an in-depth consultation, each appointment is tailored to the individual, exploring medical history, menstrual and hormonal health, pelvic health, cervical screening, sexual wellbeing, and any symptoms or concerns that may require specialist review.

This assessment is particularly suited to women seeking clarity around their health, support with hormonal or menstrual changes, preventative screening advice, or reassurance from a specialist-led review.

90 minutes £350

CONSULTATIONS

Comprehensive Menopause Care

A consultant-led menopause consultation designed to support women through peri-menopause, menopause, and post-menopause with personalised, evidence-based care.

Specialist Gynaecology Assessment

A specialist gynaecology consultation designed to assess symptoms, concerns, or changes relating to menstrual, pelvic, vulval, hormonal, or reproductive health.

Assessment of Symptoms Concerning Gynaecological Cancer/ Follow-Up After Gynaecological Cancer

A consultant-led assessment for symptoms that may require specialist gynaecological review, offering careful evaluation, clear guidance, and appropriate onward planning where needed.

Abnormal Bleeding Support

A specialist consultation focused on assessing and managing changes in bleeding patterns, including heavy, irregular, perimenopausal, or post-menopausal bleeding.

Ovarian Cysts & Adnexal Masses

A consultant-led consultation designed to support the assessment and management of ovarian cysts, pelvic masses, or adnexal findings.

Comprehensive Vulval Care

A specialist consultation focused on vulval health, including symptoms such as pain, irritation, itching, inflammation, skin changes, lesions, or ongoing discomfort.

60 MINUTES £280

CERVICAL SCREENING & HPV TESTING

A private cervical screening and HPV testing appointment designed to provide clear, specialist-led assessment outside of routine NHS screening intervals where appropriate.

Following a focused consultation, the appointment includes discussion of your cervical screening history, any symptoms or concerns, sample collection, and laboratory testing, with results reviewed and explained clearly.

This service is particularly suited to women seeking cervical screening outside their routine recall, those wishing to discuss HPV, or those who would like reassurance, guidance, and interpretation of previous or abnormal results.

Screening and Testing £140

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At THRYVE, our approach to women's health is rooted in listening, understanding, and supporting the body through every stage of hormonal and gynaecological change. To begin your treatment journey, contact welcome@thryveclinic.co.uk, WhatsApp 07495 594477, or visit www.thryveclinic.co.uk.

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