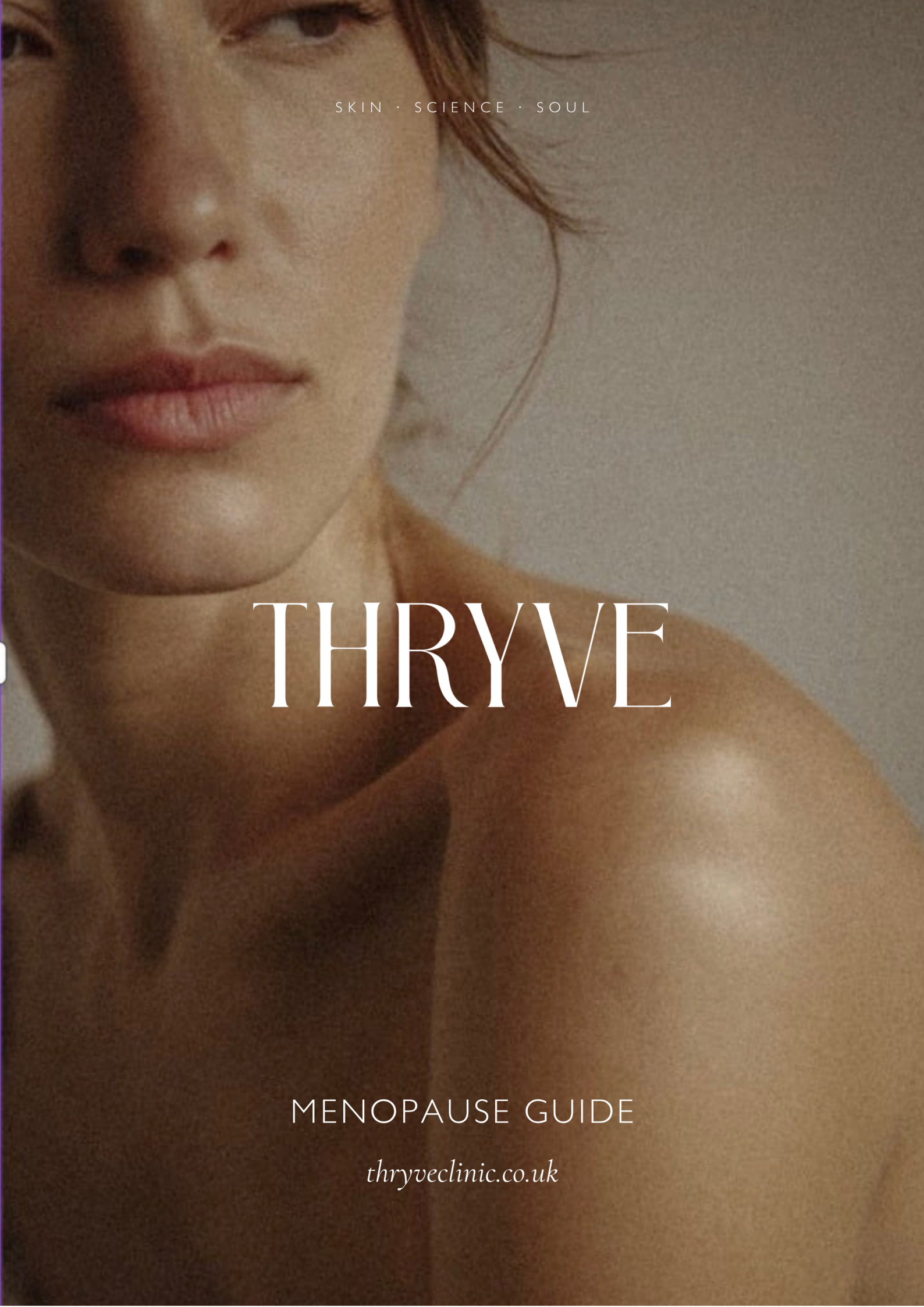


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THRYVE

MENOPAUSE GUIDE

thryveclinic.co.uk

WELCOME

At THRYVE, we believe menopause deserves time, expertise, and care that recognises the body as a whole.

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

Whether you are noticing the first changes of perimenopause, navigating menopause itself, or thinking about your long-term health beyond it, our approach begins with listening to what you are experiencing.

Designed to offer clarity, reassurance, and personalised guidance, our menopause care helps you feel informed, supported, and confident in the choices you make for your health at every stage of life.



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MENOPAUSE AT THRYVE

Menopause 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 menopause 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 your symptoms, menstrual changes, medical and family history, and the options available to you.

At THRYVE, menopause 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 through every stage of hormonal change.

UNDERSTANDING MENOPAUSE

Menopause is a natural stage of life, but the way it is experienced is different for every woman. Understanding where you are in this transition can help you make sense of your symptoms and the support available.

Perimenopause

The years leading up to menopause, when hormone levels begin to fluctuate. Periods may become irregular and symptoms can begin, often in your 40s and sometimes earlier.

Menopause

Reached when your periods have stopped for 12 consecutive months. In the UK, the average age of menopause is 51.

Post-Menopause

The years that follow, when care focuses on managing any ongoing symptoms and protecting long-term bone, heart, and pelvic health.

Common Symptoms

Hot flushes and night sweats, disturbed sleep, low mood or anxiety, brain fog and difficulty concentrating, joint and muscle aches, reduced libido, vaginal dryness and discomfort, urinary symptoms, and changes to skin and hair.

Early Menopause

Menopause before the age of 45, or premature ovarian insufficiency before 40, should always be assessed by a specialist.

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COMPREHENSIVE MENOPAUSE CARE

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

Following an in-depth discussion of your symptoms, menstrual history, medical and family history, and personal priorities, each appointment is tailored to you, with a clear explanation of what is happening in your body and the options available.

Where appropriate, your consultation may include a review of your suitability for hormone replacement therapy, advice on starting, adjusting, or reviewing existing HRT, guidance on non-hormonal options, and onward investigation or referral where needed.

This consultation is particularly suited to women experiencing symptoms of perimenopause or menopause, those wishing to start or review HRT, women with more complex medical histories, and those seeking a specialist second opinion.

60 MINUTES £280

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HOLISTIC SUPPORT: REFLEXOLOGY

Alongside medical care, many women find that holistic therapies offer valuable support through menopause. Our Soul treatments are designed to complement, not replace, your clinical care, creating time for rest, relaxation, and a sense of balance during a period of change.

Hormonal change can affect sleep, mood, stress levels, and how settled the body feels day to day. Reflexology offers a calm, nurturing space in which to slow down, release tension, and support overall wellbeing.

Foot Reflexology

A structured reflexology treatment working across both feet using traditional techniques to support balance within the body. Many women find it deeply relaxing, helping them to unwind, rest more easily, and feel more grounded.

45 MINUTES £70 · 60 MINUTES £85 · 90 MINUTES £115

Facial Reflexology

Facial reflexology using the Bergman Method and zone therapy, working across mapped reflex points on the face to support internal balance, while also benefiting the skin, lymphatic system, and underlying musculature. A gentle choice for women also noticing changes in their skin through menopause.

45 MINUTES £75 · 60 MINUTES £90 · 90 MINUTES £120

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HOLISTIC SUPPORT: CRANIOSACRAL THERAPY

Menopause can bring periods of heightened stress, anxiety, disrupted sleep, and a sense of feeling unsettled in the body. Craniosacral therapy offers a quiet, restorative space to support the nervous system through this time of change.

Following an in-depth consultation of approximately 15 minutes, each session includes 60 minutes of Biodynamic Craniosacral Therapy tailored to the individual. Using gentle, light touch, the treatment works with the body's natural rhythms to support nervous system regulation, release areas of held tension, and encourage deep relaxation and overall balance.

This therapy is particularly suited to women who are feeling overwhelmed, tense, or depleted, and those looking for a gentle, calming treatment to sit alongside their medical care.

75 MINUTES £75

Holistic therapies are offered to support relaxation and wellbeing and are not a substitute for medical assessment or treatment. Please discuss any symptoms or concerns with your clinician.

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

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