

MENOPAUSE RETREAT

Day One: Arriving and Letting Go

We will meet for a 30-minute consultation to gain a full picture and understanding of where you are now. We'll explore and discover your physical, emotional, spiritual self and gain an understanding of where you are on your menopause journey. We will also look into and explore the main areas that either need support, change, review, guidance and this will make up the bespoke treatment and healing plan for your retreat but also how you grow, change and transform following our time together.

After our consultation you will receive your first treatment: The Arrival and Letting Go Body treatment. This balancing and soothing massage uses a tailored blend of essential oils combined with long deep strokes to help you too arrive in the healing space. It will calm your mind, soothe your body and start the settling process where all that no longer serves you is ready to be released and giving you the opportunity to open up to your own inner guidance and truth.

This enveloping massage will include your neck, shoulders, back, and feet finishing with a soothing and balancing facial massage using sacred rose crystals, to cool, relax and balance your mind, body and your soul.

The Afternoon

Following this beautiful, nurturing treatment, I will offer suggestions for the rest of the day based on what we have discussed during your consultation. This is your time to choose, whatever you need. It can be a reflective time for journaling, dreaming, drawing, walking in nature or resting. You'll also be offered personal practices or gentle inner work to support emotional and energetic integration, listen to your body and do whatever you feel you need.

Day Two: Nourishing the 'You'

We will spend 30 minutes connecting and talking about whatever may have come up for you over night. In a safe place with no judgement be it – physically, emotionally, or spiritually.

From here we move into the second treatment, which is the energetic part of the Retreat: 7th Dimensional Healing. This hands-on energy therapy is channelled using higher vibrational energy and it connects your body and soul on a conscious level, helping you to see and align to your true self.

The 30-minute connection brings you guidance and clarity of what your soul needs you to know right now as you move on your life path. It can bring light to areas that need extra support and focus during this special and sacred transitional time in your life.

You may have concerns about your health, career, family, how you fit and see yourself in the world as you transition and change, this high vibrational energy will flow through you to answer your questions which will empower, guide and give you the clarity you need right now to flourish on your unique path.

The Afternoon

After this session, you will have the space to fully absorb and process all that has been shared with you during this healing connection. I will make recommendations for how you spend the afternoon. This could be a detoxifying mud wrap or guided meditation, time for reflection, reading. The choice is yours.

Day Three: Time to fly Butterfly

Your final day begins with 30 minutes together giving you the time to reflect and see what has changed, surfaced and cleared, as well as thinking about ways to continue everything that has been revealed during your stay

You will then receive the final treatment: The Becoming You treatment which integrates, reinforces and energises you ready to re-enter the world outside the sanctuary, with all that you have learned and experienced about yourself during your stay.

The Becoming You treatment combines an invigorating massage using a menopause focused combination of essential oils blended into a unique signature scent just for you to match your energetic frequency. Whatever is left over will be decanted into a bottle for you to take away with you. This intuitive session will combine massage, crystal therapy and energetic healing for a top to toe immersive experience.

To close your retreat, we will sit together and reflect on all that you have experienced. I will leave you with a personalised plan which covers all recommendations, feedback and guidance covered during our time together, so you don't have to remember all that we talked about.

Optional: You are welcome to extend your stay at Middle Piccadilly after the retreat. Please inquire about availability when booking.

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