

EDEN
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GROUND
wellbeing

THE BALANCING RITUAL

EMPOWERING AND SUPPORTING THROUGH HORMONE CHANGE:
Perimenopause & Menopause

90 MINUTES

TREATMENT DESCRIPTION

Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Each treatment commences with breathwork and includes optional bespoke touches such as Cold Stone Massage Therapy, Gua Sha as well as Reflexology and Lymphatic Drainage - this unique and purposeful massage will bring alignment and balance when going through hormonal change and experiencing the symptoms of menopause at any stage.

WHAT ARE THE BENEFITS?

- Stress generally intensifies menopausal symptoms. This treatment helps to create a calm & welcoming space for those on their menopause journey and by helping to bring the body into a calmer state may have a positive impact on the symptoms they are experiencing.
- Cold stone massage promotes circulation and acts as a powerful decongestant for the body. The overall effect of treatment is the reduction of tension with a simultaneous feeling of invigoration.
- Use of lymphatic drainage techniques and gua sha stones helps to stimulate blood circulation and activate the body's lymphatic system, which may aid fluid-retention and swelling throughout the body.

