

# The Powder Room

**Holistic Therapies  
Women's Wellness  
& Skin Spa**

**Menopause support  
& Solution Booklet**



SCAN ME

Call 01924 470330

## Introduction

Many of us going through peri menopause and menopause experience a rollercoaster of emotions, feelings and symptoms.

In this booklet I will outline my top tips to get you started on a journey of peace, joy and self discovery.

**What is covered in this booklet:**

- **What is the menopause ?**
- **Possible Symptoms**
- **HRT options risks and benefits**
- **I will share what has helped me and how**
- **I will outline products that I use**
- **Also some daily practice that you can take what resonates with you and implement as you see fit**
- **Exercise options to explore**
- **Nutrition concepts**
- **Establishing good habits**
- **Reinventing Yourself**
- **Joining our tribe**

## **What is the menopause ?**

**OK so you maybe feeling overwhelmed, lost and like your dying of an incurable disease!**

**You are in fact going through the menopause.**

**This can look different for everyone and presents itself as varying symptoms.**

**It can start as young as 30 years old and can sometimes be medically induced.**

**Times have changed and the conversation is getting louder these days.**

**We are no longer pushed aside and labelled crazy.**

**We are seen and heard and can get through this by supporting each other through our journey to midlife and beyond to start enjoying our best lives with less worries.**

**If we connect the dots we can see patterns that lead to the menopause and we can then form a plan to help us find our balance to help us focus once more on what brings us joy.**

**We can start putting ourselves first and stop trying to be everything to everyone- which lets face it, is exhausting!**

## Peri Menopause

These are the years leading up to menopause and symptoms can be experienced from as young as 30 years old. This is why it is important to learn as much as possible early on so you are more prepared.

## Menopause

This is officially when your periods have been stopped for over a year.

They stop because the ovaries have run out of eggs to release each month. This causes the body to make lower amounts of oestrogen, progesterone and testosterone, which can create havoc for some women.

## Post Menopause

This is officially one year after your last period. However 1 in 10 people can experience symptoms for up to 12 years after. It depends on circumstances and everyone's journey is unique and individual to them.

## Possible Symptoms

**You may still have periods**

**Some irregularities may occur - duration and flow**

**PMS can get worse**

**Low mood**

**Changes in moods**

**Hot flushes**

**Night sweats**

**Headaches**

**Migraine**

**Feelings of overwhelm**

**Feeling more stressed or emotional**

**Joint pain**

**Vaginal dryness / soreness / Atrophy**

**Decreased Libido**

**Anxiety**

**Depression**

**Hair loss**

**Skin issues**

**Insomnia**

**Restless legs**

**Hot feet**

**Brain fog**

**Changes in body odour**

**Bloating**

# HRT Options

## Oestrogen

### Tablet

(set dose)

### Patch

(You can control dose)

### Spray or gel

(less risk for migraine sufferers)

**Vaginal Oestrogen can be used internally to help treat symptoms topically**

## Progesterone

### Tablet

(set dose)

or

**IUS- (Intrauterine System) or Mirena coil a T shaped device inserted into the cervix, used alongside Oestrogen**

**Please see your GP and have regular reviews**

## What has helped me and how

I have explored lots of healing modalities and exciting things over the past 3 years. I have found my tribe of people who understand and hear me.

I belong again and have conscious conversations with many people who have escaped the matrix and have found another way to live.

This has spurred me on to create a place where you can find your tribe and connect with others to find yourself once more.

I have learned:

- To stop worrying what people think of me
- To slow down
- To Prioritise myself
- To Say 'No' without justification
- What exercise works for me
- What foods and drinks make me feel good
- That Rest is Productive!
- I can be who I want to be and find it much easier to find out who that is and to live more authentically since feeling more liberated.
- I am currently starting my HRT journey and will write blogs on the main website of my progress.

# The healing therapies and new hobbies I have tried so far:

Breathwork

Sound Healing

Gong Baths

Reiki

Shamanic healing

Aromatherapy

Herbal Remedies

Plant medicine

Meditation

Attending women's circles

Being out in nature

Hugging trees

Wild swimming

Wild campfire cooking

Van-life camping

Being near the coast

Drinking sacred cacao

Reading

Witchcraft

Foraging

Oracle card Guidance

Embroidery

Journaling

Flower arranging

Drawing

Belly dancing

Strength training

Yoga

Mindfulness

Tuning in with the lunar  
cycles

Listening to my body

Cutting out alcohol

Cutting down on coffee

Getting better sleep

Using a guided  
mediation app like Calm

Taking time out for  
myself

Unfollowing social  
media accounts that  
don't fill me with joy

Having regular massage  
and Ritual baths



## Products that I use

### Nimue Advanced Skin Technology

I wouldn't use anything else on my skin now it is an easy routine to establish and delivers the results I need, my skin feels great.

### Neals Yard Remedies

Body oils, scrubs, remedies to roll and bath products all aromatherapy based, smell divine and make my skin feel soft and nourished.

### Sweet Bee Organics

Their products are amazing they have a menopause range and I swear by the magnesium sleep butter. This helps with hot feet and restless legs to aid sleep

### Spacemasks

These little beauties help with sleep and tired eyes. They give relief from too much screentime or if your eyes are dry.

### Cacao

I have started having daily cacao. The brands I love are Full Power Cacao and Oh My Goddess.

## So what is Cacao ?

It is derived from the cacao plant and is grown in central and South America. It is in its purest form and is different from cocoa which is what it is called when it has been processed by being finely ground and roasted.

It tastes like a really rich hot chocolate but has many healing properties.

It is heart opening and brings feelings of love for oneself and others.

It delivers a mindful moment when enjoying the scent and flavours

It is full of anti oxidants

Contains vitamins and minerals

Enhances mood

It brings clarity

Improves brain function

Its a great alternative to coffee

It can be enjoyed in ceremony with others and as a daily practice at home

You can buy it directly from the above suppliers online or we will soon be stocking it.

## Daily Practice

I know life gets in the way and sometimes it's not possible to do it everyday but if you can do any of these that's great.

### When you wake up:

Have a big drink of water

Try not to look at your phone straight away

Take some deep breaths

Set an intention for the day

Think of what you are grateful for today

Have a good stretch

Maybe some yoga and meditation if you can.

Have a nutritious breakfast

Cleanse and moisturise plus SPF

### Before Bed :

Cleanse your face

Try not to look at your phone an hour before bed

Have a nice relaxing bath or shower

Take some deep breaths

Think about what you are grateful for.

Listen to a sleep story or meditation

## Daily Practice

I try to bring ceremony into everyday tasks to make the 'mundane magical'

This could include taking my time to prepare some loose leaf tea or cacao and inhaling the aromas before mindfully sipping it.

I like to take time to enjoy a ritual bath once in a while, lighting a candle and adding potions and petals to make it extra special.

I have made an altar

This doesn't have to anything elaborate or too 'witchy' It can be as simple as a candle and some things that are dear to you and that bring you joy, possibly things you have found on a walk, perhaps a shell or an acorn, or some flowers.

I use this area as my place of divination, worship or reflection. Whatever you want to call it whether you are religious or not it's place that will remind you to appreciate the special things and to maybe take a breath instead of rushing around as usual.

## Exercise options to explore

**I would highly recommend getting a personal trainer. This is an investment in yourself and your future. It gives you more confidence and you will learn the proper techniques to prevent injury and to not waste your time doing exercises that are not going to do much to get you closer to your goals.**

**Try yoga classes out online or in person to stretch, mobilise and relax.**

**There are so many different forms of yoga and you don't have to be a contortionist to enjoy it.**

**Do some research and try a few out to see what feels right for you.**

**We can recommend some local classes.**

**Walking is great, plus you get the double bubble healing of the trees or the surrounding nature which clears your mind and releases happy hormones.**

**Swimming is an all rounder whether in a pool or a wild one go for it.**

**Exercise is the balm of life and will make your menopause journey smoother plus your bones stronger preventing osteoporosis.**

## Nutrition Concepts

**What if we could reprogramme the way we thought about food**

**Good vs Bad etc**

**Lets look at what your body needs to refuel and be strong to get you through the day.**

**Choose foods rich in Phyto-oestrogens like leafy greens this will boost your hormones. Eat a wide variety of foods to get all the nutrients you need. Beans and pulses are great for extra protein and energy. Its best not to cut any food groups out unless you have done some research and had professional advice and feel this is right for you.**

**We have people we can recommend should you need a more bespoke programme.**

**Certain foods cause bloating so find out what makes your body feel good, keep a diary for a week maybe to see energy levels, bloating and skin changes.**

## Establishing good habits

Instead of beating yourself up for not doing everything maybe change the way we look at our day. Simple changes will show you how much time you could have to do things you are waiting to.

Baby steps can make a big difference.

Things to look at:

Death scroll on your phone

Netflix marathon

Having caffeine too late in the evening

Look at your alcohol consumption and keep a diary of how you feel.

Develop a good skincare routine with our help we can simplify and advise on the right things for you.

Start saying 'No' to people

Maybe put your phone on do not disturb on an evening

Be mindful of who you give your energy to

Unfollow / avoid people that zap your energy

Start doing the things that bring you joy

Maybe reassess things that do not bring you joy.

# Reinventing Yourself

**You can literally be whoever you want to be.  
At this time in our lives we can sometimes feel lost  
and feel the need to 'find ourselves'**

**This is normal and when you start to really think  
about what makes you happy you will realise that it's  
time to embrace these things and go for it.**

**This will be different for everyone  
but some examples are :**

**Change of career**

**Reassessing friendships/ relationships**

**Changing how you look:**

**clothing, jewellery, tattoos, hair style/colour**

**Doing more of what you love**

**Revisiting things that you used to enjoy but life got  
in the way**

**Exploring your spirituality**

**Finding new hobbies**

**Trying things out of your comfort zone**



## Join our Tribe

**We have created a space in the salon where you will feel seen and heard.**

**We host regular events such as coffee morning, women's circles, craft events, nature walks, Meditations, wild swims and much more to come.**

**You can join our warrior women group on Facebook and check out all the things on the website.**

**Menopause support page**

**Informative blogs**

**Skin support**

**Events**

**We have so much to share with you and would love to welcome you into our tribe of likeminded people who want to live more consciously to find joy and peace in the everyday.**

**Website link on the front of this booklet**

**Email Natalie on  
[thepowderroombirstall@gmail.com](mailto:thepowderroombirstall@gmail.com)**