



Second Spring Wellness

SUPPORTING WOMEN THROUGH
PERIMENOPAUSE & MENOPAUSE

The transition through perimenopause and menopause is often referred to as a woman’s “Second Spring” – a time of change, reflection and renewal.

While every woman’s experience is unique, many notice changes in their skin, sleep, energy levels, mood and overall wellbeing.

At Natural Beauté, we offer a range of personalised skin and wellness therapies designed to provide a calm and nurturing space where you can take time for yourself, restore balance and support your overall wellbeing.

Whether you are experiencing increased stress, difficulty switching off, changes in your skin or simply need time to relax and recharge, our treatments can be tailored to your individual needs.



RECOMMENDED TREATMENTS



Ultimate Restore Ritual

A deeply restorative full body relaxation ritual designed to calm the nervous system and release built-up tension from head to toe. This nurturing treatment combines massage to the back, neck, shoulders, legs, feet, hands and scalp to promote deep relaxation and a sense of wellbeing.



Deep Restore Ritual

A luxurious wellness experience combining warming hot stone therapy with a Pro Skin 30 treatment. Designed to ease muscular tension, encourage relaxation and leave both body and skin feeling renewed.



Ultimate Reflexology Ritual

A deeply relaxing treatment combining reflexology with soothing scalp therapy to help restore balance, promote relaxation and create a sense of calm.



Signature Reflexology

A holistic therapy working on reflex points of the feet to support relaxation, wellbeing and balance throughout the body.



Scalp & Mind Therapy

A deeply relaxing treatment focusing on the décolleté, neck, shoulders and scalp. Ideal for those feeling overwhelmed, stressed or in need of time to unwind and switch off.



Pro Skin 60

A fully customised Dermalogica treatment tailored to your skin’s individual needs. Particularly beneficial for skin concerns commonly experienced during perimenopause and menopause, including dryness, sensitivity, dehydration, breakouts and loss of radiance.



A Personalised Approach

No two women experience perimenopause or menopause in the same way. Every treatment at Natural Beauté is tailored to your individual needs, creating a personalised experience focused on relaxation, skin health and overall wellbeing.

If you are unsure which treatment would be most suitable, we would be delighted to guide you towards the best option for your concerns and goals.

