

4 Menopause-focused Wellness Retreats in 2024

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Rancho La Puerta offers classes and treatments that help alleviate discomfort from menopause.

Photo Courtesy of Rancho La Puerta

The hormone fluctuations that **menopause** causes can wreak havoc on a woman's body, which is why both **spa and wellness treatments** can become a perfect combination for making these changes more manageable. These four wellness retreats focus on supporting women as they transition into a new life stage.

1. Menopause Weeks at Rancho La Puerta | Tecate, México

Rancho La Puerta offers classes and lectures throughout the year led by specialty experts to speak to hormonal health and navigating the stress of the menopausal transition. Topics include hot flashes, night sweats, sleep disturbances, irritability, vaginal dryness, decreased libido and skin changes. Learn how to best minimize discomforts, optimize wellbeing and make the most of the [menopausal life stage](#).

During the week of March 9, 2024, The Ranch will offer Iyengar Yoga with Anna Delury where women of all ages are welcome to attend this workshop to gain greater compassion for the menopausal transition years and an understanding of their inherent wisdom. Topics will include irregular menstrual cycles, remedies for hot flashes, pelvic health, mood swings and depression, bone density and more.